



Department of Veterans Affairs

Bibliotherapy Resource Guide

Mental Illness Research, Education and Clinical Centers

Office of Mental Health Services, VA Central Office

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VA Bibliotherapy Resource Guide

Bibliotherapy

Bibliotherapy involves the use of written materials to address emotional problems (1, 2). Bibliotherapy resources include books as well as an increasing array of Internet-based and other materials. Bibliotherapy has been shown to be quite effective for a variety of mental health problems (2-4). It may be used in some cases as a stand-alone resource for individuals with more mild problems, and frequently as an adjunct to professional treatment. There is great potential for incorporating bibliotherapy as an adjunctive component to mental health care in VA.

Purpose of this Guide

This brief guide is designed to provide VA clinicians, as well as administrators, peers, and veterans, with information about bibliotherapy resources that can serve as supplements to treatment. It is intended that this guide will promote the use of such resources both in specialty mental health settings, as well as in primary care, where VA is integrating mental health services nationally. This guide is provided as an informational resource and is not an endorsement of any specific product.

Summary of the Research Literature

An increasing body of evidence demonstrates that bibliotherapy can be effective for adults of all ages with depression, anxiety, and a variety of other concerns (2-4). Meta-analyses routinely find moderate to large effect sizes for bibliotherapy interventions for depression (5-7) and anxiety disorders (2). Small to moderate effect sizes have been found for alcohol abuse and other addiction problems (8, 9). Other studies on bibliotherapy interventions targeting insomnia (10), bulimia (11), and migraines (12) have also shown significant positive effects. Although bibliotherapy in some cases can be useful when used alone, research indicates that bibliotherapy is often most effective when paired with personalized feedback and support (e.g., 13). Accordingly, this guide is intended primarily to promote the use of bibliotherapy resources as an adjunct to treatment veterans are receiving from VA or other professionals.

At the current time, only a proportion of the available books have been subjected to empirical examination (3, 14); however, many of the books identified in this resource guide share common elements. There are several books and online resources related to Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Interpersonal Therapy, and other established models. For example, *Feeling Good: The New Mood Therapy* (15), which is based on cognitive therapy principles, significantly decreased symptoms of depression in adults diagnosed with the disorder, and the effect was maintained over three years (16).

Although bibliotherapy is often equated with “self-help” (1), studies show that many mental health professionals recommend books and materials to clients to read outside of therapy and discuss the content during sessions (17, 18). In addition to furthering awareness and self-directed behavior change, other reasons identified for incorporating bibliotherapy into clinical practice include education and empowerment, as well as the education of family members and

friends (19), which can increase opportunities for social support. All of these goals are consistent with aspects of recovery-oriented care (20).

This Resource Guide was created by a national workgroup composed of representatives of the ten Mental Illness Research, Education and Clinical Centers (MIRECCs), at the request of and in collaboration with the Office of Mental Health Services, VA Central Office. Experts among the MIRECCs (see appendix) and VA Central Office identified resources that they and others recommend to their own clients. Multiple nominations were selected for inclusion in this guide, as the type of resource or approach that a veteran or family member finds helpful is likely to vary. This resource guide is not intended to be exhaustive, and as noted above, is not an endorsement of any commercial product. The guide is designed to provide information on many established resources available for a variety of mental health conditions.

For each book, the following information is included:

Name of author (Year of publication). *Title of Book*. Publisher. Approximate cost. Reading level (if available). AGSH recommendation (if applicable).

Approximate Cost

Costs of resources may vary compared to what is listed here; many of the resources identified may be on sale and available at a reduced cost. In addition, used books may be available for purchase at lower cost.

Reading Level

Reading level is included when it was available. All reading levels are based on the Flesch-Kincaid Index, which utilizes word and sentence length to determine the readability of a given resource.

AGSH

The *Authoritative Guide to Self-Help Resources in Mental Health* (Norcross et al., 2003), published by Guilford Press, is a reference of self-help materials, based on a survey of psychologists, in which respondents were asked to rate identified self-help resources. Where “AGSH” appears after a book or website citation in this document, it indicates that the resource is recommended by the authors of the AGSH, based on respondent ratings.

Depression

Books

Addis, M. E. & Martell, C. R. (2004). *Overcoming Depression One Step at a Time: The New Behavioral Activation Approach to Getting Your Life Back*. New Harbinger. \$19.95 paperback. 9th grade reading level.

This book is written as a self-help guide to overcoming depression based on behavioral activation therapy. It is filled with behavioral exercises designed to increase activity and increase the possibility of rewards.

Burns, D. D. (1999). *The Feeling Good Handbook*. Plume. \$25.00 paperback. 10th grade reading level. AGSH

This book is a popular self-help text based on cognitive therapy for dealing with depression, as well as procrastination and various types of anxiety. It includes easy to follow, step-by-step instructions. This resource also addresses improving intimacy and communication with a partner and managing conflict in relationships.

Golant, M. & Golant, S. K. (1998). *What to Do When Someone You Love Is Depressed: A Practical, Compassionate, and Helpful Guide*. Owl Books. \$15.00 paperback. 11th grade reading level.

This book is written for caregivers and family members who have a loved one with depression, but can be a resource for patients who do not readily recognize that they have a problem. This book addresses issues of intimacy and communication when one individual in the relationship is depressed. This version also includes questions submitted by readers. Please note that a revised and expanded 2nd edition of this book published in 2007 by Macmillan is available for \$16.00 paperback.

Greenberger, D. & Padesky, C. A. (1995). *Mind Over Mood: Change How You Feel by Changing the Way You Think*. Guilford. \$23.95 paperback. AGSH

Based on the principles of cognitive therapy, this resource describes the model of how thoughts influence mood. The majority of the book focuses on cognitive restructuring and the use of the thought record. The text describes and illustrates various exercises for each section of the thought record template including recognizing automatic thoughts, evaluating evidence for thoughts, creating alternative or balanced thoughts, and uncovering core assumptions and beliefs. There are numerous blank forms including depression and anxiety inventories. This book is available in English and Spanish.

Hayes, S. C. (2005). *Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy*. New Harbinger. \$19.95 paperback. 9th grade reading level.

This book is based on Acceptance and Commitment Therapy (ACT). This approach targets emotional avoidance by (a) addressing problematic control of internal experiences such as negatively evaluated memories, thoughts, and emotions; and (b) promoting acceptance of emotion and thought through practices of willingness and being present in the current moment. Additionally, ACT explicitly explores valued living and works with readers to regain a vital life by engaging in behavior change that is consistent with personal values.

Knaus, W. J. & Ellis, A. (2006). *The Cognitive Behavioral Workbook for Depression: A Step-by-Step Program*. New Harbinger. \$21.95 paperback. 11th grade reading level.

This book is based on the late Dr. Ellis' Rational Emotive Behavior Therapy (REBT) – a type of cognitive behavioral therapy that focuses on examining and changing self-defeating thoughts, beliefs, and actions. This self-help guide helps the reader to develop REBT skills, using step-by-step instructions, for overcoming depression.

Lewinsohn, P., Munoz, R., Youngren, M., & Zeiss, A. (1992). *Control Your Depression*. Simon and Schuster. \$16.95 paperback. 9th grade reading level. AGSH

This book is based on a social learning model of depression. The premise is that challenging beliefs, changing social interactions, and increasing the frequency of pleasant activities will lead to changes in emotions. The book guides the reader in crafting a personal change plan to address his/her depression and become one's own coach.

McQuaid, J. R., Carmona, P. E., & Segal, Z. V. (2004). *Peaceful Mind: Using Mindfulness and Cognitive Behavioral Psychology to Overcome Depression*. New Harbinger. \$14.95 paperback. 10th grade reading level.

This book addresses the integration of mindfulness (e.g., meditation and awareness) and cognitive behavioral therapy. Activities are designed to change how readers approach their daily lives in order to develop greater peace of mind.

Pettit, J. W., Joiner, T. E., & Rehm, L. P. (2005). *The Interpersonal Solution to Depression: A Workbook for Changing How You Feel by Changing How You Relate*. New Harbinger. \$19.95 paperback.

Based on interpersonal psychotherapy (IPT), people who are depressed are prone to impaired social skills, interpersonal dependency, and interpersonal inhibition. This book offers practical exercises to help the individual learn how mood and relationships are connected and how to change the way that he/she relates to other people.

Smith, M. J. (1985). *When I Say No, I Feel Guilty*. Mass Market Paperback. \$7.99 paperback. 11th grade reading level.

This book offers a variety of strategies to develop assertiveness skills and manage feelings of guilt. Other topics include being persistent, dealing successfully with criticism, and more effective communication in professional and personal relationships.

Strosahl K. D. & Robinson, P. R. (2008). *The Mindfulness and Acceptance Workbook for Depression*. New Harbinger. \$21.95 paperback.

This workbook is based on the principles of Acceptance and Commitment Therapy (ACT). The focus of this approach is on living a full life and addressing the avoidance of pleasurable and productive activities that can contribute to ongoing depression, rather than focusing on symptom reduction.

Williams, J. M. G., Teasdale, J. D., Segal, Z. V., & Kabat-Zinn, J. (2007). *The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness*. Guilford. \$19.95 paperback and audio CD.

This book melds cognitive therapy and mindfulness to focus on breaking mental habits that contribute to unhappiness as well as promoting resilience. It is written in easy-to-understand language. The book includes an audio CD with exercises for overcoming depression.

Websites

National Institute on Aging—Don't Let the Blues Hang Around

A publication of the National Institute on Aging, this fact sheet contains information on causes, symptoms, and treatment of depression.

<http://www.nia.nih.gov/HealthInformation/Publications/depression.htm>

National Institute of Mental Health (NIMH)

Excellent website with downloadable fact sheets and publications. AGSH

<http://www.nimh.nih.gov/health/topics/depression/index.shtml>

WebMD

Includes videos, frequently asked questions, self-help tips, and info on support groups.

<http://www.webmd.com/depression/default.htm>

FamilyDoctor

Includes frequently asked-questions and coping strategies.

<http://familydoctor.org/online/famdocen/home/common/mentalhealth/depression/046.html>

National Alliance on Mental Illness

Information on support groups and mental health advocacy.

<http://www.nami.org/>

Help Guide

Self help and coping tips on recovering from depression.

http://www.helpguide.org/mental/depression_tips.htm

Bipolar Disorder

Books

Basco, M. R. (2005). *The Bipolar Workbook: Tools for Controlling Your Mood Swings.* Guilford (Guilford). \$18.95 paperback. 9th grade reading level.

This book employs a cognitive behavioral therapy model of mood and also discusses effective medication management. The text helps readers to recognize early warning signs of mood swings and develop plans for managing manic and depressive episodes. It may serve as a complement to psychotherapy or as a self-help guide in conjunction with medication management.

Burgess, W. (2006). *Bipolar Handbook: Real-Life Questions with Up-to-Date Answers.* Penguin Group. \$14.95 paperback. 11th grade reading level.

This resource addresses a wide range of questions about bipolar disorder, including common questions about what the term “bipolar” means, the biological basis of the disorder, a description of the diagnostic criteria, and medications used to treat bipolar disorder. This book also addresses sleep, smoking, work and relationship issues, as well as crisis management for family and friends. It includes a resource section with websites and national organizations.

Miklowitz, D. J. (2002). *The Bipolar Disorder Survival Guide: What You and Your Family Need to Know.* Guilford. \$19.95 paperback. Junior college reading level. AGSH

This book is a more advanced text for individuals with bipolar disorder and their families. It discusses current research and is filled with case studies. The text also provides resources for the reader.

Mondimore, F. M. (2006). *Bipolar Disorder: A Guide for Patients and Families (2nd Edition).* Johns Hopkins University Press. \$18.95 paperback. College reading level.

This book is an advanced text for individuals with bipolar disorder and their families. The text provides a history of bipolar disorder and its treatment. It also describes current treatments and explains how to get the most out of them to manage symptoms and live better.

Papolos, D. & Papolos, J. (2006). *The Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder (3rd edition).* Broadway Books. \$27.95 hardcover. College reading level. AGSH for 1999 edition

This comprehensive resource for parents and professionals is divided into three sections. The first presents in-depth discussions on the difficulty of diagnosis, potential benefits and side effects of various medications, and a review of the other treatments available. The second section addresses the genetic and biological basis of bipolar disorder. The last section provides detailed information about specific behavior strategies for day-to-day difficulties, as well as examples of individual education plans and classroom accommodations. Please note a paperback version of this book is available for \$15.95.

Torrey, E. F. & Knable, M. B. (2005). *Surviving Manic Depression: A Manual on Bipolar Disorder for Patients, Families, and Providers*. Basic Books. \$18.00 paperback. College reading level.

This is an advanced text for individuals with bipolar disorder and their families. This book discusses current research and treatments and how to manage/avoid medication side effects. There is also a chapter on children/young adults with bipolar disorder.

Websites

National Institute of Mental Health

Excellent information about multiple mental health topics under the “Health and Outreach” category. The second link includes information about bipolar disorder.

<http://www.nimh.nih.gov/nimhhome/index.cfm>

<http://www.nimh.nih.gov/healthinformation/bipolarmenu.cfm>

The Depression and Bipolar Support Alliance.

Very helpful for resources about depression and bipolar disorder such as signs and symptoms, helping a loved one, and recovery.

<http://www.dbsalliance.org>

International Society of Bipolar Disorder

One of the best places to start looking for information. People with bipolar disorder and family members may be interested in the “Resource” section, which includes frequently asked questions, websites with additional information, and a free video about bipolar disorder.

<http://www.isbd.org>

National Alliance on Mental Illness

Excellent website for information on various mental health topics, as well as opportunities for support and advocacy. Second link is information on bipolar disorder.

www.nami.org

http://www.nami.org/Template.cfm?Section=By_Illness&Template=/TaggedPage/TaggedPageDisplay.cfm&TPLID=54&ContentID=23037&lstd=325

Child and Adolescent Bipolar Foundation

An excellent website on children and adolescents with bipolar disorder, and information on other resources.

www.bpkids.org

National Alliance for Research on Schizophrenia and Affective Disorders (NARSAD)

Good general information about serious mental illnesses and other mental disorders with links to research.

www.narsad.org

American Psychiatric Association

Free downloadable brochures on facts of bipolar disorder and other mental illnesses.

<http://www.healthyminds.org/letstalkfacts.cfm#bip>

Center for Addiction and Mental Health of Canada.

Very good, brief information about bipolar disorder, including maintaining recovery.

http://www.camh.net/About_Addiction_Mental_Health/Mental_Health_Information/Bipolar_Disorder/

Additional Resources for Mood Disorders and Emotional Dysregulation

McKay, M., Wood, J. C., & Brantley, J. (2007). *Dialectical Behavior Therapy Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, & Distress Tolerance*. New Harbinger. \$21.95 paperback. 9th grade reading level.

As the title implies, this text introduces specific skills based on Dialectical Behavior Therapy (DBT). The book presents basic and advanced strategies for distress tolerance, mindfulness, emotional regulation, and interpersonal effectiveness.

Spradlin, S. E. (2003). *Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control*. New Harbinger. \$19.95 paperback. 11th grade reading level.

This book is divided into four sections (a) the nature of emotion, (b) naming and describing emotion, (c) reducing blocks to emotional regulation, (d) leading an emotionally skilled life. It utilizes descriptive text, assessments, and exercises for readers to learn more about emotion and ways in which it can work for them.

PTSD, Trauma, and Combat Stress

Books: PTSD and Trauma

Many of the following resources are best used in conjunction with professional treatment.

Note: VA is actively disseminating Cognitive Processing Therapy (CPT) and Prolonged Exposure (PE) Therapy, two psychotherapies developed specifically for PTSD. CPT and PE are recommended in the VA-Department of Defense Clinical Practice Guidelines for PTSD at the highest level, indicating “a strong recommendation that the intervention is always indicated and acceptable.” CPT and PE were also concluded to be efficacious for PTSD in the recent report by the Institute of Medicine (2007), *Treatment of PTSD: An Assessment of the Evidence*.

Allen, J. G. (2004). *Coping with Trauma: Hope through Understanding* (2nd Edition). American Psychiatric Publishing. \$34.95 paperback. 12th grade reading level.

This book provides information about trauma and its effects, including how psychological trauma impacts the brain. It also presents very specific information about how to recover from trauma.

Burgess, M., Marks, I., & Gill, M. (2001). *Self-Help for Nightmares: A Book for Adults with Frequent Recurrent Bad Dreams*. Blue Stallion Publications. Approximately \$10 paperback. 9th grade reading level.

Not specifically for trauma-related nightmares but for nightmares in general, this book uses monitoring along with self-guided written or tape recorded exposure techniques. Sleep hygiene tips are included.

Colodzin, B. (1992). *How to Survive Trauma: A Program for War Veterans and Survivors of Rape, Assault, Abuse, or Environmental Disasters*. Station Hill Press. \$9.95 paperback. 12th grade reading level.

This resource focuses on healing from trauma by helping the reader to free themselves from depression, anxiety, rage, nightmares, flashbacks, and other symptoms of PTSD. It also helps the individual focus on self-respect and gain a sense of purpose.

An edition of this book was published in 1997, but is no longer in print.

Follette, V. & Pistorello, J. (2007). *Finding Life Beyond Trauma: Using Acceptance and Commitment Therapy to Heal from Post-Traumatic Stress and Trauma-Related Problems*. New Harbinger. \$19.95 paperback. 10th grade reading level.

This book focuses on the use of Acceptance and Commitment Therapy (ACT) techniques to help the reader in managing painful feelings that follow exposure to psychological trauma. The objective is to help the individual chart a course for a rich and vital life. (Note: There is currently limited research on the use of ACT as a primary treatment for PTSD. ACT can, however, be effective for general anxiety symptoms. ACT is currently being disseminated in VA for the treatment of depression and co-occurring general anxiety.)

Jacobson, S., & Colon, E. (2008). *Coming Home: What to Expect, How to Deal When you Return from Combat*. Ceridian Corp. Military One Source. (Available free to active service members, their families, and providers from www.militaryonesource.com; also freely available as a downloadable .pdf file)

This full-color 32 page booklet, illustrated by comic-book masters Sid Jacobson and Ernie Colon for Military OneSource, details a variety of issues encountered by returning service members and their families such as relationship issues, substance abuse, and combat stress. The resource was developed with help from experts at the Department of Defense and the VA National Center for PTSD, and from Marines, Sailors, and Soldiers who generously shared their memories to ensure an accurate portrayal of their experiences. This booklet includes a guide to other sources of information and assistance.

Matsakis, A. (1998). *Trust After Trauma: A Guide to Relationships for Survivors and Those Who Love Them*. New Harbinger. \$19.95 paperback. 11th grade reading level.

This text focuses on how trauma affects a person's sense of self and one's relationships. The objective of the book is to increase self-understanding. This book is a good addition to couples therapy.

Matsakis, A. (1996). *I Can't Get Over It: A Handbook for Trauma Survivors (2nd Edition)*. New Harbinger. \$16.95 paperback. 11th grade reading level. AGSH

This book explains PTSD and how it affects soldiers and other trauma survivors. It describes how to cope with anger, grief, and guilt and to problems related to PTSD such as substance use, depression and low self-esteem. The message of the book is that hope can be restored and a positive future can be possible again.

Naparstek, B. (2005). *Invisible Heroes: Survivors of Trauma and How They Heal*. Bantam. \$15.00 paperback.

This resource utilizes guided imagery and meditation techniques to help survivors heal. It includes 20 imaginary scripts. It also provides information on biochemical and psychophysiological responses to trauma. The approach has an eastern philosophy bent.

Pennebaker, J. W. (2004). *Writing to Heal: A Guided Journal for Recovering from Trauma and Emotional Upheaval*. New Harbinger. \$24.95 hardcover. 10th grade reading level.

This text provides guided writing exercises to help patients explore their feelings about difficult or traumatic experiences, based on the author's written exposure research, that may be used as part of treatment.

Rosenbloom, D., Williams, M. B., & Watkins, B. E. (1999). *Life after Trauma: A Workbook for Healing*. Guilford Press. \$19.95 paperback. 8th grade reading level. AGSH

This book explains how trauma can cause problems in people's lives. It contains activities, relaxation techniques, and self-evaluation questionnaires. The objective of the book is to help people develop inner resources for coping, self-understanding, and self-care.

Schiraldi, G. (2000). *The Post-Traumatic Stress Disorder Sourcebook*. McGraw-Hill. \$18.95 paperback. 10th grade reading level.

This resource offers a wide range of treatment alternatives and self-management techniques that are designed to help trauma survivors recover from trauma related symptoms. This general book addresses the many sources of trauma that may be experienced. This text may be helpful to family members who struggle to make sense of what has happened.

Vermilyea, E. (2000). *Growing Beyond Survival: A Self-Help Toolkit for Managing Traumatic Stress*. Sidran Press. \$24.95 paperback.

The book is largely designed for survivors of childhood abuse but can also be useful in dealing with other traumas. This book focuses on developing effective coping skills and on building trust.

Whealin, J. M., DeCarvalho, L. T., & Vega, E. M. (2008). *Strategies for Managing Stress After War: Veteran's Workbook and Guide to Wellness*. John Wiley & Sons. \$55.00 paperback. 8th grade reading level.

This 120-page resource is a psychoeducation and coping skills workbook that was developed based upon extensive assessment and treatment with veterans of Operation Iraqi Freedom and Operation Enduring Freedom (OIF/OEF), as well with veterans from other eras, at the National Center for PTSD Pacific Islands Division. The workbook includes practical tools for managing anger, improving sleep, and reintegrating with family, friends, and society, as well as strategies and 'homework' activities for implementing healthy coping strategies into veterans' day-to-day lives.

Williams, M. B. & Poijula, S. (2002). *The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms*. New Harbinger. \$21.95 paperback. 10th grade reading level. AGSH

This book walks individuals through a series of exercises to learn about PTSD and includes information about effective treatments. Readers are encouraged to journal along the way and instructed on how to develop more effective coping skills. Ultimately, readers are encouraged to find personal meaning in their experiences.

Books: Sexual Trauma

Maltz, W. (2001). *The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse (Revised edition)*. Collins. \$14.00 paperback. 11th grade reading level. AGSH

This text deals with sexual problems resulting from sexual abuse. The book is divided into three sections: (a) Becoming Aware, which addresses acknowledging the impact of the abuse on one's sexuality; (b) Making Changes, which focuses on creating a different meaning around sexual behavior and beginning the healing process, and (c) Creating Positive Experiences, which describes various ways of addressing sexual difficulties.

Matsakis, A. (2003). *The Rape Recovery Handbook: Step-By-Step Help for Survivors of Sexual Assault*. New Harbinger. \$16.95 paperback. 11th grade reading level.

This book takes readers through a step-by-step process to acknowledge and cope with their emotional pain following rape. It contains a number of self-guided exercises and is presented in a gentle and compassionate fashion.

Rothbaum, B. & Foa, E. (2000). *Reclaiming Your Life After Rape: Cognitive-behavioral Therapy for Posttraumatic Stress Disorder (Client Workbook)*. Graywind or Psychological Corporation. \$24.95 paperback. AGSH for 1999 edition

This client workbook is written in a hopeful and easy-to-understand style. It is specifically for women who have been sexually assaulted and have PTSD as a result. Clients use this book to learn how cognitive-behavioral therapy has helped other trauma survivors and how it can work for them. The text distinguishes PTSD symptoms from other disorders and teaches techniques for overcoming PTSD symptoms.

Please note that a 2004 edition of this book, published by Oxford University Press, is available for \$27.50 paperback.

Books: Combat Trauma

Armstrong, K., Best, S., & Domenici, P. (2006). *Courage After Fire: Coping Strategies for Troops Returning from Iraq and Afghanistan and Their Families*. Ulyssess Press. \$14.95 paperback. 10th grade reading level.

This resource explores the consequences of war and addresses a number ways to cope with difficult experiences resulting from war. It includes chapters on strengthening mind and body, grief and loss, changed views of self, others and the world, as well as returning to civilian life and restoring family roles and relationships.

Cantrell, B. & Dean, C. (2005). *Down Range: To Iraq and Back*. WordSmith Books. \$16.99 paperback. 10th grade reading level.

This text focuses on addressing the transition from combatant to civilian. It talks about ways to prepare to be united with loved ones and return to the job at home. The book also explores common reactions to war and discusses issues such as sleep disturbance and guilt.

Hart, A. B. & Nottingham, A. (2000). *An Operators Manual for Combat PTSD: Essays for Coping*. Writer's Showcase Press or IUniverse, Inc. \$12.95 paperback. 12th grade reading level.

This book focuses on combat PTSD and explains responses to combat trauma in easy-to-understand terms. It instructs veterans in how to develop more effective coping strategies and to improve their relationships.

Parrish, I. S. (1999). *Military Veterans PTSD Reference Manual*. Infinity Publishing. \$19.95 paperback. 10th grade reading level.

This manual covers a wide variety of topics including reflecting on the past, memories, anger, concentration, and issues of anger and control. It provides descriptions of different types of available treatments ranging from individual and group therapy to VA programs. The text also explores non-traditional treatment.

Books: Other Types of Trauma

Heller, D. & Heller, L. (2001). *Crash Course: A Self-Healing Guide to Auto Accident Trauma and Recovery*. North Atlantic Books. \$16.95 paperback. 9th grade reading level.

This book covers a wide range of issues associated with the trauma that may accompany a motor vehicle accident, including the immediate physical response, as well as guilt, anger, and other symptoms.

Books: Caregiver Resources

Roberts, C. (2003). *Coping with Post-Traumatic Stress Disorder: A Guide for Families*. McFarland and Company. \$39.95 paperback.

This book provides education for families about the symptoms of PTSD and how PTSD experienced by a loved one may impact family life. It covers medications and other treatments and includes a resource guide.

Websites

VA National Center for Post Traumatic Stress Disorder AGSH

Internationally-recognized website contains extensive information about PTSD including fact sheets, guides, and videos specifically designed for veterans and their family members.

www.ncptsd.va.gov

David Baldwin's Trauma Information Pages AGSH

Although primarily created for researchers and clinicians, this website also provides a variety of resources for those who have experienced trauma and their family members including pages on support options, books, and links to organizations and more information.

www.trauma-pages.com

The Sidran Institute AGSH

A non-profit organization focused on education and support of people who have experienced trauma and their family members, this website provides articles, fact sheets, and brochures as well as a help desk that offers referrals to professional, peer and self-help services in one's local area.

www.sidran.org

PTSD Alliance AGSH

This website provides a range of educational resources for professionals and people who have experienced trauma. (Note: As of Summer 2008, this website was under construction.)

www.ptsdalliance.org

International Society for Traumatic Stress Studies (ISTSS)

Trauma Resources page has links to consumer information and support, government and university resources, and nonprofit trauma organizations and foundations. In addition, the ISTSS has produced three educational videos that can be viewed on the site.

www.istss.org

Substance Abuse & Mental Health Services Administration - Veteran Resources

Includes information for returning veterans and their families such as finding mental health and substance abuse services, webcasts and conferences, and resources for families coping with trauma.

<http://www.samhsa.gov/vets/>

The American Psychological Association Help Center

Includes articles and information about a range of topics including managing traumatic stress from a variety of specific sources including natural disasters, crime, and war.

<http://apahelpcenter.org/>

Anxiety

Books

Antony, M. M. & Swinson, R. F. (2008). *The Shyness & Social Anxiety Workbook: Proven, Step-By-Step Techniques for Overcoming Your Fear.* New Harbinger. \$18.95 paperback. AGSH for 2002 edition

This guide provides readers with skills to cope with anxiety in social situations through a variety of cognitive-behavioral exercises. Divided into two sections, the first focuses on understanding anxiety, while the second addresses how to overcome social anxiety and enjoy one's life, including techniques for confronting fears, medications, and building communication skills.

Bourne, E. J. (2005). *The Anxiety and Phobia Workbook (4th Edition).* New Harbinger. \$21.95 paperback. 11th grade reading level. AGSH for 2001 edition

This comprehensive text presents a wide variety of strategies to reduce and cope with anxiety including the role of relaxation, exercise, self-talk, beliefs, visualization, self-esteem, nutrition, and meditation. There is also an educational component that provides a description of anxiety itself and different anxiety disorders, as well as a discussion of the various causes of these disorders.

Caldwell, P. (2005). *Anxiety Disorders: Everything You Need to Know.* Firefly. \$16.95 paperback. College reading level.

This resource is designed for those seeking to understand anxiety disorders, including caregivers. The majority of the text focuses on detailed descriptions of different anxiety disorders. One chapter is specifically focused on treatment. A reference list of medications is included.

Craske, M. G. & Barlow, D. H. (2006). *Mastery of Your Anxiety and Worry: Workbook (2nd edition).* Oxford University. \$29.95 paperback. 12th grade reading level.

Designed to be used as an adjunct to cognitive behavior therapy with a mental health professional, this text guides the reader through an explanation of generalized anxiety disorder, a number of homework exercises designed to address cognitive aspects of anxiety, and behavioral strategies including time management and problem solving. A corresponding therapist manual is also available.

Davidson, J. & Dreher, H. (2004). *The Anxiety Book.* Riverhead Trade. \$16.00 paperback. 12th grade reading level.

This resource addresses different types of anxiety disorders and a variety of strategies, including cognitive and exposure therapy, relaxation and meditation, and the role of diet and exercise. In addition, this book provides a detailed description of prescription medications and a summary of herbal supplements and discusses the side effects of each.

Forsyth, J. P. & Eifert, G. H. (2008) *The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy*. New Harbinger. \$21.95 paperback.

This book is designed to help the individual living with anxiety change his or her relationship with this experience through use of acceptance and mindfulness techniques. The text focuses on discovery of values and life goals that can serve to become the focus of energy rather than anxiety-reduction. This book also includes a CD of guided meditations and extra copies of worksheets and assessments from the text.

Hallowell, E. (1997). *Worry: Controlling It and Using It Wisely*. Ballantine. \$16.95 paperback. 9th grade reading level. AGSH

This book focuses on managing Generalized Anxiety Disorder. It normalizes worry and focuses on the physical effects of chronic worry and self-blame. Eight chapters are devoted to worry control with and without medication.

Hope, D. A., Heimberg, R. G., Juster, H. A., & Turk, C. L. (2004). *Managing Social Anxiety: A Cognitive-Behavioral Therapy Approach: Client Workbook*. Oxford. \$29.00 paperback.

Designed to supplement therapy, this workbook guides the reader through a cognitive-behavioral treatment for social anxiety. The text includes discussion about exposure therapy, cognitive restructuring, medication, and a variety of other treatments.

White, J. (1999). *Overcoming Generalized Anxiety Disorder - Client Manual: A Relaxation, Cognitive Restructuring, and Exposure-Based Protocol for the Treatment of GAD*. New Harbinger. \$15.95 paperback. 9th grade reading level.

This manual presents a variety of strategies designed to deal with Generalized Anxiety Disorder, including relaxation, accurate risk assessment, exposure, and thought-stopping. A corresponding therapist manual is also available.

Websites

Anxiety Disorders Association of America

Includes basic information about anxiety disorders and other mental illnesses, as well as information about conferences and a bookstore.

www.adaa.org

Anxiety Disorders Association of America—Anxiety and Aging

A fact sheet about the incidence of anxiety disorders in older adults as well as a basic overview of treatment.

<http://www.adaa.org/aboutADAA/newsletter/AnxietyandAging.htm>

National Institute of Mental Health (Anxiety Disorders Resource Page) AGSH

Includes information on coping strategies and links to research.

<http://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>

Help Guide (Anxiety Attacks and Disorders: Symptoms, Types, and Treatment)

Excellent information for laypersons on a range of topics related to anxiety disorders, other mental health conditions, and healthy lifestyles, including diagnostic information and psychoeducational material about treatment, coping strategies, and communication with others.

http://www.helpguide.org/mental/anxiety_types_symptoms_treatment.htm

Schizophrenia

Books

Carter, R. & Golant, S. M. (1999). *Helping Someone with Mental Illness: A Compassionate Guide for Family, Friends, and Caregivers*. Three Rivers. \$19.00 paperback. Junior college reading level. AGSH for 1998 edition

This book addresses serious mental illness in general, with specific chapters on depression, schizophrenia, anxiety, and bipolar disorder. It contains numerous personal stories as well as information on providing support, advocating, and an extensive list of resources.

Miller, R. & Mason, S. (2002). *Diagnosis: Schizophrenia*. Columbia University. \$22.95 paperback. 8th grade reading level.

This text addresses common questions about schizophrenia from people in recovery and their families including causes, diagnosis, treatment, and rehabilitation. The low reading level makes this book very accessible to a wide audience.

Mueser, K. T. & Gingerich, S. (2006). *The Complete Family Guide to Schizophrenia: Helping Your Loved One Get the Most Out of Life*. Guilford. \$17.95 paperback. Junior college reading level.

This book conveys a basic message of hope – that people with schizophrenia can and do get better. It describes what caregivers can do to help the individual manage day-to-day living, develop friendships, and set personal goals.

Torrey, E. F. (2001). *Surviving Schizophrenia: A Manual for Families, Consumers, and Providers (4th Edition)*. Collins. \$15.00 paperback. Junior college reading level. AGSH

A comprehensive resource guide, this text covers numerous theories on the causes of schizophrenia, a description of the disease from an internal and external perspective, as well as chapters on advocacy, rehabilitation, and treatment.

Websites

Schizophrenia.com AGSH

A nonprofit online organization managed by people with schizophrenia and family members of those with schizophrenia, this comprehensive site contains a number of educational topics, discussion boards, and links to a variety of published articles.

www.schizophrenia.com

National Alliance on Mental Illness (Schizophrenia)

A webpage of information on causes, symptoms, and treatments for schizophrenia with links to additional resources.

http://www.nami.org/Template.cfm?Section=By_Illness&Template=/TaggedPage/TaggedPageDisplay.cfm&TPLID=54&ContentID=23036

Medline (Schizophrenia)

This page contains a variety of links to news, research, treatment, and organizations regarding schizophrenia.

<http://www.nlm.nih.gov/medlineplus/schizophrenia.html>

Substance Abuse

Books

Alcoholics Anonymous World Services. *Alcoholics Anonymous* (4th Edition, 2001). \$14.95 paperback. 8th grade reading level. AGSH

Often referred to as “The Big Book,” this resource is used by individuals and within AA group meetings. It includes the story of Bill W., the founder of AA, as well as personal stories of people who have overcome their addiction. It describes the process of AA, and contains chapters written to spouses and employers.

Alcoholics Anonymous World Services. *Twelve Steps and Twelve Traditions* (2002). \$13.95 paperback. 8th grade reading level. AGSH for 1995 edition

This book provides in-depth descriptions of the twelve steps in AA and the twelve traditions that define AA as an organization.

Cloud, W. & Granfield, R. (2001). *Recovery from Addiction: A Practical Guide to Treatment, Self-Help, and Quitting on Your Own*. New York University. \$18.00 paperback.

This book reviews the different kinds of treatment available for addiction. It covers how to quit on your own, the challenges of self-change, how to maintain recovery, and living without addiction.

Cusack, J. S. (1995). *Always Aware: Recovery and Healing from Alcohol & Drugs*. Brick Tower Books. \$9.95 paperback.

This book attempts to convey the message to readers that they are not alone. This 12-step program is designed to help readers heal and begin to love and care about family and self again.

Dorsman, J. (1997). *How to Quit Drinking Without AA: A Complete Self Help Guide* (2nd Edition). Three Rivers. \$16.95 paperback. 8th grade reading level.

This book focuses on the problems of drinking from the drinker’s point of view. It describes how alcohol is used as a coping mechanism and includes worksheets that address the problems, as opposed to the benefits, of drinking.

Ellis, A. & Velton, E. (1992). *When AA Doesn’t Work for You: Rational Steps to Quitting Alcohol*. Barricade. \$15.95 paperback. AGSH

This text employs Rational Emotive Therapy (RET) to recovery from alcohol abuse. It addresses the activating events, beliefs, and consequences related to drinking and not drinking; more specifically it addresses the usefulness of transforming beliefs from demands to preferences. Strategies are presented for identifying and changing these beliefs.

Fanning, P. & O’Neill, J. (1996). *The Addiction Workbook: A Step-By-Step Guide to Quitting Alcohol and Drugs*. New Harbinger. \$18.95 paperback. 10th grade reading level. AGSH for 1997 edition

This book is a step-by-step guide to quitting alcohol and drugs. It includes identification of problem drinking and preparing to quit, as well as the role of relaxation, exercise, nutrition, spirituality, and communication on maintaining sobriety.

Fisher, E. B. (1998). *American Lung Association's 7 Steps to a Smoke-Free Life*. Wiley. \$14.95 paperback. 8th grade reading level.

This book is a useful guide for those who would like to quit smoking, based on the American Lung Association's successful Freedom From Smoking® program. It discusses personal reasons for smoking, dispels myths about smoking, and then provides a step-by-step approach to learn how to quit on your own. This resource is good for those who are trying to quit for the first time or those who have tried many times before but have been unable to quit.

Fletcher, A. (2001). *Sober for Good: New Solutions for Drinking Problems – Advice from those who have Succeeded*. Houghton Mifflin. \$14.95 paperback. 12th grade reading level.

This book describes and synthesizes the experiences of over 200 people (referred to in the book as “the masters”) who have been successful in overcoming alcohol abuse. The resource details: how people came to the realization that they had a problem, the turning point in deciding to pursue sobriety, the different types of commitments to sobriety, various strategies and approaches people used to get and stay sober, managing life stressors without alcohol, finding joy, and staying motivated to maintain sobriety. The book also includes a section on how family and friends can contribute to the recovery process.

Horvath, A. T. (2003). *Sex, Drugs, Gambling, & Chocolate: A Workbook for Overcoming Addictions*. Impact Publishers. \$15.95 paperback.

Presented as an alternative to 12-step programs, this workbook focuses on eliminating or reducing addictive behaviors. It encourages readers to explore the benefits and costs of their addiction and teaches the process of identifying, understanding, and coping with a craving.

Kettelhack, G. (1996). *Sober and Free: Making Your Recovery Work for You*. Simon & Schuster. \$15.95 paperback. 10th grade reading level. AGSH

This book describes the many different ways that people have successfully maintained sobriety, emphasizing that each person needs to identify and utilize what works for him or her. It addresses relapse prevention, relationship issues, and other addictions.

Landry, B. (2007). *Life Tips 101, Substance Abuse Recovery Tips*. Lifetips.com. \$9.99 paperback.

This book's title speaks for itself. It covers 101 different tips to regain a sober life. Designed for people in recovery, family members, and professionals, the tips cover a wide variety of topics.

Mooney, A. J., Eisenberg, A., & Eisenberg, H. (1992). *The Recovery Book*. Workman. \$15.95 paperback. 10th grade reading level. AGSH

This comprehensive book covers a wide variety of topics related to becoming and remaining sober. These include assessment of the problem, different treatment options, and addressing the thoughts and feelings in each phase, including early recovery, maintaining recovery, and managing the rest of one's life. It also provides information related to medical, financial, spiritual, and family issues within each phase.

Najavits, L. (2002). *A Woman's Addiction Workbook*. New Harbinger. \$21.95 paperback. 8th grade reading level.

This book provides a step-by-step program to help women overcome substance abuse. It encourages the reader to consider possible life patterns relating to addiction including stress, relationships, and trauma. It discusses healing through actions, beliefs, feelings, and relationships. This text provides information on building strengths and increasing self-respect.

Peele, S., Brodsky, A., & Arnold, M. (1992). *The Truth about Addiction and Recovery*. Fireside. \$15.00 paperback. Junior college reading level. AGSH

This book presents a life process treatment model for addiction based on the Community Reinforcement Approach rather than the disease model. It suggests assessing values, resources, and goals as initial steps in creating a plan to change and draws on research and case studies to illustrate the model.

Rotgers, F., Kern, M. F., & Hoeltzel, R. (2002). *Responsible Drinking: A Moderation Management Approach for Problem Drinkers*. New Harbinger. \$19.95 paperback. 10th grade reading level.

This book was written by leaders in the Moderation Management movement – a group that promotes responsible drinking. The book is designed to help readers assess their level of alcohol use and determine whether reduced drinking (compared to abstinence) is an option. It provides resources for how to address problem drinking. Personal stories are also included.

Websites

Alcoholics Anonymous (AA)

This website includes an online version of the Big Book, Frequently Asked Questions about AA groups, and ways to locate meetings.

<http://www.alcoholics-anonymous.org/>

Nicotine Anonymous

Provides information to help individuals stop using tobacco and nicotine products in any form. The website lists books, tapes, and pamphlets, as well as information on in-person, telephone, and Internet meetings.

<http://www.nicotine-anonymous.org/>

WebMD Alcohol Abuse Health Center

An online guide to the causes, symptoms, treatment, and prevention of alcohol abuse.

<http://www.webmd.com/mental-health/alcohol-abuse/default.htm>

Alcohol Screening

A project of the Boston University School of Public Health, these websites contain screening questionnaires, fact sheets from NIAAA and NIDA, a database of professional services maintained by SAMHSA, and a list of support groups based on location.

www.alcoholscreening.org

www.drugscreening.org

Smart Recovery

Smart Recovery (Self-Management and Recovery Training) groups are based on a model that addresses motivation, coping skills, problem solving, and life balance. The website provides listings of local and online meetings, a discussion board, online resources, and a bookstore.

<http://www.smartrecovery.org/>

Anger

Books

Childre, D. & Rozman, D. (2003). *Transforming Anger: The HeartMath Solution for Letting Go of Rage, Frustration, and Irritation*. New Harbinger. \$12.95 paperback. 10th grade reading level.

This book focuses on how to release and resist angry feelings. The book uses scientifically proven techniques to transform the body's physical response to anger into a more positive expression.

Eifert, G. H., McKay, M., & Forsyth, J. P. (2006). *ACT on Life Not Anger: The New Acceptance and Commitment Therapy Guide for Problem Anger*. New Harbinger. \$15.95 paperback. 8th grade reading level.

This book is based on principles of Acceptance and Commitment Therapy (ACT). It provides techniques for dealing with anger by helping readers change their relationship with and response to anger. It also focuses on developing compassion for self and others.

Petracek, L. J. (2004). *The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-esteem, Your Emotional Balance, and Your Relationships*. New Harbinger. \$19.95 paperback. 9th grade reading level.

This book uses a cognitive behavioral approach to anger management and is designed specifically for women who struggle with anger. The book argues that culture and social learning have taught women to repress or deny anger.

Potter-Efron, R. & Potter-Efron, P. S. (2006). *Letting Go of Anger: The Eleven Most Common Anger Styles and What To Do about Them (2nd Edition)*. New Harbinger. \$16.95 paperback. 6th grade reading level. AGSH for 1995 edition

This book provides step-by-step help for overcoming 11 identified anger patterns. The focus is on how to communicate in healthier, more effective ways.

Websites

American Psychological Association (Controlling Anger) AGSH

Describes anger and anger management; briefly addresses different strategies for controlling anger and determining whether counseling would be useful.

<http://www.apa.org/topics/controlanger.html>

Health & Wellness

Books

Blumenthal, S. J. (2002). *Prevention's Ultimate Guide to Women's Health and Wellness: Action Plans for More Than 100 Women's Health Problems*. Rodale. \$31.95 hardcover. 10th grade reading level.

This book is a comprehensive resource of 500+ pages from Prevention Magazine. Topics include exercise, weight, vitamins, emotional balance, sex and sexuality, aging, major health concerns, etc. The text includes self-care checklists, inspiring stories, and motivational quotes.

Boston Women's Health Book Collective (2005). *Our Bodies, Ourselves: A New Edition for a New Era*. Touchstone. \$24.95 paperback. 12th grade reading level. AGSH for 1996 edition

This resource is a comprehensive guide to women's health and wellness addressing a number of areas, including exercise, emotional self-care, alternative medicine, sexuality, pregnancy, and menopause.

Simon, H. B. & Greenfield, H. (2004). *The Harvard Medical School Guide to Men's Health: Lessons from the Harvard Men's Health Studies*. Free Press. \$15.00 paperback. Junior college reading level.

This book is an excellent resource, providing 500 pages of information about men's health, largely based on three Harvard studies. Topics include diet, exercise, supplements, sex and sexuality, alcohol, and major medical concerns.

Travis, J. W. & Ryan, R. S. (2004). *Wellness Workbook: How to Achieve Enduring Health and Vitality*. Celestial Arts. \$27.95 paperback.

This book presents the concept of wellness as a whole-self approach. Topics include self-responsibility, love, sex, communicating, finding meaning, sensing, playing, working, thinking, and feeling. The text includes a comprehensive self-assessment and exercises.

Zilbergeld, B. (1999). *The New Male Sexuality (Revised Edition)*. Trade Paperback. \$17.00 paperback. AGSH

This is a classic text on male sexuality, and a good general resource on sexual functioning and performance. The material on myths concerning male sexuality is very good. This book should help generate discussion with a partner or in therapy.

Websites

AARP Health page

Contains information on a variety of health topics for middle age and older adults.

<http://www.aarp.org/health/>

The American Psychological Association Help Center (Health & Emotional Wellness)

Includes a number of brief articles related to health and emotional well-being, ranging from stress and health to coping with chronic illness.

<http://apahelpcenter.org/articles/topic.php?id=3>

MentalHelp.net

Contains a variety of articles and information about mental health.

<http://www.mentalhelp.net/>

National Sleep Foundation

Addresses a variety of topics regarding sleep, and includes an interactive tool that describes cycles of sleeping and waking at different ages and in different situations. The second link is a list of self-help books on insomnia.

www.sleepfoundation.org

http://centers.sleepfoundation.org/site/c.dpIOK2OAJog/b.2466011/k.8C93/SelfHelp_Books.htm

WebMD

Comprehensive health information website. Describes various health conditions and treatments. Provides message boards and information about men's, women's, and children's health.

<http://www.webmd.com/>

Wellness in Older Adults

Insomnia and Aging

Websites

National Institute on Aging—A Good Night’s Sleep

A publication of the National Institute on Aging, this fact sheet contains information on medical problems associated with difficulty sleeping as well as sleep hygiene tips.

<http://www.niapublications.org/agepages/sleep.asp>

National Institutes of Health—Senior Health—Sleep and Aging

Contains information about diagnosis and treatment of sleep disorders, frequently asked questions about sleep, and suggestions for sleeping well.

<http://nihseniorhealth.gov/sleepandaging/toc.html>

Dementia Education

Books

Devi, G. & Mitchell, D. (2004). *What Your Doctor May Not Tell You about™ Alzheimer's Disease: The Complete Guide to Preventing, Treating and Coping with Memory Loss*. Warner Books. \$14.95 paperback. Junior college reading level.

This book presents an overview of the difference between age-associated memory problems and the signs and symptoms of Alzheimer’s disease. The text also details specific strategies to boost memory as well as information for caregivers about ways to enhance the lives of those with Alzheimer’s disease.

Taylor, R. (2006). *Alzheimer's from the Inside Out*. Health professions press. \$19.95 paperback.

This book is a collection of essays written by the author who has been diagnosed with Alzheimer’s disease. The author documents the changes in himself and in his relationships with family and friends over a period of several years. Caregivers and people with the diagnosis may find this resource helpful in creating a shared understanding of the disease, although the author is careful to note that his experience may or may not be similar to others.

Websites

National Institute on Aging—Alzheimer's Disease Education and Referral Center

This website provides various publications, including newsletters and guides for people with Alzheimer’s, caregivers, and other family members. Also provides information about clinical trials and research studies.

<http://www.nia.nih.gov/Alzheimers/>

Alzheimer's Association AGSH

In addition to general information about Alzheimer's disease and care giving information for family members, this site also lists a 24-hour 1-800 help number, links to local resources and support groups, as well as opportunities for advocacy.

<http://www.alz.org/>

Caregiving

Books

Barg, G. (2003). *The Fearless Caregiver: How to Get the Best Care for Your Loved One and Still Have a Life of Your Own*. Capital Books. \$15.95 paperback. 10th grade reading level.

This book addresses a range of caregiver issues and emphasizes the need for self-care, collaboration with health care providers, and attention to financial and legal concerns. Specific chapters on caregiving and the holidays and end-of-life issues are also included.

Mace, N. L. & Rabins, P. V. (2006). *The 36-Hour Day: A Family Guide to Caring For People with Alzheimer Disease, Other Dementias, and Memory Loss in Later Life (4th Edition)*. Johns Hopkins University Press. \$16.95 paperback. 10th grade reading level. AGSH for 1999 edition

This resource is a comprehensive guide for caregivers when a family member is experiencing memory loss. Filled with specific strategies for handling a myriad of situations from recognizing memory problems to safely and compassionately assisting with daily activities, this book also provides many specific examples of successes and challenges that families have faced. In addition, there are sections on self-care, changes in family roles, financial and legal issues, and accessing day centers and residential facilities. This is book is a classic for family caregivers.

McCurry, S. M. (2006). *When a Family Member Has Dementia: Steps to Becoming a Resilient Caregiver*. Praeger Publishers. \$35.95 hardcover.

Written specifically for family caregivers of individuals with dementia, the author presents a five part model of resilience (D.A.N.C.E.) including: D-don't argue; A-accept the disease; N-nurture yourself; C-create novel solutions; E-enjoy the moment. Each aspect is described through vignettes of family members' experiences as caregivers.

Meyer, M. M. & Derr, P. (2007). *The Comfort of Home: A Complete Guide for Caregivers (3rd edition)*. CareTrust Publications. \$24.95 paperback. 10th grade reading level.

Although not written specifically about providing in-home care to older adults, this book provides information on deciding whether home care is possible, financing home care, creating a daily plan, avoiding burnout, and proper body mechanics for ease of transfer and movement, as well as end-of-life care and the grief process.

Morris, V., & Butler, R. M. (2004). *How to Care for Aging Parents* Workman Publishing. \$18.95 paperback. 10th grade reading level.

This book provides valuable information on a variety of topics related to caring for an older parent. This book is compassionately written and serves as a resource for information on a

number of legal, health-related, and practical issues. This book is likely to be valuable to individuals new to caring for an older parent or relative and/or seek practical information organized in a single source.

Websites

Family Caregiver Alliance

Based in California, this organization provides education, support, and resources to families around the United States. This website contains fact sheets, consumer guides, discussion boards, and online workshops.

www.caregiver.org

National Family Caregiver Support Program

Developed by the Administration on Aging, this website provides a number of links to caregiver resources under the category of “Elders and Caregivers” including finding help, caring for others, caring for you, support groups, etc. Under the “Professionals and Providers” category, links include laws and regulations, projects to support caregivers, and program guidance and implementation.

<http://www.aoa.gov/prof/aoaprogram/caregiver/carefam/carefam.asp>

National Family Caregivers Association

Includes a wide variety of educational pamphlets available for free download. Topics include: checklists for healthcare encounters, communicating with insurance personnel and healthcare providers, choosing a nursing home, a home healthcare primer, etc. The organization also provides a free newsletter and pen-pal program for caregivers.

<http://www.nfcacares.org/>

Aging and Sexuality

Books

Block, J. D., & Bakos, S. C. (1999). *Sex over 50*. Reward Books. \$15.95 paperback. 9th grade reading level.

This book provides practical advice on maintaining healthy, mature, and rich sexual relationships in middle-later life. There is also an updated version of this book: Block, J.D. (2008). *Sex over 50, Updated and expanded edition*. Perigee Trade. \$15.95 paperback.

Butler, R. N., & Lewish, M. I. (2002). *The New Love and Sex After 60* Ballantine Books. \$14.95 paperback. College reading level.

This book, first published in 1976, provides information on the effects of normal aging on sexual functioning and optimizing romantic and sexual relationships in later life. The current edition provides additional information on same-sex relationships.

Websites

National Institute on Aging—Sexuality in Later Life

A publication of the National Institute on Aging, this fact sheet contains information on physical and emotional issues involved with maintaining a healthy sex life in later life.

<http://www.niapublications.org/agepages/sexuality.asp>

Sexuality Information and Education Council of the United States—Annotated

Bibliography: Sexuality In Middle And Later Life

An annotated bibliography of resources addressing sexuality issues for adults in middle and later life.

<http://65.36.238.42/pubs/biblio/bibs0012.html>

Successful Aging

Books

Bortz, W. M. (1996). *Dare to Be 100: 99 Steps to a Long, Healthy Life* Simon & Schuster. \$14.00 paperback. 10th grade reading level.

This book takes a biopsychosocial approach to aging successfully and provides specific steps to leading a healthy, meaningful, and balanced life in the later years.

Einstein, G. & McDaniel, M. A. (2003). *Memory Fitness: A Guide for Successful Aging*. Yale University Press. \$18.00 paperback.

This book addresses a variety of topics: what memory is and how it works, as well as the memory processes involved in everyday activities. Specific strategies for remembering appointments, learning new information, and the impact of mental and physical exercise on memory are presented in light of research studies. Useful for people of all ages.

Lee, I., & Jones, J. (2008). *In Full Bloom: A Brain Education Guide for Successful Aging* Best Life Media. \$18.95 paperback.

This book provides valuable information and techniques for keeping the brain active and for maintaining a healthy balance between physical and mental exercises to enhance physical, cognitive, and psychological health. Useful for all ages.

Vaillant, G.E. (2003). *Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development*. Little Brown and Company. \$14.99 paperback. 11th grade reading level. AGSH for 2002 edition

This book, written by a psychiatrist and Harvard Medical School professor, provides information on factors related to successful physical and psychological aging, based on sociological research. Findings are drawn from a predominantly Caucasian sample, though methodological aspects of the study are clearly identified. This book is most appropriate for those who prefer a more academic writing style and approach to the topic.

Websites

Alzheimer's Association—Maintain Your Brain Campaign

This is a consumer education campaign that describes activities related to maintaining brain health including physical and mental exercise, social activity, and diet.

http://www.alz.org/we_can_help_brain_health_maintain_your_brain.asp

National Institutes of Health—Senior Health

A website for older adults, with a number of topics about age-related health issues.

<http://nihseniorhealth.gov/listoftopics.html>

Aging and Pain

Books

Hadjistavropoulos, T. & Hadjistavropoulos, H. (Editors) (2008). *Pain Management for Older Adults: A Self-Help Guide*. IASP Press. \$29.95 paperback.

This resource addresses a variety of topics related to understanding and managing pain for older adults. The book begins with myths about aging and pain and details effective pain management techniques. Chapters on the role of exercise, sleep, nutrition, and medications are included as well as topics such as communicating with a health care provider and the importance of social support. The book concludes with a chapter for caregivers of older adults with dementia and additional pain management resources.

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13. Curry, S. J., Ludman, E. J., & McClure, J. (2003). Self-administered treatment for smoking cessation. *Journal of Clinical Psychology*, 59, 305–319.
14. Norcross, J. C., Santrock, J. W., Campbell, L. F., Smith, T. P., Sommer, R., & Zuckerman, E. L. (2003). *Authoritative guide to self-help resources in mental health* (Revised ed.). New York: Guilford Press.
15. Burns, D. D. (1980). *Feeling good: The new mood therapy*. New York: Harper Collins.

16. Smith, N. M., Floyd, M. R., Scogin, F., & Jamison, C. S. (1997). Three-year follow-up of bibliotherapy for depression. *Journal of Consulting and Clinical Psychology, 65*, 324-327.
17. Adams, S. J., & Pitre, N. L. (2000). Who uses bibliotherapy and why? A survey from an underserved area. *Canadian Journal of Psychiatry, 45*, 645–649.
18. Starker, S. (1988). Psychologists and self-help books: Attitudes and prescriptive practices of clinicians. *American Journal of Psychotherapy, 42*, 448–455.
19. Campbell, L. F. & Smith, T. P. (2003). Integrating self-help books in psychotherapy. *Journal of Clinical Psychology/In Session, 59*, 177-186.
20. Onken, S. J., Craig, C. M., Ridgway, P., Ralph, R. O., & Cook, J. (2007). An analysis of the definitions and elements of recovery: A review of the literature. *Psychiatric Rehabilitation Journal, 31*, 9-22.

For more information about bibliotherapy and self-help:

Books

- Joshua, J. M., & DiMenna, D. (2000). *Read two books and let's talk next week: Using bibliotherapy in clinical practice*. New York: Wiley.
- Pardeck, J. T. (1993). *Using bibliotherapy in clinical practice: A guide to self-help books*. Westport, CT: Greenwood Press.
- Pardeck, J. T. (1998). *Using books in clinical social work practice: A guide to bibliotherapy*. Binghamton, NY: Haworth Press

Websites

National Self-Help Clearinghouse

<http://www.selfhelpweb.org/>

National Mental Health Consumers' Self-Help Clearinghouse

<http://www.mhselfhelp.org/index.php>

Ordering Information and Actual Cost of Books

Note: Costs identified below are based on the actual sales price as listed on Amazon.com or Borders.com at the time this Resource Guide was completed. The retailer information provided herein is not an endorsement of any specific vendor, and the identified resources may be available from additional vendors. Prices quoted below are likely to change.

Addis, M. E. & Martell, C. R. (2004). *Overcoming Depression One Step at a Time: The New Behavioral Activation Approach to Getting Your Life Back.*

Amazon Cost = \$13.57

Alcoholics Anonymous World Services. *Alcoholics Anonymous (4th Edition, 2001).*

Amazon Cost = \$10.17

Alcoholics Anonymous World Services (2002). *Twelve Steps and Twelve Traditions (2002).*

Amazon Cost = \$11.16

Allen, J. G. (2004). *Coping with Trauma: Hope through Understanding (2nd Edition).*

Amazon Cost = \$31.45

Antony, M. M. & Swinson, R. F. (2008). *The Shyness & Social Anxiety Workbook: Proven, Step-By-Step Techniques for Overcoming Your Fear.*

Amazon Cost = \$12.89

Armstrong, K., Best, S., & Domenici, P. (2006). *Courage After Fire: Coping Strategies for Troops Returning from Iraq and Afghanistan and Their Families.*

Amazon Cost = \$10.17

Barg, G. (2003). *The Fearless Caregiver: How to Get the Best Care for Your Loved One and Still Have a Life of Your Own.*

Amazon Cost = \$10.85

Basco, M. R. (2005). *The Bipolar Workbook: Tools for Controlling Your Mood Swings.*

Amazon Cost = \$12.89

Block, J.D., & Bakos, S.C. (1999). *Sex over 50.*

Amazon Cost = \$14.35. Please note that an updated and expanded edition (2008) of this book is available. Amazon Cost = \$10.85

Blumenthal, S. J. (2002). *Prevention's Ultimate Guide to Women's Health and Wellness: Action Plans for More Than 100 Women's Health Problems.*

Approximately \$15 hardcover. Please note that this book is not directly available from Amazon.com, but can be purchased from other vendors through the website.

Bortz, W.M. (1996). *Dare to Be 100: 99 Steps to a Long, Healthy Life.*

Amazon Cost = \$11.90

Boston Women's Health Book Collective (2005). *Our Bodies, Ourselves: A New Edition for a New Era.*

Amazon Cost = \$16.47

Bourne, E. J. (2005). *The Anxiety and Phobia Workbook (4th Edition).*

Amazon Cost = \$14.93

Burgess, W. (2006). *Bipolar Handbook: Real-Life Questions with Up-to-Date Answers.*

Amazon Cost = \$10.17

Burgess, M., Marks, I., & Gill, M. (2001). *Self-Help for Nightmares: A Book for Adults with Frequent Recurrent Bad Dreams.*

Approximately \$10 paperback. Please note that this book is not directly available from Amazon.com, but can be purchased from other vendors through the website.

Burns, D. D. (1999). *The Feeling Good Handbook.*

Amazon Cost = \$19.60

Butler, R.N., & Lewish, M.I. (2002). *The New Love and Sex After 60.*

Amazon cost = \$10.17

Caldwell, P. (2005). *Anxiety Disorders: Everything You Need to Know.*

Amazon Cost = \$13.22

Cantrell, B. & Dean, C. (2005). *Down Range: To Iraq and Back.*

Amazon Cost = \$16.99

Carter, R. & Golant, S. M. (1999). *Helping Someone with Mental Illness: A Compassionate Guide for Family, Friends, and Caregivers.*

Amazon Cost = \$17.10

Childre, D. & Rozman, D. (2003). *Transforming Anger: The HeartMath Solution for Letting Go of Rage, Frustration, and Irritation.*

Amazon Cost = \$10.36

Cloud, W. & Granfield, R. (2001). *Recovery from Addiction: A Practical Guide to Treatment, Self-Help, and Quitting on Your Own*

Amazon Cost = \$18.00

Colodzin, B. (1992). *How to Survive Trauma: A Program for War Veterans and Survivors of Rape, Assault, Abuse, or Environmental Disasters.*

Approximately \$15 paperback. Please note that this book is not directly available from Amazon.com, but can be purchased from other vendors through the website.

Craske, M. G. & Barlow, D. H. (2006). *Mastery of Your Anxiety and Worry: Workbook (2nd edition)*.

Amazon Cost = \$26.95

Cusack, J. S. (1995). *Always Aware: Recovery and Healing from Alcohol & Drugs*.

Amazon Cost = \$9.95

Davidson, J. & Dreher, H. (2004). *The Anxiety Book*

Amazon Cost = \$12.80

Devi, G. & Mitchell, D. (2004). *What Your Doctor May Not Tell You about TM Alzheimer's Disease: The Complete Guide to Preventing, Treating and Coping with Memory Loss*.

Amazon Cost = \$11.21

Dorsman, J. (1997). *How to Quit Drinking Without AA: A Complete Self Help Guide (2nd Edition)*.

Amazon Cost = \$10.85

Eifert, G. H., McKay, M., & Forsyth, J. P. (2006). *ACT on Life Not Anger: The New Acceptance and Commitment Therapy Guide for Problem Anger*.

Amazon Cost = \$10.85

Einstein, G. & McDaniel, M. A. (2003). *Memory Fitness: A Guide for Successful Aging*.

Amazon Cost = \$18.00

Ellis, A. & Velton, E. (1992). *When AA Doesn't Work for You: Rational Steps to Quitting Alcohol*.

Borders Cost = \$15.95

Fanning, P. & O'Neill, J. (1996). *The Addiction Workbook: A Step-By-Step Guide to Quitting Alcohol and Drugs*.

Amazon Cost = \$12.89

Fisher, E. B. (1998). *American Lung Association's 7 Steps to a Smoke-Free Life*.

Amazon Cost = \$10.17

Fletcher, A. (2001). *Sober for Good: New Solutions for Drinking Problems – Advice from those who have Succeeded*.

Amazon Cost = \$10.17

Follette, V. & Pistorello, J. (2007). *Finding Life Beyond Trauma: Using Acceptance and Commitment Therapy to Heal from Post-Traumatic Stress and Trauma-Related Problems*.

Amazon Cost = \$13.57

Forsyth, J. P. & Eifert, G. H. (2008) *The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy.*

Amazon Cost = \$14.93

Golant, M. & Golant, S. K. (1998). *What to Do When Someone You Love Is Depressed: A Practical, Compassionate, and Helpful Guide.*

Amazon Cost = \$10.20. Please note that the 2nd edition of this book published in 2007 is available. Amazon Cost = \$12.00

Greenberger, D. & Padesky, C. A. (1995). *Mind Over Mood: Change How You Feel by Changing the Way You Think.*

Amazon Cost = \$16.29

Hadjistavropoulos, T. & Hadjistavropoulos, H. (Editors) (2008). *Pain Management for Older Adults: A Self-Help Guide*

Amazon Cost = \$29.95

Hallowell, E. (1997). *Worry: Controlling It and Using It Wisely.*

Borders Cost = \$16.95

Hart, A. B. & Nottingham, A. (2000). *An Operators Manual for Combat PTSD: Essays for Coping.*

Amazon Cost = \$11.65

Hayes, S. C. (2005). *Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy.*

Amazon Cost = \$13.57

Heller, D. & Heller, L. (2001). *Crash Course: A Self-Healing Guide to Auto Accident Trauma and Recovery.*

Amazon Cost = \$11.53

Hope, D. A., Heimberg, R. G., Juster, H. A., & Turk, C. L. (2004). *Managing Social Anxiety: A Cognitive-Behavioral Therapy Approach: Client Workbook.*

Amazon Cost = \$26.11

Horvath, A. T. (2003). *Sex, Drugs, Gambling, & Chocolate: A Workbook for Overcoming Addictions.*

Amazon Cost = \$10.85

Jacobson, S., & Colon, E. (2008). *Coming Home: What to Expect, How to Deal When you Return from Combat.*

Available **free** to active service members, their families, and providers from www.militaryonesource.com; also freely available as a downloadable .pdf file

Kettelhack, G. (1996). *Sober and Free: Making Your Recovery Work for You.*

Amazon Cost = \$15.95

Knaus, W. J. & Ellis, A. (2006). *The Cognitive Behavioral Workbook for Depression: A Step-by-Step Program.*

Amazon Cost = \$14.93

Landry, B. (2007). *Life Tips 101, Substance Abuse Recovery Tips.*

Amazon Cost = \$9.99

Lee, I., & Jones, J. (2008). *In Full Bloom: A Brain Education Guide for Successful Aging.*

Amazon Cost = \$12.89

Lewinsohn, P., Munoz, R., Youngren, M., & Zeiss, A. (1992). *Control Your Depression.*

Amazon Cost = \$15.25

Mace, N. L. & Rabins, P. V. (2006). *The 36-Hour Day: A Family Guide to Caring For People with Alzheimer Disease, Other Dementias, and Memory Loss in Later Life (4th Edition).*

Amazon Cost = \$11.53

Maltz, W. (2001). *The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse (Revised edition).*

Amazon Cost = \$12.35

Matsakis, A. (2003). *The Rape Recovery Handbook: Step-By-Step Help for Survivors of Sexual Assault.*

Amazon Cost = \$11.53

Matsakis, A. (1998). *Trust After Trauma: A Guide to Relationships for Survivors and Those Who Love Them.*

Amazon Cost = \$14.96

Matsakis, A. (1996). *I Can't Get Over It: A Handbook for Trauma Survivors (2nd Edition).*

Amazon Cost = \$11.53

McCurry, S. M. (2006). *When a Family Member Has Dementia: Steps to Becoming a Resilient Caregiver.*

Amazon Cost = \$31.96

McKay, M., Wood, J. C., & Brantley, J. (2007). *Dialectical Behavior Therapy Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, & Distress Tolerance.*

Amazon Cost = \$14.93

McQuaid, J. R., Carmona, P. E., & Segal, Z. V. (2004). *Peaceful Mind: Using Mindfulness and Cognitive Behavioral Psychology to Overcome Depression.*

Amazon Cost = \$10.17

Meyer, M. M. & Derr, P. (2007). *The Comfort of Home: A Complete Guide for Caregivers (3rd edition).*

Amazon Cost = \$16.47

Miklowitz, D. J. (2002). *The Bipolar Disorder Survival Guide: What You and Your Family Need to Know.*

Amazon Cost = \$13.57

Miller, R. & Mason, S. (2002). *Diagnosis: Schizophrenia.*

Amazon Cost = \$15.61

Mondimore, F. M. (2006). *Bipolar Disorder: A Guide for Patients and Families (2nd Edition).*

Amazon Cost = 12.89

Mooney, A. J., Eisenberg, A., & Eisenberg, H. (1992). *The Recovery Book.*

Amazon Cost = \$10.85

Morris, V., & Butler, R.M. (2004). *How to Care for Aging Parents.*

Amazon Cost = \$11.03

Mueser, K. T. & Gingerich, S. (2006). *The Complete Family Guide to Schizophrenia: Helping Your Loved One Get the Most Out of Life.*

Amazon Cost = \$12.21

Najavits, L. (2002). *A Woman's Addiction Workbook.*

Amazon Cost = \$14.93

Naparstek, B. (2005). *Invisible Heroes: Survivors of Trauma and How They Heal.*

Amazon Cost = \$10.20

Papolos, D. & Papolos, J. (2006). *The Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder (3rd edition).*

Amazon Cost = \$20.40. Please note a paperback version of this book is available. Amazon Cost = \$10.85

Parrish, I. S. (1999). *Military Veterans PTSD Reference Manual.*

Amazon Cost = \$19.95

Peele, S., Brodsky, A., & Arnold, M. (1992). *The Truth about Addiction and Recovery.*

Amazon Cost = \$10.20

Petracek, L. J. (2004). *The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-esteem, Your Emotional Balance, and Your Relationships.*

Amazon Cost = \$11.53

Pennebaker, J. W. (2004). *Writing to Heal: A Guided Journal for Recovering from Trauma and Emotional Upheaval.*

Amazon Cost = \$19.95

Pettit, J. W., Joiner, T. E., & Rehm, L. P. (2005). *The Interpersonal Solution to Depression: A Workbook for Changing How You Feel by Changing How You Relate.*

Amazon Cost = \$15.56

Potter-Efron, R. & Potter-Efron, P. S. (2006). *Letting Go of Anger: The Eleven Most Common Anger Styles and What To Do about Them (2nd Edition).*

Amazon Cost = \$11.53

Roberts, C. (2003). *Coping with Post-Traumatic Stress Disorder: A Guide for Families.*

Amazon Cost = \$39.95

Rosenbloom, D., Williams, M. B., & Watkins, B. E. (1999). *Life after Trauma: A Workbook for Healing.*

Amazon Cost = \$13.57

Rotgers, F., Kern, M. F., & Hoeltzel, R. (2002) *Responsible Drinking: A Moderation Management Approach for Problem Drinkers*

Amazon Cost = \$13.57

Rothbaum, B. & Foa, E. (2004). *Reclaiming Your Life After Rape: Cognitive-behavioral Therapy for Posttraumatic Stress Disorder (Client Workbook) .*

Amazon Cost = \$27.50

Schiraldi, G. (2000). *The Post-Traumatic Stress Disorder Sourcebook.*

Amazon Cost = \$12.89

Simon, H. B. & Greenfield, H. (2004). *The Harvard Medical School Guide to Men's Health: Lessons from the Harvard Men's Health Studies.*

Amazon Cost = \$10.20

Smith, M. J. (1985). *When I Say No, I Feel Guilty.*

Amazon Cost = \$7.99

Spradlin, S. E. (2003). *Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control.*

Amazon Cost = \$13.57

Strosahl K. D. & Robinson, P. R. (2008). *The Mindfulness and Acceptance Workbook for Depression.*

Amazon Cost = \$14.93

Taylor, R. (2006). *Alzheimer's from the Inside Out.*

Amazon Cost = \$13.57

Torrey, E. F. (2001). *Surviving Schizophrenia: A Manual for Families, Consumers, and Providers (4th Edition).*

Amazon Cost = \$5.99

Torrey, E. F. & Knable, M. B. (2005). *Surviving Manic Depression: A Manual on Bipolar Disorder for Patients, Families, and Providers.*

Amazon Cost = \$12.24

Travis, J. W. & Ryan, R. S. (2004). *Wellness Workbook: How to Achieve Enduring Health and Vitality.*

Amazon Cost = \$18.45

Vaillant, G.E. (2003). *Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development.*

Amazon Cost = \$10.19

Vermilyea, E. (2000). *Growing Beyond Survival: A Self-Help Toolkit for Managing Traumatic Stress.*

Amazon Cost = \$16.47

Whealin, J. M., DeCarvalho, L. T., & Vega, E. M. (2008). *Strategies for Managing Stress after War: Veteran's Workbook and Guide to Wellness.*

Amazon Cost = \$49.50

White, J. (1999). *Overcoming Generalized Anxiety Disorder - Client Manual: A Relaxation, Cognitive Restructuring, and Exposure-Based Protocol for the Treatment of GAD.*

Amazon Cost = \$14.35

Williams, M. B. & Poijula, S. (2002). *The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms.*

Amazon Cost = \$14.93

Williams, J. M. G., Teasdale, J. D., Segal, Z. V., & Kabat-Zinn, J. (2007). *The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness.*

Amazon Cost = \$13.57

Zilbergeld, B. (1999) *The New Male Sexuality (Revised Edition).*

Amazon Cost = \$11.56

Summary of Actual Costs

1. **Depression** = \$167.43
2. **Bipolar Disorder** = \$72.61
3. **Additional Mood Disorders and Emotional Dysregulation** = \$28.50
4. **PTSD, Trauma, and Combat Stress**
 - PTSD & Trauma: \$228.97 (with 1 free resource available)
 - Sexual Trauma: \$51.38
 - Combat Trauma: \$58.76
 - Other Types of Trauma: \$11.53
 - Caregiver Resources: \$39.95

TOTAL = \$343.15

5. **Anxiety** = \$153.13
6. **Schizophrenia** = \$50.91
7. **Substance Abuse** = \$195.65
8. **Anger** = \$44.27
9. **Health and Wellness** = \$88.63
10. **Wellness in Older Adults**
 - Dementia Education: \$24.78
 - Caregiving: \$81.84
 - Aging and Sexuality: \$24.52
 - Successful Aging: \$52.98
 - Aging and Pain: \$29.95

TOTAL = \$214.07

ESTIMATED GRAND TOTAL = \$1405.79

Members of the Bibliotherapy Workgroup

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