

## **EMPLOYEE ASSISTANCE PROGRAM LENDING LIBRARY**

### **ADDICTION: ALCOHOL & DRUGS**

#### **Author:**

AA World Services, Inc.

AA World Services, Inc.

Ackerman, Ph.D., Robert J.

Al-Anon Family Group Headquarters, Inc.

Al-Anon Family Group Headquarters, Inc.

Alcoholics Anonymous

Alcoholics Anonymous Of Greater Detroit

Alcoholics Anonymous World Services, Inc.

Alcoholics Anonymous World Services, Inc.

Alcoholics Anonymous World Services, Inc.

Compcare

Doyle, Paul Barton & John Ishee

Drug Abuse Council, Inc.

Eliot, Dr. Robert S.

Hazelden Foundation

Hazelden Foundation

#### **Title:**

As Bill Sees It: The AA Way Of Life

Twelve Steps And Twelve Traditions

Perfect Daughters

One Day At A Time In Al-Anon

The Dilemma Of The Alcoholic Marriage

Alcoholics Anonymous 1993

Alcoholics Anonymous: An Interpretation Of The Twelve Steps.

Alcoholics Anonymous

Alcoholics Anonymous

Twelve Steps And Twelve Traditions

A Day At A Time

Spirituality In Recovery

Alcohol & Drugs At Work

Is It Worth Dying For?

The Twelve Steps Of Alcoholics Anonymous

Food For Thought

**ADDICTION: ALCOHOL & DRUGS**

**(cont'd)**

**Author:**

Hazelden Foundation

Hazelden Foundation

Hazelden Meditations

Johnson, Vernon E.

Kinney, M.S.W., Jean & Gwen Leaton

Klass, Joe

Martin, Sara Hines

McCabe, Ph.D., Thomas R.

Sandmaier, Marian

Twerski, M.D., Abraham J.

U.S. Dept Of Labor

**Title:**

Stools And Bottles

Twenty-Four Hours A Day

Keep It Simple: Daily Meditations For Twelve-Step

Intervention

Understanding Alcohol

The 12 Steps To Happiness

Shame On You!

Victims No More

The Invisible Alcoholics

It Happens To Doctors, Too

What Works: Workplaces Without Drugs

### **ADDICTION: SEXUAL**

**Author:**

Carnes, Ph.D., Patrick  
Covington, Stephanie & Liana Beckett  
Schneider, M.D., Jennifer P.

**Title:**

Don't Call It Love  
Leaving The Enchanted Forest  
Back From Betrayal

### **ANGER**

**Author:**

Carter, Ph.D., Les Carter & Minirth, M.D.  
Daldrup, Dr. Roger J.  
Ellis, Ph.D., Albert  
Lerner  
Warren, Ph.D., Neil Clark

**Title:**

The Anger Workbook  
Freedom From Anger  
How To Control Your Anger Before It Controls You  
The Dance Of Anger  
Make Anger Your Ally

### **ASSERTIVENESS**

**Author:**

Sharon Anthony & Bower, Gordon H

**Title:**

Asserting Your Self: A Practical Guide For Positive Change

### **ATTENTION DEFICIT DISORDER**

**Author:**

Wender, M.D., Paul H

**Title:**

Attention-Deficit: Hyperactivity Disorder In Adults

## **CHILDREN/PARENTING**

### **Author:**

Bass, Ellen And Davis, Laura  
Briggs, Dorothy Corkille  
Brooks, Andree Aelion  
Dobson, Dr. James  
Dobson, Dr. James  
Dodson, Dr. Fitzhugh  
Elkind, David  
Elkind, David  
Faber, Adele & Elaine Mafaber  
Hagans, Kathryn B And Case, Joyce  
Rice, Ed.D., F. Phillip  
Weyburne, Darlene

### **Title:**

Child Sexual Abuse  
Your Child's Self-Esteem  
Children Of Fast-Track Parents  
How To Build Self-Esteem In Your Child  
The Strong-Willed Child  
How To Parent  
All Grown Up & No Place To Go  
The Hurried Child  
How To Talk So Kids Will Listen  
When Your Child Has Been Molested  
Step-Parenting  
What To Tell The Kids About Your Divorce

## **Depression/Anxiety**

### **Author:**

Adamec, Christine

Carter, Ph.D., Les & Minirth, M.D, Frank:

Chernin, Kim

Danquah, Meri Nana-Ama

Duke, Patty & Hochman, Gloria

Foa, Edna B, Ph.D. And Wilson, Reid Ph.D.

Granet, M.D., Roger & Levinson, Robin K.

Handly, Robert

Medina, Ph.D., John

O'Connor, Ph.D., Richard

Sheehan, David, MD

### **Title:**

How To Live With A Mentally Ill Person

The Freedom From Depression Workbook

The Obsession: Reflections On The Tyranny Of Slenderness

Willow Weep For Me: A Black Woman's Journey Through Depression

A Brilliant Madness: Living With Manic-Depressive Illness

Stop Obsessing: How To Overcome Your Obsessions And Compulsions

If You Think You Have Depression

Anxiety & Panic Attacks

Depression: How It Happens & How It's Healed

Undoing Depression

The Anxiety Disease

## **DEATH/GRIEF**

### **Author:**

Bozarth, Ph. D., Alla Renee

Brooks, Jane

Brothers, Dr., Joyce

Colgrove, Ph.D., Melba, Bloomfield, M.D.,

Harold H, McWilliams

Hewett, John H

James, Frank W And Cherry, Frank

James, John W. & Frank Cherry

Kubler-Ross, Elisabeth

Lord, Janice Harris

McWraith, Hamish

Williams, Philip W.

### **Title:**

Life Is Goodbye, Life Is Hello

Midlife Orphan

Widowed

How To Survive The Loss Of A Loved One

After Suicide

The Grief Recovery Handbook

The Grief Recovery Handbook

On Death And Dying

No Time For Good-byes

Coping With Bereavement

When A Loved One Dies

## **GOAL SETTING**

### **Author:**

Davidson, Jeff  
Mager, Robert F.  
Sommer, Bobbe

### **Title:**

The Complete Idiot's Guide To Reach Your Goals  
Goal Analysis  
How To Set And Achieve Goals

## **HEALTH CARE**

### **Author:**

Carewise Inc.

### **Title:**

Carewise Guide: Self-Care From Head To Toe

## **MISCELLANEOUS**

### **Author:**

Biffle, Christopher

Burns, David D, Md.

Cudney, Milton R & Hardy, Robert E

Cypser, Cora & Rudolph

Ellis, Ph.D., Albert

Lahaye, Tim

Tannen, Deborah, Ph.D.

Wells, Robert G, Md. & Wells, Mary

Whitfield, Charles, L, M.D

## **MONEY/PROSPERITY**

### **Author:**

Addington, Jack And Cornelia

Laut, Phil

Mundis, Jerrold

Patent, Arnold M.

### **Title**

A Journey Through Your Childhood

The Process Of Becoming: A Guide To Personal Fulfillment

Self-Defeating Behaviors

You Can Choose To Be Happy

How To Stubbornly Refuse To Make Yourself Miserable About Anything- Yes Anything!

Why You Act The Way You Do

The Feeling Good Handbook

That's Not What I Meant: How Conversational Style Makes Or Breaks Relationships

Healing The Child Within

### **Title:**

All About Prosperity And How You Can Prosper

Money Is My Friend

How To Get Out Of Debt, Stay Out Of Debt & Live

You Can Have It All

## **RELATIONSHIPS**

### **Author:**

Beattie, Melody

Bloomfield, M.D. & Peter McWilliams

Burns, M.D., David D.

Martin, Del

Martin, Laura C.

Ray, Sondra

## **SELF-ESTEEM**

### **Author:**

Sheehan, Elaine

Branden, Ph.D., Nathaniel

Bower

Newman, Mildred & Berkowitz, Bernard

Davidson, Jeff

Somner, Dr. Bobbie

Burns, David D, MD

Covey, Stephen R

Smith, Manuel J, Ph.D.

Ashley, Joyce

Vasile, Albert J. & Mintz, Harold K

### **Title:**

The Language Of Letting Go

How To Survive The Loss Of A Love

Intimate Connections

Battered Wives

A Life Without Fear

I Deserve Love

### **Title:**

Your Questions Answered

The Power Of Self-Esteem

How To Be Your Own Best Friend

Reaching Your Goals

How To Set And Achieve Goals (Video) Vol. 1&2

Ten Days To Self-Esteem

The 7 Habits Of Highly Effective People

When I Say No, I Feel Guilty

Overcoming Stage Fright In Everyday Life

Speak With Confidence: A Practical Guide

## **SPIRITUALITY**

### **Author:**

Christ, Carol P. & Judith Plaskow

Crabb, Dr. Larry

Joy, M.D., W. Brugh

Merton, Thomas

Roman, Sanaya

Spangler, David

Sun Publishing Co.

Watts, Alan

### **Title:**

Womanspirit Rising

Inside Out

Joys Way

New Seeds Of Contemplation

Living With Joy

The Laws Of Manifestation

The Impersonal Life

Meditation

## **STRESS**

### **Author:**

Carlson, Richard, Ph.D.

Parkinson, Frank

Kindler, Ph.D., Herbert S. & Ginsburg, M.A.,

Marilyn

Powell, Trevor

### **Title:**

Don't Sweat The Small Stuff With Your Family

Measure & Management Stress

Free Yourself From Harmful Stress

## **WOMEN'S READING**

### **Author:**

Lerner, Harriet G. Ph.D.  
Schlessinger, Dr. Laura  
Church, Connie  
Cudy, Milton R & Hardy, Robert E  
Stevens, Tom G  
Statman, Jan Berliner  
Forward, Dr. Susan

### **Title:**

The Dance Of Deception: Pretending & Truth-Telling In  
Ten Stupid Things Women Do To Mess Up Their Lives  
Mother Love: Listen Up Girlfriends!  
Menopause And Mid-Life  
The Courage To Heal: A Guide For Women Survivor's Of Abuse  
The Battered Woman's Survival Guide  
Men Who Hate Women & The Women Who Love Them