

Self-Help Books

ANXIETY, WORRY, AND PANIC

The Worrywarts Companion *by Beverly Potter*

The Anxiety & Phobia Workbook *by Edmund J Bourne*

The Anxiety Cure: An Eight-Step Program for Getting Well *by Robert Dupont*

Feel the Fear and Do it Anyway *by Susan Jeffers*

Triumph Over Fear *by Jerilyn Ross*

10 Simple Solutions to Panic *by Martin Antony and Randi McCabe*

Overcoming Anxiety for Dummies *by Charles Elliott and Laura Smith*

SOCIAL ANXIETY

Dying of Embarrassment *by Markway, Carmin, Pollard, Flynn*

The Shyness & Social Anxiety Workbook *by Martin Antony and Richard Swinson*

Painfully Shy *by Barbara Markway and Gregory Markway*

Triumph Over Shyness *by Murray Stein and John Walker*

CHILDREN AND ADOLESCENTS

Anxiety and the Gift of Imagination *by Robin Alter*

What to do When You Worry Too Much *by Dawn Huebner*

The Panic Book *by Chris Wever and Neil Phillips*

The School Wobblies *by Chris Wever and Neil Phillips*

The Secret Problem *by Chris Wever and Neil Phillips*

Helping Your Anxious Child *by Ronald M. Rapee, Ann Wignall, Jennifer Hudson, C. Scmierung*

Keys to Parenting Your Anxious Child *by Katharina Manassis*

DEPRESSION

Undoing Depression *by Richard O'Connor*

Feeling Good: The New Mood Therapy *by David Burns*

Mind Over Mood *by Dennis Greenberger and Christine Padesky*

OBSESSIVE COMPULSIVE DISORDER

Stop Obsessing *by Edna Foa and Reid Wilson*

When Once is Not Enough *by Gail Steketee. and Kerrin White*

The Imp of the Mind *by Lee Baer*

POST-TRAUMATIC STRESS DISORDER

I Can't Get Over it: A Handbook for Trauma Survivors *by A. Matsakis*

INSOMNIA: No More Sleepless Nights *by P. Hauri and S. Linde*

PERFECTIONISM: When Perfect Isn't Good Enough *by Martin Antony and Richard Swinson*

SELF-ESTEEM: Ten Days to Self-Esteem *by David Burns*