

Recommended Books

Title	Author
Learned Optimism	Martin Seligman, PhD
Authentic Happiness	Martin Seligman, PhD
Reinventing Your Life	Jeffrey Young, PhD and Janet Klosko, PhD
Work Without Stress	Samuel Klarreich, PhD
Brain Lock: Free Yourself From Obsessive-Compulsive Behavior	Jeffrey Schwartz, MD
Obsessive Compulsive Disorder	Herbert Gravitz, PhD
When Muscle Pain Won't Go Away: The Relief Handbook for Fibromyalgia and Chronic Muscle Pain	Gayle Backstrom with Dr. Bernard Rubin

Recommended WorkBooks

Title	Author
Mind Over Mood	Christine Padesky and Dennis Greenberger
The Shyness and Social Anxiety Workbook	Martin Antony, PhD and Richard Swinson, PhD
The OCD Workbook	Bruce Hyman, PhD and Cherry Pedrick, RN
An End to Panic: Breakthrough Techniques in Overcoming Panic Disorder	Elke Zuercher-White
Managing Pain Before It Manages You	Margaret Caudill, MD, PhD