

## RCBM Recommended Reading List

### Attention Deficit/Hyperactivity Disorder:

- You Mean I'm Not Lazy, Stupid or Crazy?!: A Self-help Book for Adults with Attention Deficit Disorder  
By: Kate Kelly and Peggy Ramundo
- Driven to Distraction  
By: Edward Hallowell and John Ratey
- Answers to Distraction  
By: Edward Hallowell and John Ratey
- Delivered from Distraction  
By: Edward Hallowell and John Ratey
- Out of the Fog  
By: Kevin Murphy
- Adults with ADD  
By: Lynn Weiss
- Gender Issues and AD/HD  
By: Patricia Quinn and Kathleen G. Nadeau
- The "Putting on the Brakes" Activity Book for Young People with ADHD  
By: Patricia O. Quinn MD and Judith M. Stern, MA
- 10 Simple Solutions to Adult ADD  
By: Stephanie Moulton Sarkis, PhD
- Socially ADDept, A Manual for Parents of Children with ADD and/or Learning Disabilities  
By: Janet Z Giler, PhD
- The ADHD Book of Lists  
By: Sandra F Rief
- ADD Friendly Ways to Organize your Life  
By: Judith Kolberg and Kathleen Nadeau, PhD
- Practical Ideas that Really Work for Students with ADHD  
By: Kathleen McConnell and Gail R Ryser
- Survival Guide for College Students with ADD or Learning Disabilities  
By: Kathleen G Nadeau, PhD
- Understanding Girls with AD/HD  
By: Kathleen Nadeau
- Scattered Minds  
By: Len Adler
- ADHD Grown Up (to be published in late 2006/early 2007)  
By: Joel L Young, MD

## **Alcoholism**

- It Will Never Happen to Me  
By: Claudia Black
- Sober for Good  
By: Anna M. Fletcher

## **Anger**

- The Anger Trap: Free Yourself From the Frustrations That Sabotage Your Life  
By: Dr. Les Carter

## **Anxiety and Phobias**

- The Anxiety and Phobia Workbook  
By: Edmond Bourne

## **Behavior Management**

- 1-2-3 Magic: Effective Discipline for Children 2-12  
By: Thomas Phelan

## **Bipolar Disorder**

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

## **Borderline Personality Disorder**

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

## **Depression**

- Strategies to Overcome Depression  
By: Annick Hivert-Carthew

## **Eating Disorders**

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

## **Learning Disorders**

- Motivating Underachievers  
By: Carolyn Coil
- Helping a Child with Nonverbal Learning Disorder or Aspergers Syndrome: A Parent's Guide By: Kathryn Stewart, PhD
- Skills Training for Children with Behavior Disorder: A Parent and Practitioner Guidebook  
By: Michael L Bloomquist

- How the Special Needs Brain Learns  
By: David A Sousa
- Learning how to Learn: Getting into and Surviving College When You Have a Learning Disability  
By: Joyanne Cobb
- It's So Much Work to Be Your Friend: Helping the Child with Learning Disabilities Find Social Success  
By: Richard Lavoie

### **Marital Issues**

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

### **Obsessive-Compulsive Disorder**

- Brain Lock – Free Yourself from Obsessive Compulsive Behavior  
By: Jeffrey M Schwartz, MD

### **Parenting**

- Help Me I Have a Teenager: The Nitty Gritty Guide to Parental Sanity  
By: Annie Drake
- Get Out of my Life, but First Could you Drive me and Cheryl to the Mall?  
By: Anthony E Wolf, PhD
- Common Solutions for the Uncommon Child  
By: Kimberly Haag, Keith Kasper, Elizabeth Dziak Kryst
- Defiant Teens: A Clinician's Manual for Assessment and Family Intervention  
By: Russell A Barkley, Gwyneth H Edwards, and Arthur L Robin
- The Second Family: Dealing with Peer Power, Pop Culture, the Wall of Silence & Other Challenges of Raising Today's Teens  
By: Ron Taffel & Melinda Blau
- The Explosive Child  
By: Ross W Greene
- Social Skills Lessons and Activities for Grade 7 to 12  
By: Ruth Weltmann Begun
- How to Talk So Kids Will Listen and Listen So Kids Will Talk  
By: Adele Faber, Elaine Mazlish

### **Post-Traumatic Stress Disorder**

- Trauma and Recovery  
By: Judith Herman, MD
- Post Traumatic Stress Disorder Sourcebook  
By: Glenn R. Schiraldi, Ph.D.

**Procrastination**

- The Procrastination Workbook: Your Personalized Program For Breaking Free From the Patterns That Hold You Back  
By: William Knaus, Ed.D.

**Self-Esteem**

- Conquer your Critical Inner Voice  
By: Robert and Lisa Firestone, PhD

**Self- Mutilation**

- Cutting : Understanding and Overcoming Self-Mutilation  
By: Steven Levenkron
- Bodily Harm: The Breakthrough Healing Program For Self-Injurers  
By: Jennifer Kingsonbloom, Karen Conterio and  
Wendy Lader, PhD

**Sexual Abuse**

- Courage to Heal (for survivors of sexual abuse)  
By: Ellen Bass and Laura Davis

**Sex Education**

- How to Talk to Your Child About Sex  
By: Linda & Richard Eyre
- What's Happening to My Body: Book For Girls  
By: Lynda Madaras
- What's Happening to My Body: Book For Boys  
By: Lynda Madaras

**Verbal Abuse**

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

**Women's Issues**

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

Last Revision: 6/30/06