



# List of literature and online resources

## Addictions

### **The New Codependency**

M. Beattie (2009)

### **Mindfulness and the 12 Steps (2010)**

Therese

### **The Dance of Anger**

Lerner (2005)

## Anxiety

### **The Mindfulness and Acceptance Workbook for Anxiety**

Forsyth & Eifert (2007)

### **The Mindfulness Solution**

R. Siegel (2009)

### **The Anxiety and Phobia Workbook (5th ED.)**

Bourne, Edmund J. Ph.D. , New Harbinger Publications

### **When Panic Attacks: The New, Drug-Free Anxiety Therapy That Can Change Your Life**

David Burns (2006)

### **Life After Trauma, A Workbook for Healing, 2nd Edition**

Rosenblum & Williams (2010)

### **In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness**

Peter A. Levine (2010)

### **Crash Course: A Self-Healing Guide to Auto Accident Trauma and Recovery**

Diane Poole Heller, Laurence S. Heller (2001)

## Couples

### **After the Affair**

Janis Abrahms Spring (1996)

### **Getting Past the Affair: A Program to Help You Cope, Heal and Move On – Together or Apart**

Snyder, Baucom & Gordon (2007)

### **Hold Me Tight**

S. Johnson (2008)

## **How to Improve Your Marriage Without Talking About It**

Patricia Love & Steven Stosny (2007)

## **The 5 Love Languages**

G. Chapman (2010)

## **Anxious in Love**

Ditch and Lorberbaum (2012)

## **The Seven Levels of Intimacy**

Matthew Kelly (2005)

## **Love Sense: The Revolutionary New Science of Romantic Relationships**

Johnson (2013)

## **Too Good to Leave, Too Bad to Stay**

Kirshbaum (1997)

## **I Love a Cop: What Police Families Need to Know**

Ellen Kirschman (2007)

## **Coping with Erectile Dysfunction: How to Regain Confidence and Enjoy Great Sex Paperback**

Barry W. McCarthy PhD (Author), Michael E. Metz PhD (Author) (2004)

## **Depression**

### **Living with a black dog – YouTube**

<https://www.youtube.com/watch?v=2VRRx7Mtep8>

### **I had a black dog, his name was depression – YouTube**

<https://www.youtube.com/watch?v=XiCrniLQGYc>

### **The Mindfulness & Acceptance Workbook for Depression**

Kirk Strosahl, Patricia Robinson (2008)

### **Feeling Good: The New Mood Therapy**

David Burns (2008)

### **Mind Over Mood: Change How You Feel by Changing the Way You Think. 2nd Ed**

Greenberger & Padesky (2015)

### **Winter Blues: Seasonal Affective Disorder – What it is and How to Overcome it**

Norman Rosenthal (1998)

### **Hardwiring Happiness: The New Science of Contentment, Calm and Confidence**

Hanson (2013)

### **The Bipolar Workbook**

Monica Ramirez Basco (2006)

### **When Someone You Love is Bipolar: Help & Support for You and Your Partner**

Cynthia Last (2009)

## Suicide

### **Manitoba Suicide Prevention and Support Line**

<http://reasontolive.ca/>

### **The Lifeline Suicide Prevention and Awareness Mobile App**

[www.thelifelinecanada.ca](http://www.thelifelinecanada.ca)

**Virtual Hope Box:** The VHB provides help with emotional regulation and coping with stress via personalized supportive audio, video, pictures, games, mindfulness exercises, positive messages and activity planning, inspirational quotes, coping statements, and other tools.

<http://t2health.dcoe.mil/apps/virtual-hope-box>

## Health

### **The Teacher's Ultimate Stress Mastery Guide: 77 Prescriptions to Build Your Resilience**

(2012) Singer.

### **Teachers Managing Stress and Preventing Burnout**

(1993) Gold and Roth.

### **Diabetes and Depression**

(2013) Thompson

### **The Healing Choice: Your Guide to Emotional Recovery after an Abortion**

(1997) De Puy and Doritch.

### **The Art of Extreme Self-Care: Transform Your Life One Month at a Time**

(2009) Richardson.

### **The Adrenal Reset Diet: Strategically Cycle Carbs and Proteins to Lose Weight, Balance Hormones and Move from Stressed to Thriving**

(2014) Christianson

### **Adrenal Fatigue: Twenty-First Century Stress Syndrome**

(2001) Wilson

### **The Wisdom of Menopause**

Christine Northrup (2006)

### **My Sleep Button app**

<https://itunes.apple.com/ca/app/mysleepbutton-cogsci-apps/id740251957?mt=8>

## Loss and Grief

### **No Time to Say Goodbye: Surviving the Suicide of a Loved One**

Carla Fine (1997)

### **Grieving for Dummies**

Harvey (2007)

### **How to Go On Living When Someone You Love Dies**

Rando (1991)

### **Widow to Widow: Thoughtful, Practical Ideas for Rebuilding your Life**

(2004) Ginsburg

## **The Wilderness of Grief**

[http://virtualhospice.ca/en\\_US/Main+Site+Navigation/Home.aspx](http://virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx)

## **Mindfulness**

**Mindfulness; An eight-week plan for finding peace in a frantic world**

Mark Williams & Danny Penman

**Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness**

Jon Kabat-Zinn ( 1990)

**The Mindfulness Solution: Everyday Solutions to Everyday Problems**

(2010) Siegel

**The Dialectical Behaviour Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation and Distress Tolerance**

McKay, Wood, and Brantley (2007)

## **Personal Development**

**Where to Draw the Line: How to Set Healthy Boundaries Every Day**

(2000) Katherine

**The Gifts of Imperfection: Let Go of Who You Think You Are and Embrace Who You Are**

(2010) Brown

**Children of the Self-Absorbed: A Grownup's Guide to Getting Over Narcissistic Parents**

(2001) Brown, Nina. New Harbinger Publications

<http://self-compassion.org/>

**Online self-compassion course with Brene Brown and Kristen Neff:**

<http://www.courageworks.com/shop/classes/self-compassion-with-kristin-neff-brene-brown>

## **Separation and Divorce**

**Joint Custody with a Jerk: Raising a Child With an Uncooperative Ex**

Ross & Corcoran (1996)

**Splitting: Protecting Yourself while Divorcing Someone with Borderline or Narcissistic Personality Disorder**

(2011) Eddy, Bill, and Kreger, Randi, New Harbinger Publications

**Divorce Poison: How to Protect your Family from Bad MOUTHing and Brainwashing**

Warshak, R. (2010)

**Divorce and Remarriage in the Church: Biblical Solutions for Pastoral Realities**

David Instone-Brewer (2009)

## **Trauma**

<http://trauma-recovery.ca/>

This website on trauma recovery was developed by the Manitoba Trauma Information and Education Centre (MTIEC) and Klinik.