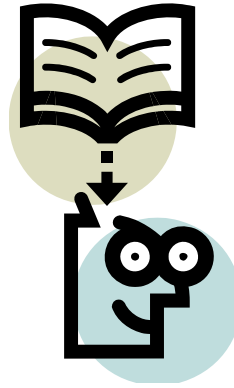


RCBM Recommended Reading List



Attention Deficit/Hyperactivity Disorder:

- ADHD Grown Up
By: Joel L Young, MD
- Contemporary Guide to Adult AD/HD
By: Joel L. Young, M.D.
- You Mean I'm Not Lazy, Stupid or Crazy?!: A Self-help Book for Adults with Attention Deficit Disorder
By: Kate Kelly and Peggy Ramundo
- Driven to Distraction
By: Edward Hallowell and John Ratey
- Answers to Distraction
By: Edward Hallowell and John Ratey
- Delivered from Distraction
By: Edward Hallowell and John Ratey

- Out of the Fog
By: Kevin Murphy
- Adults with ADD
By: Lynn Weiss
- Gender Issues and AD/HD
By: Patricia Quinn and Kathleen G. Nadeau
- The “Putting on the Brakes” Activity Book for Young People with ADHD
By: Patricia O. Quinn MD and Judith M. Stern, MA
- 10 Simple Solutions to Adult ADD
By: Stephanie Moulton Sarkis, PhD
- Socially ADDept, A Manuel for Parents of Children with ADD and/or Learning Disabilities
By: Janet Z Giler, PhD
- The ADHD Book of Lists
By: Sandra F. Rief
- ADD Friendly Ways to Organize your Life
By: Judith Kolberg and Kathleen Nadeau, PhD
- Practical Ideas that Really Work for Students with ADHD
By: Kathleen McConnell and Gail R Ryser

- Survival Guide for College Students with ADD or Learning Disabilities

By: Kathleen G Nadeau, PhD

- Understanding Girls with AD/HD

By: Kathleen Nadeau

- Scattered Minds

By: Len Adler

Alcoholism

- It Will Never Happen to Me

By: Claudia Black

- Sober for Good

By: Anna M. Fletcher

Anger

- The Anger Trap: Free Yourself from the Frustrations That Sabotage Your Life

By: Dr. Les Carter

Anxiety and Phobias

- The Anxiety and Phobia Workbook

By: Edmond Bourne

Behavior Management

- 1-2-3 Magic: Effective Discipline for Children 2-12

By: Thomas Phelan

Bipolar Disorder

- The Bipolar Disorder Survival Guide
By: David Miklowitz
- An Unquiet Mind: A Memoir of Moods and Madness
By: Kay Redfield Jamison
- Brilliant Madness: Living with Manic Depressive Illness
By: Patty Duke and Gloria Hochman

Borderline Personality Disorder

- I Hate You, Don't Leave Me: Understanding the Borderline Personality
By: Jerold Kreisman and Hal Straus

Depression

- Strategies to Overcome Depression
By: Annick Hivert-Carthew

Eating Disorders

- Dying to be Thin
By: Ira Sacker and Marc Zimmer
- The Hunger Within: A Twelve Week Guided Journey from Compulsive Eating to Recovery
By: Marilyn Migliore

Learning Disorders

- Motivating Underachievers

By: Carolyn Coil

- Helping a Child with Nonverbal Learning Disorder or Aspergers Syndrome: A Parent's Guide

By: Kathryn Stewart, PhD

- Skills Training for Children with Behavior Disorder: A Parent and Practitioner Guidebook

By: Michael L Bloomquist

- How the Special Needs Brain Learns

By: David A Sousa

- Learning how to Learn: Getting into and Surviving College When You Have a Learning Disability

By: Joyanne Cobb

- It's So Much Work to Be Your Friend: Helping the Child with Learning Disabilities Find Social Success

By: Richard Lavoie

Marital Issues

- Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships

By: David Schnarch

Obsessive-Compulsive Disorder

- Brain Lock – Free Yourself from Obsessive Compulsive Behavior

By: Jeffrey M Schwartz, MD

Parenting

- Help Me I Have a Teenager: The Nitty Gritty Guide to Parental Sanity

By: Annie Drake

- Get Out of my Life, but First Could you Drive me and Cheryl to the Mall?

By: Anthony E Wolf, PhD

- Common Solutions for the Uncommon Child

By: Kimberly Haag, Keith Kasper, Elizabeth Dziak Kryst

- Defiant Teens: A Clinician's Manual for Assessment and Family Intervention

By: Russell A Barkley, Gwyneth H Edwards, and Arthur L Robin

- The Second Family: Dealing with Peer Power, Pop Culture, the Wall of Silence & Other Challenges of Raising Today's Teens

By: Ron Taffel & Melinda Blau

- The Explosive Child

By: Ross W Greene

- Social Skills Lessons and Activities for Grade 7 to 12

By: Ruth Weltmann Begun

- How to Talk So Kids Will Listen and Listen So Kids Will Talk

By: Adele Faber, Elaine Mazlish

Post-Traumatic Stress Disorder

- Trauma and Recovery

By: Judith Herman, MD

- Post Traumatic Stress Disorder Sourcebook

By: Glenn R. Schiraldi, Ph.D.

Procrastination

- The Procrastination Workbook: Your Personalized Program for Breaking Free From the Patterns That Hold You Back

By: William Knaus, Ed.D.

Self-Esteem

- Conquer your Critical Inner Voice

By: Robert and Lisa Firestone, PhD

Self- Mutilation

- Cutting : Understanding and Overcoming Self-Mutilation

By: Steven Levenkron

- Bodily Harm: The Breakthrough Healing Program For Self-Injurers

By: Jennifer Kingsonbloom, Karen Conterio and Wendy Lader, PhD

Sexual Abuse

- Courage to Heal (for survivors of sexual abuse)

By: Ellen Bass and Laura Davis

Sex Education

- How to Talk to Your Child about Sex

By: Linda & Richard Eyre

- What's Happening to My Body: Book for Girls

By: Lynda Madaras

- What's Happening to My Body: Book for Boys

By: Lynda Madaras

Trichotillomania

- Help for Hair Pullers: Understanding and Coping with Trichotillomania

By: Nancy Keuthen, PhD, Dan Stein, MD, and Gary Christen, MD

- You are not Alone
By: Cheryn Salazar
- The Hair Pulling Habit & You: How to Solve the Trichotillomania Puzzle
By: Ruth Goldfinger Golomb, Med, LCPC and Sherrie Mansfield Vavrichek, LCSW
- Stay Out of My Hair! Parenting Your Child with Trichotillomania
By: Ruth Goldfinger Golomb, Med, LCPC & Suzanne Mouton-Odum, PhD
- Help for Hair Pullers: Understanding and Coping with Trichotillomania
By: Nancy Keuthen, PhD, Dan Stein, MD, & Gary Christenson, MD
- What's Happening to My Child?
By: Cheryn Salazar

Verbal Abuse

- The Verbally Abusive Relationship: How to Recognize it and How to Respond
By: Patricia Evans

Women's Issues

- Did You Say Something, Susan?: How Any Woman can Gain Confidence with Assertive Communication
By: Paulette Dale, PhD