

# RESOURCES

CATEGORY	TITLE	AUTHOR
ANXIETY/PHOBIAS	<i>The Anxiety &amp; Phobia Workbook</i>	Edmund J. Bourne, PhD
DEPRESSION	<i>Change Your Brain Change Your Life</i>	David Amen
COUPLES/RELATIONSHIPS	<i>The Five Love Languages</i>	Gary Chapman
GRIEF	<i>Tear Soup, Recipe for Healing After Loss</i> <i>The Fall of Freddie the Leaf</i>	Pat Schwiebert, Chuck DeKlyen Leo Buscaglia, PhD
COMMUNICATION	<i>How to Win Friends &amp; Influence People</i>	Dale Carnegie
MINDFULNESS	<i>10% Happier</i>	Dan Harris
SELF ESTEEM	<i>10 Days to Self Esteem Workbook</i>	David Burns
LIFE PURPOSE	<i>The Secret</i> <i>The Four Agreements</i>	Rhonda Byrne Don Ruiz
SEXUAL ABUSE	<i>The Courage to Heal</i>	Ellen Bass, Laura Davis
ADOPTION	<i>Twenty Things Adopted Kids Wish Their Adoptive Parents Knew</i> <i>The Primal Wound</i>	Sherrie Eldridge Nancy Verrier
SUBSTANCE ABUSE	<i>Adult Children of Alcoholics at Home, at Work and in Love</i>	Janet Geringer Woititz, EdD.

*Pamper Your Mind*