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Self-help books can play an important role in providing insight into problems and in supporting positive change. I recommend self-help books that offer practical strategies for improving behavior and changing problematic thinking patterns. I sometimes ask my clients to work through one of the books listed below as a key component of treatment.

GENERAL

Opening up by Writing It Down: How Expressive Writing Improves Health and Eases Emotional Pain (3rd Ed). By J.W. Pennebaker & J.M. Smyth, 2016, The Guilford Press.

Retrain Your Brain: Cognitive Behavioral Therapy in 7 Weeks: A Workbook for Managing Depression and Anxiety. By S.J. Gillihan, 2016, Althea Press.

The Cognitive Behavioral Therapy Workbook: Evidence-Based CBT Skills to Help You Manage Stress, Anxiety, Depression, and More, by M.A. Tompkins, 2024, New Harbinger Publications.

MEDITATION

Meditation for Fidgety Skeptics: A 10% Happier How-to Book. By D. Harris, J. Warren, & C. Adler, 2018, Harmony Books

Practical Meditation for Beginners: 10 Days to a Happier, Calmer You. By B.W. Decker, 2018, Althea Press.

The No-Nonsense Meditation Book: A Scientist's Guide to the Power of Meditation. By S. Laureys, 2021, Green Tree.

STRESS, GENERAL AND SOCIAL ANXIETY, PANIC DISORDER

10 Simple Solutions to Panic: How to Overcome Panic Attacks, Calm Physical Symptoms, & Reclaim Your Life. By M.M. Anthony & R.E. McCabe, 2004, New Harbinger Publications.

The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear. By M. Robichaud & M Dugas, 2015, New Harbinger Publications.

The Relaxation and Stress Reduction Workbook (7th ed.). By M. Davis, E.R. Eshelman, and M. McKay, 2019, New Harbinger Publications.

The Shyness and Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming Your Fear. By M.M Anthony & R.P. Swinson, 2017, New Harbinger Publications.

DEPRESSION & BIPOLAR DISORDER

The Cognitive Behavioral Workbook for Depression: A Step-by-Step Program (2nd ed). By W.J. Knaus & A. Ellis, 2012, New Harbinger Publications.

Bipolar Disorder: A Guide for the Newly Diagnosed. By J.M. Caponigro, E.H. Lee, S.L. Johnson, & A.M. Kring, 2012, New Harbinger Publications.

INSOMNIA

The Insomnia Workbook. By S.A. Silberman, 2009, New Harbinger Publications.

OBSESSIVE COMPULSIVE DISORDER

The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder (3rd ed). By B Hyman & C Pedrick, 2010, New Harbinger Publications.

TRAUMA, PTSD

Overcoming Trauma and PTSD: A Workbook Integrating Skills from ACT, DBT, and CBT. By S. Raja, 2012, New Harbinger Publications.

RELATIONSHIPS

Eight Dates: Essential Conversations for a Lifetime of Love. By J. Gottman, J. Schwartz Gottman, D. Abrams, & R. Carlton Abrams, 2019, Workman Publishing Company.

The Relationship Cure: A 5 Step Guide to Strengthening Your Marriage, Family, and Friendships. By J. Gottman, 2002, Three Rivers Press.