

## **Table 2: Top 50 Self-Help Books**

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*For Yourself* by Barbach (Sexuality)

*Skills Training Manual for Treating Borderline Personality Disorder* by Linehan (Borderline & Narcissistic Personality Disorders)

*Becoming Orgasmic* by Heiman & LoPiccolo (sexuality)

*For Each Other* by Barbach (sexuality)

*Taking Charge of Adult ADHD* by Barkley (Attention-Deficit Hyperactivity Disorder)

*Why Marriages Succeed or Fail* by Gottman & Silver (marriage)

*The Anxiety and Phobia Workbook* by Bourne (anxiety)

*What to Expect When You're Expecting* by Eisenberg et al. (pregnancy)

*The 36-Hour Day* by Mace & Rabins (Dementia/Alzheimer's)

*Your Defiant Child* by Barkley & Benton (child development and parenting)

*The New Our Bodies, Ourselves*, by Boston Women's Collective (women's issues)

*Mastery of Your Anxiety and Panic III* by Craske and Barlow (anxiety)

*The Courage to Heal* by Bass & Davis (abuse)

*Managing Pain before It Manages You* by Caudill & Benson (chronic pain)

*The Relaxation and Stress Reduction Workbook* by Davis et al. (stress management)

*Feeling Good* by Burns (depression)

*The Seven Principles for Making Marriages Work* by Gottman & Silver (marriage)

*The Explosive Child* by Greene (violent youth)

*What to Expect: The Toddler Years* by Eisenberg et al. (infant development and parenting)

*Infants and Mothers* by Brazelton (infant development and parenting)

*The Grief Recovery Handbook* by James & Cherry (death and grieving)

*Mastering Your Fears and Phobias Workbook* by Antony et al. (anxiety)

*Wherever You Go, There You Are* by Kabat-Zinn (stress management and relaxation)

*“Get Out of My Life but First Could You Drive Me and Cheryl to the Mall?”* by Wolf (teenagers and parenting)

*What Every Baby Knows* by Brazelton (infant development and parenting)

*What to Expect the First Year* by Eisenberg et al. (infant development and parenting)

*Dr. Spock’s Baby and Child Care* by Spock & Parker (infant development and parenting)

*Mind over Mood* by Greenberger & Padesky (depression)

*Dinosaurs Divorce* by Brown & Brown (divorce)

*Trauma and Recovery* by Herman (Post Traumatic Stress Disorder)

*Reviving Ophelia* by Pipher (teenagers and parenting)

*The Anger Control Workbook* by McKay & Rogers (anger)

*The Complete Book of Pregnancy and Childbirth* by Kitzinger (pregnancy)

*The Drama of the Gifted Child* by Miller (Borderline & Narcissistic Personality Disorders)

*Get Out of Your Mind and Into Your Life* by Hayes & Smith (self-management and self-enhancement)

*How to Survive the Loss of a Love* by Colgrove et al. (death and grieving)

*To Listen to a Child* by Brazelton (child development and parenting)

*Taking Charge of ADHD* by Barkley (Attention-Deficit Hyperactivity Disorder)

*Boys and Girls Book about Divorce* by Gardner (divorce)

*The Dance of Anger* by Lerner (anger)

*Mastery of Obsessive-Compulsive Disorder* by Kozak & Foa (Obsessive-Compulsive Disorder)

*The Second Shift* by Hochschild (women’s issues)

*The Feeling Good Handbook* by Burns (depression)

*Real Boys* by Pollack (men's issues)

*Toddlers and Parents* by Brazelton (child development and parenting)

*Your Perfect Right* by Alberti & Emmons (assertiveness)

*Love Is Never Enough* by Beck (love and intimacy)

*S.T.O.P. Obsessing* by Foa & Wilson (Obsessive-Compulsive Disorder)

*The Stress and Relaxation Handbook* by Madders (stress management and relaxation)

*The Assertive Woman* by Phelps & Austin (assertiveness)