



Depression Self-Help

The Feeling Good Handbook, by David Burns

Mind Over Mood, by Greenberger & Padesky

Parenting Self-Help

SOS! Help for Parents, by Lynn Clark

Positive Discipline, by Jane Nelson

Don't Shoot the Dog, by Karen Pryor

Marriage Self-Help

Fighting for Your Marriage, by Markman, Stanley, & Blumberg

Other Good Books

Changing for Good, by Prochaska, Norcross, & DiClemente

The Anxiety & Phobia Workbook, by Bourne

Ten Days to Self-Esteem, by David Burns