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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**

[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.

[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.

### **MEDITATION**

[Meditation for Fidgety Skeptics: A 10% Happier How-to Book](#), by D. Harris, J. Warren, & C. Adler, 2018, Harmony Books

[The No-Nonsense Meditation Book: A Scientist's Guide to the Power of Meditation](#), by S. Laureys, 2021, Green Tree.

[Practical Meditation for Beginners: 10 Days to a Happier, Calmer You](#), by B.W. Decker, 2018, Althea Press.

### **STRESS, GENERAL AND SOCIAL ANXIETY, PANIC DISORDER**

[Anxiety Happens: 52 Ways to Find Peace of Mind](#), by J.P. Forsyth and G.H. Eifert, 2018, New Harbinger Publications.

[Calming the Rush of Panic: A Mindfulness-Based Stress Reduction Guide to Freeing Yourself from Panic Attacks and Living a Vital Life](#), by B. Stahl and W. Millstine, 2013, New Harbinger Publications.

[Freedom from Panic: Evidence-Based Techniques to End Avoidance and Stop Panic Before It Stops You](#), by B. Zucker, 2026, New Harbinger Publications.

[The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear](#), by M. Robichaud and M. J. 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](#) (3rd ed.), 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.

[The Bipolar Workbook: Tools for Controlling Your Mood Swings](#) (2nd ed.), by M. Ramirez Basco, The Guilford Press.

[The Depression Toolkit: Quick Relief to Improve Mood, Increase Motivation, and Feel Better Now](#), 2022, by W.J. Knaus, A. Korb, P.J. Robinson, and others, New Harbinger Publications.

[The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living](#), 2017, by K.D. Strosahl and P.J. Robinson, 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.