

RECOMMENDED READING LIST
For Individuals

The Anxiety and Worry Workbook: The Cognitive Behavioral Solution
David A. Clark and Aaron T. Beck
[Guilford Press](#)

Beat the Blues Before They Beat You: How to Overcome Depression
Robert L. Leahy
[Hay House](#)

The Beck Diet Solution
Judith S. Beck
[Harper Collins](#)

Borderline Personality Disorder: A Guide for the Newly Diagnosed
Alexander L. Chapman, Kim L. Gratz
[New Harbinger Publications](#)

Cognitive Behavioral Therapy Made Simple: 10 Strategies for Managing Anxiety, Depression, Anger, Panic, and Worry
Seth J. Gillihan
[Althea Press](#)

The Cognitive Behavioral Therapy Workbook for Personality Disorders
Jeffrey C. Wood
[New Harbinger Publications](#)

The Cognitive Behavioral Workbook for Depression: A Step-by-step Program (second edition)
William J. Knaus EdD, Albert Ellis PhD
[New Harbinger Publications](#)

The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance
Matthew McKay, Jeffrey C. Wood, Jeffrey Brantley
[New Harbinger Publications](#)

The Diet Trap Solution

Judith S. Beck, Deborah Beck Busis

[Harper One](#)

Disarming the Narcissist

Wendy Behary

[New Harbinger Publications](#)

Feeling Good: The New Mood Therapy

David D. Burns

[William Morrow and Company](#)

The Feeling Good Handbook: Using the New Mood Therapy in Everyday Life

David D. Burns

[Plume](#)

Feeling Great: The Revolutionary New Treatment for Depression and Anxiety

David D. Burns

[Pesi Publishing & Media](#)

Flourish (A Visionary New Understanding of Happiness and Well-Being)

Martin E. P. Seligman

[Atria Books](#)

The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear

Melisa Robichaud, Michel J. Dugas, Martin M. Antony

[New Harbinger Publications](#)

Getting Control: Overcoming Your Obsessions and Compulsions

Lee Baer

[Plume](#)

Getting Your Life Back: The Complete Guide to Recovery from Depression

Jesse Wright and Monica Ramirez Basco

[Simon and Schuster](#)

Love is Never Enough

Aaron T. Beck

[Harper Collins](#)

Mastery of Your Anxiety and Panic, Fourth Edition

David H. Barlow and Michelle G. Craske

[Oxford University Press](#)

Mastery of Your Anxiety and Worry (MAW), Second Edition

Richard E. Zinbarg, Michelle G. Craske, and David H. Barlow

[Oxford University Press](#)

Mind Over Mood: Change how you Feel by Changing the Way you Think, Second Edition

Dennis Greenberger and Christine A. Padesky

[Guilford Press](#)

The New Personality Self-Portrait

John Oldman and Lois B. Morris

[Penguin Random House](#)

Overcoming Depression: A Cognitive Therapy Approach for Taming the Depression Beast – Client Workbook

Mark Gilson and Arthur Freeman

[Oxford Clinical Psychology](#)

Prisoners of Hate

Aaron T. Beck

[Harper Collins](#)

Reclaiming Your Life After Rape: Cognitive-Behavioral Therapy for Posttraumatic Stress Disorder

Barbara Olasov Rothbaum and Edna B. Foa

[Graywind Publications](#)

Stopping Anxiety Medication Workbook, Second Edition

Michael W. Otto and Mark H. Pollack

[Oxford University Press](#)

The Worry Cure: Seven Steps to Stop Worry from Stopping You

Robert L. Leahy

[Harmony](#)