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

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