

## Anxiety Treatment and Research Clinic - Books for Sale

April 15, 2016

**Note: Prices do not include GST (5%)**

All books are available for purchase by patients at from ATRC Reception (cheques, Visa, or Mastercard) or from the **Outpatient Pharmacy** (cash, cheque, or credit card), in the main lobby of the Mary Grace Wing (Charlton Campus, 50 Charlton Ave. E.). Open Monday, Wednesday, and Thursday, 9 am to 5 pm, Tuesday and Friday, 9 am to 7 pm (closed Saturdays and Sundays). For more information, call 905-521-6170. **All prices subject to change without notice.**

Book	Price	My Picks (✓)
Abramowitz, J.S. (2009). <i>Getting over OCD: A 10-step workbook for taking back your life</i> . New York, NY: Guilford Press. ISBN: 978-1-59385-999-2	\$29.95	
Abramowitz, J.S. (2012). <i>The stress less workbook: Simple strategies to relieve pressure, manage commitments, and minimize conflicts</i> . New York, NY: Guilford Press. ISBN: 978-1-60918-471-1	\$29.95	
Antony, M.M., & McCabe, R.E. (2004). <i>10 simple solutions to panic: How to overcome panic attacks, calm physical symptoms, and reclaim your life</i> . Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-325-5	\$22.95	
Antony, M.M., & Norton, P.J. (2009). <i>The anti-anxiety workbook: Proven strategies to overcome worry, panic, phobias, and obsessions</i> . New York, NY: Guilford Press. ISBN: 978-1-59385-993-0	\$29.95	
Antony, M.M., & Swinson, R.P. (2008). <i>The shyness and social anxiety workbook: Proven, step-by-step techniques for overcoming your fear, 2<sup>nd</sup> ed.</i> Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-553-2	\$33.95	
Antony, M.M., & Swinson, R.P. (2009). <i>When perfect isn't good enough: Strategies for coping with perfectionism, 2<sup>nd</sup> ed.</i> Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-559-4	\$26.95	
Barkley, R.A. (2013). <i>Taking charge of ADHD: The complete authoritative guide for parents (3<sup>rd</sup> ed.)</i> . New York, NY: Guilford Press. ISBN: 978-1-462507894	\$26.95	
Barkley, R.A., & Benton, C.M. (2010). <i>Taking charge of Adult ADHD</i> . New York, NY: Guilford Press. ISBN: 978-1-60623-338-2	\$24.50	
Barkley, R.A., & Benton, C.M. (2013). <i>Your defiant child: 8 Steps to better behavior, 2<sup>nd</sup> ed.</i> New York, NY: Guilford Press. ISBN: 978-1-46251-007-8	\$22.95	
Barkley, R.A., Robin, R.A., & Benton, C.M. (2014). <i>Your defiant teen: 8 Steps to resolve conflict and improve your relationship, 2<sup>nd</sup> ed.</i> New York, NY: Guilford Press. ISBN: 978-1-46251-166-2.	\$22.95	
Basco, M.R. (2010). <i>The procrastinator's guide to getting things done</i> . New York, NY: Guilford Press. ISBN: 978-1-60623-293-4	\$20.50	
Brown, D. (2009). <i>Flying without fear, 2<sup>nd</sup> ed.</i> Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-704-8	\$22.95	

Book	Price	My Picks (✓)
Carney, C., & Manber, R. (2009). <i>Quiet your mind &amp; get to sleep: Solutions to insomnia for those with depression, anxiety or chronic pain</i> . Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-627-0	\$30.95	
Caudill, M. A. (2008). <i>Managing pain before it manages you, 4<sup>th</sup> ed.</i> New York, NY: Guilford Press. ISBN: 978-1-46252-227-4	\$33.95	
Chapman, A., & Gratz, K. (2007). <i>The borderline personality disorder survival guide</i> . Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-507-5	\$21.95	
Christensen, A., Doss, B.D., & Jacobson, N.S. (2014). <i>Reconcilable differences: Rebuild your relationship by rediscovering the partner your love – without losing yourself (2<sup>nd</sup> ed.)</i> . New York, NY: Guilford Press. ISBN: 978-1-46250-243-1	\$21.95	
Denning, P., Little, J., & Glickman, A. (2003). <i>Over the influence: The harm reduction guide for managing drugs and alcohol</i> . New York, NY: Guilford Press. ISBN: 978-1-57230-800-8	\$18.95	
Fairburn, C.G. (2013) <i>Overcoming binge eating: The proven program to learn why you binge and how you can stop (2<sup>nd</sup> ed.)</i> . New York, NY: Guilford Press. ISBN: 978-1-57230-561-8	\$22.95	
Forsyth, J.P., & Eifert, G.H. (2007). <i>The mindfulness and acceptance workbook for anxiety: A guide to breaking free from anxiety, phobias, and worry using acceptance and commitment therapy</i> . Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-499-3	\$33.95	
Green, S.M., McCabe, R.E., & Soares, C.N. (2012). <i>The cognitive behavioral workbook for menopause: A step-by-step program for overcoming hot flashes, mood swings, insomnia, anxiety, depression, and other symptoms</i> . Oakland, CA: New Harbinger Publications. ISBN: 978-1-60882-110-5	\$28.95	
Greenberger, D., & Padesky, C.A. (2016). <i>Mind over mood: Change how you feel by changing the way you think, 2<sup>nd</sup> ed.</i> New York, NY: Guilford Press. ISBN: 978-1-46252-042-8	\$35.50	
Gyoerkoe, K.L., & Wiegartz, P.S. (2006). <i>10 simple solutions to worry: How to calm your mind, relax your body, &amp; reclaim your life</i> . Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-465-8	\$22.50	
Keuthen, N.J., Stein, D.J., & Christenson, G.A. (2001). <i>Help for hair pullers: Understanding and coping with trichotillomania</i> . Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-232-6	\$31.95	
Laliberte, M., McCabe, R. E., & Taylor, V. (2009). <i>Cognitive behavioral workbook for weight Management: A step-by-step program</i> . Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-625-6	\$34.95	
Mason, P. T., & Kreger, R. (2010). <i>Stop walking on eggshells: Taking your life back when someone you care about has borderline personality disorder, 2<sup>nd</sup> ed.</i> Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-690-4	\$25.95	
McCabe, R. E., McFarlane, T. L., & Olmstead, M. P. (2004). <i>Overcoming bulimia workbook: Your comprehensive, step-by-step guide to recovery</i> . Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-326-2	\$29.95	
McKay, M., Davis, M., & Fanning, P. (2009). <i>Messages: The communications skills book, 3<sup>rd</sup> ed.</i> Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-592-1	\$25.95	

Book	Price	My Picks (✓)
McKay, M., Rogers, P. D., & McKay, J. (2003). <i>When anger hurts: Quieting the storm within, 2<sup>nd</sup> ed.</i> Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-344-6	\$18.95	
Miklowitz, D. J. (2011). <i>The bipolar disorder survival guide.</i> New York, NY: Guilford Press. ISBN: 978-1-60623-542-3	\$26.95	
Miller, W.R., & Munoz, R.F. (2013). <i>Controlling your drinking: Tools for making moderation work for you (2<sup>nd</sup> ed.).</i> New York, NY: Guilford Press. ISBN: 978-1-4625-0759-7	\$22.95	
Nay, W.R. (2014). <i>The anger management workbook: Use the STOP method to replace destructive responses with constructive behavior.</i> New York, NY: Guilford Press. 978-1-4625-0977-5	\$25.95	
Orsillo, S.M., & Roemer, L. (2011). <i>The mindful way through anxiety: Break free from chronic worry and reclaim your life.</i> New York, NY: Guilford Press. ISBN: 978-1-60623-464-8	\$22.95	
Owens, K.M.B., & Antony, M.M. (2011). <i>Overcoming health anxiety: Letting go of your fear of illness.</i> Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-838-0	\$23.95	
Paterson, R. J. (2000). <i>The assertiveness workbook: How to express your ideas and stand up for yourself at work and in relationships.</i> Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-209-8	\$29.95	
Purdon, C., & Clark, D. A. (2005). <i>Overcoming obsessive thoughts: How to gain control of your OCD.</i> Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-381-1	\$22.95	
Rapee, R.M., Spence, S.H., Cobham, V., Wignall, A., & Lyneham, H. (2008). <i>Helping your anxious child: A step-by-step guide for parents, 2<sup>nd</sup> ed.</i> Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-575-4	\$23.50	
Robichaud, M., & Dugas, M.J. (2015). <i>The generalized anxiety disorder workbook: A comprehensive CBT guide for coping with uncertainty, worry, and fear.</i> Oakland, CA: New Harbinger Publications. ISBN: 978-1-62625-151-9	33.95	
Ross, G., & Bieling, P. J. (2006). <i>Depression and your thyroid: What you need to know.</i> Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-406-1	\$27.95	
Strosahl, K. D., & Robinson, P. J. (2008). <i>Mindfulness and acceptance workbook for depression.</i> Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-548-8	\$31.95	
Teasdale, J.D., Williams, J.M.G., & Segal, Z. (2014). <i>The mindful way workbook: An 8-week program to free yourself from depression and emotional distress.</i> New York, NY: Guilford Press. ISBN: 978-1-46250-814-3	\$32.95	
Tompkins, M.A., & Hartl, T.L. (2009). <i>Digging out: helping your loved one manage clutter, hoarding, and compulsive acquiring.</i> Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-594-5	\$24.95	
Wilhelm, S. (2006). <i>Feeling good about the way you look: A program for overcoming body image problems.</i> New York, NY: Guilford Press. ISBN: 978-1-57230-730-8	\$20.50	
Williams, M.B., & Poijula, S. (2013). <i>The PTSD workbook: Simple, effective techniques for overcoming traumatic stress symptoms (2<sup>nd</sup> ed).</i> Oakland, CA: New Harbinger Publications. ISBN: 978-1608827039	\$33.95	
Williams, M., Teasdale, J., Segal, Z., & Kabat-Zinn, J. (2007). <i>A mindful way through depression.</i> New York, NY: Guilford Press. ISBN: 978-1-59385-128-6	\$27.50	

Book	Price	My Picks (✓)
Wright, J.H., & McCray, L.W. (2012). <b>Breaking free from depression: Pathways to wellness</b> . New York, NY: Guilford Press. ISBN: 978-1-60623-919-3	\$29.95	