

BOOK LIST
for Anxiety, Depression & related Disorders

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For a complete booklist with all categories, please see the resources page at the ADAVIC website:

http://www.adavic.org/resources/booklist_complete.pdf

SELF-ESTEEM

Creating Confidence: The Secrets of Self-Esteem

By Rex Johnson and David Swindle

(1995). Paperback, 137 pages.

This text explains clearly how to build self-esteem. It offers practical suggestions, examples and exercises, aiming to help the reader feel more relaxed and more motivated, so he/she exudes confidence.

Feeling Good: The New Mood Therapy

By David D. Burns (M.D)

(1999). Paperback, 736 pages.

This excellent book of general cognitive-behavioural exercises deals with anxiety problems, depression, and relationship difficulties.

The Self-Esteem Workbook

By Schiraldi, G.R. (Ph.D), McKay, M., & Fanning, P.

(2001). Paperback, 190 Pages.

A companion guide to “Self-Esteem”. A simple effective program for mastery of liking yourself, conquering self-doubt and seeing your core worth.

Review from *Amazon.com*:

A host of dysfunctional and self-destructive patterns arise at minor and acute levels if an individual dislikes him- or herself. Despite the importance of self-esteem, surprisingly little attention has been focused on building it directly, until now. Designed in an easy-to-use format, The Self-Esteem Workbook presents a course in self-esteem based on new research and sound principles. Checklists, fill-ins, and exercises show readers how thoughts, emotions, physical health, and behaviour impact their self-esteem. Periodic checkups help them gauge their progress, and final sections offer strategies for preventing relapse.

The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships

By Randy Paterson (PhD)

(2000). Paperback, 200 pages.

From the publisher: (edited)

Humans are not meant to be invisible, or to live as reflections of the lives of others. Extinguishing the self is not an option. It leads to greater fear, more helplessness, sharper resentment, and deeper depression.

In this workbook you will learn about many of the basic skills and ideas involved in being more fully present in your world and your life. Many of these skills you already

know. Some may be new. In order to bring them into your life it will take practice and effort. This self-directed program teaches readers to speak up and say what they mean at work and at home.

Written supportively, it uses proven cognitive behavioural techniques to help individuals build self-confidence, set boundaries, and determine appropriate responses.

The Complete Self-Esteem Workbook (e-book)

By Dr. R Anfield

Electronic book, available from:

(http://www.the-anfield-institute-of-personal-development.com/Self_Esteem.html?hop=happysite)

You are searching for better self esteem, greater confidence and a more positive self image. There are solutions to all of those things; many people have felt the same way in the past and have now successfully overcome those fixed frames of mind and attitudes which held them back and seemed so permanent at the time. Suffering from low self esteem is a very frustrating thing, as you sink lower into it, the world around you and any way out of the situation seems to close up around you.

You are blocked and confined and feel unable to be who you know you are underneath it all. It is all well and good to give yourself a pep talk, to pull yourself together and try to view your life differently. But we all know that that approach has a limited and temporary result.

You want to break free from this fixed frame of mind once and for all, you want to have real pride in who you are and you want to have the confidence to push yourself into life and to win. The Complete Self-Esteem Workbook gives you a practical and structured solution to low self esteem which tackles the problem at the root and allows you to make progress which you will not fall back from.

Ten Days to Self-Esteem

By David D., M.D. Burns

(1999). Paperback, 336 pages.

Do you wake up dreading the day?

Do you feel discouraged with what you've accomplished in life?

Do you want greater self-esteem, productivity, and joy in daily living?

If so, you will benefit from this revolutionary way of brightening your moods without drugs or lengthy therapy. All you need is your own common sense and the easy-to-follow methods revealed in this book by one of the country's foremost authorities on mood and personal relationship problems.

In Ten Days to Self-esteem, Dr. David Burns presents innovative, clear, and compassionate methods that will help you identify the causes of your mood slumps and develop a more positive outlook on life. You will learn that

You FEEL the way you THINK: Negative feelings like guilt, anger, and depression do not result from the bad things that happen to you, but from the way you think about these events. This simple but revolutionary idea can change your life!

I'm Ok - You're Ok

By Thomas Harris

(2004). Paperback, 320 pages.

"Happy childhood" notwithstanding, most of us are living out the NOT OK feelings of a defenseless CHILD wholly dependent on OK others for stroking and care. By the third year of life, says Dr. Harris, most of us have made the unconscious decision I'M NOT OK-YOU'RE OK. This negative Life Position, shared by successful and unsuccessful people alike, contaminates our rational ADULT potential -- leaving us vulnerable to the inappropriate, emotional reactions of our CHILD and the uncritically learned behavior programmed into our PARENT.

In personal Transactions, NOT OK people resort to harmful withdrawal, rituals, activities, pastimes, and games for getting needed strokes while avoiding painful intimacy with people they see as OK.

Dr. Thomas A. Harris's pioneering work in Transactional Analysis has had a fundamental impact on our understanding of interpersonal behavior. In showing us how to make the conscious decision I'M OK-YOU'RE OK, he has helped millions of despairing people find the freedom to change, to liberate their ADULT effectiveness, and to achieve joyful intimacy with the people in their lives.