

Self-help Books

Sorted by Title / Author

- 155.9 BRE Brehony, Kathleen A. After the darkest hour : how suffering begins the journey to wisdom. 1st ed. New York : H. Holt, 2000.
- 158 CAN Canfield, Jack, 1944-. The Aladdin factor. Berkley trade pbk. ed. New York : Berkley Books, 1995.
- 158.2 TIE Tieger, Paul D. The art of speedreading people : how to size people up and speak their language. 1st Little, Brown pbk. ed. Boston : Little, Brown, 1999.
- 155.92 SNE Sneddon, Pamela Shires. Body image : a reality check. Springfield, NJ : Enslow, c1999.
- 158 MCF McFarland, Rhoda. Coping through assertiveness. 1st ed. New York : Rosen Pub. Group, 1986.
- 155.2 SMI Smith, Sandra Lee. Coping through self-control. 1st ed. New York : Rosen Pub. Group, 1991.
- 155.2 BOW Bowen-Woodward, Kathryn. Coping with a negative body-image. 1st ed. New York : Rosen, 1989.
- 155.9 BUC Buckingham, Robert W. Coping with grief. 1st ed. New York : Rosen Pub. Group, 1991.
- 155.9 Gid Giddens, Sandra. Coping with grieving and loss. 1st ed. New York : Rosen, 2000.
- 155.9 Pac Packard, Gwen K. Coping with stress. Rev. ed. New York : Rosen, 1999.
- 155.5 Wei Weiss, Stefanie Iris. Coping with the beauty myth : a guide for real girls. 1st ed. New York : Rosen, 2000.
- 155.5 GEL Gelinas, Paul J. Coping with your fears. 1st ed. New York : Rosen Pub. Group, 1986.
- 158.1 CAR Carlson, Richard, 1961 May 16-. Don't sweat the small stuff-- and it's all small stuff : simple ways to keep the little things from taking over your life. 1st ed. New York : Hyperion, c1997.
- 155.5 ROS Rosenberg, Ellen. Ellen Rosenberg's growing up feeling good. New rev. ed. New York : Puffin, 1989, c1987.
- 158.1 HAY Hay, Louise L. Empowering women : every woman's guide to successful living. Carlsbad, CA : Hay House, c1997.
- 305.4 DIB DiBattista, Rosemary Genova. Female body image : a hot issue. Berkeley Heights, NJ : Enslow, c2002.
- 158.1 COV Covey, Stephen R. First things first : to live, to love, to learn, to leave a legacy. New York : Simon & Schuster, c1994.
- 299 Rui Ruiz, Miguel, 1952-. The four agreements : a practical guide to personal freedom. San Rafael, Calif. : Amber-Allen Pub. :, c1997.
- 155.9 M Managing stress : from morning to night. Alexandria, Va. : Time-Life Books, 1987.
- 158.1 Dye Dyer, Wayne W. The power of intention : learning to co-create your world your way. Carlsbad, CA : Hay House, c2004.
- 155.2 DIM Dimitrius, Jo-Ellan. Reading people : how to understand people and predict their

- behavior, anytime, anyplace. New York : Random House, c1998.
- 305.235 GRA Gray, Heather M. Real girl, real world : a guide to finding your true self. 2nd ed. Emeryville, CA : Seal Press, c2005.
- 155.3 PIP Pipher, Mary Bray. Reviving Ophelia : saving the selves of adolescent girls. New York : Ballantine Books, [2001], c1994.
- 158 COV Covey, Stephen R. The seven habits of highly effective people : restoring the character ethic. New York : Simon and Schuster, c1989.
- 155.9 GRA Gravelle, Karen. Teenagers face to face with bereavement. Englewood Cliffs, NJ : J. Messner, c1989.
- 155.3 SCH Schlessinger, Laura. Ten stupid things men do to mess up their lives. 1st ed. New York : Cliff Street Books, c1997.
- 155.3 SCH Schlessinger, Laura. Ten stupid things women do to mess up their lives. 1st HarperPerennial ed. New York : HarperPerennial, 1995.
- 155.44 BOD Bode, Janet. Truce : ending the sibling war. New York : F. Watts, 1991.
- 616.85 MOE Moe, Barbara. Understanding negative body image. 1st ed. New York : Rosen Pub. Group, 1999.
- 158.2 MIL Milios, Rita. The value of trust. 1st ed. New York : Rosen Pub. Group, 1991.
- 291.4 Mil Millman, Dan. Way of the peaceful warrior : a book that changes lives. 20th anniversary ed., New rev. ed. Tiburon, Calif. : H.J. Kramer ;, c2000.
- 158 COB Cobain, Bev, 1940-. When nothing matters anymore : a survival guide for depressed teens. Minneapolis, MN : Free Spirit, c1998.
- 155.9 QUA Quackenbush, Jamie. When your pet dies : how to cope with your feelings. New York : Simon & Schuster, c1985.
- 155.5 CAR Carlson, Dale Bick. Where's your head? : psychology for teenagers. 2nd ed. Madison, CT : Bick Pub. House, 1998.
- 158 POW Powell, John Joseph, 1925-. Why am I afraid to love? [London] : Fontana, 1975.
- 158 POW Powell, John Joseph, 1925-. Why am I afraid to tell you who I am? : (insights on self-awareness, personal growth and interpersonal communication). Niles, Ill. : Argus Communications, [c1969].
- 158 Hay Hay, Louise L. You can heal your life. Santa Monica, CA : Hay House, c1987.
- 158.2 Web Webber, Diane, 1968-. Your space : dealing with friends and peers. New York : Franklin Watts, c2008.