

Anxiety Treatment and Research Clinic - Books for Sale

September 13, 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	Retail 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	\$24.95	
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	\$31.95	
Antony, M.M., & Swinson, R.P. (2008). <i>The shyness and social anxiety workbook: Proven, step-by-step techniques for overcoming your fear, 2nd 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, 2nd 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 (3rd ed.)</i> . New York, NY: Guilford Press. ISBN: 978-1462507894	\$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, 2nd 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, 2nd 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, 2nd ed.</i> Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-704-8	\$22.95	

Book	Retail Price	My Picks ()
Carney, C., & Manber, R. (2009). <i>Quiet your mind & 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	\$31.95	
Caudill, M. A. (2016). <i>Managing pain before it manages you, 4th ed.</i> New York, NY: Guilford Press. ISBN: 978-1-46252-227-4	\$34.50	
Chapman, A., & Gratz, K. (2007). <i>The borderline personality disorders survival guide</i> . Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-507-5	\$24.95	
Christensen, A., Doss, B.D., & Jacobson, N.S. (2014). <i>Reconcilable differences: Rebuild your relationship by rediscovering the partner your love – without losing yourself (2nd 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 (2nd ed.)</i> . New York, NY: Guilford Press. ISBN: 978-1-57230-561-8	\$22.95	
Forsyth, J.P., & Eifert, G.H. (2016). <i>The mindfulness and acceptance workbook for anxiety: A guide to breaking free from anxiety, phobias, and worry using acceptance and commitment therapy (2nd ed.)</i> . Oakland, CA: New Harbinger Publications. ISBN: 978-1-62625-334-6	35.95	
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, 2nd 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, & 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, 2nd ed.</i> Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-690-4	\$26.95	
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, 3rd ed.</i> Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-592-1	\$30.95	
McKay, M., & Fanning, P. (2016). <i>Self-Esteem, 4th ed.</i> Oakland, CA: New Harbinger Publications. ISBN: 978-1-62625-393-3	\$24.95	

Book	Retail Price	My Picks ()
McKay, M., Rogers, P. D., & McKay, J. (2003). <i>When anger hurts: Quieting the storm within, 2nd 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 (2nd 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	\$27.95	
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	\$25.95	
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	\$31.95	
Paterson, R. J. (2016). <i>How to be miserable: 40 strategies you already use.</i> Oakland, CA: New Harbinger Publications. ISBN: 978-1-62625-406-0	22.95	
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, 2nd 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	35.95	
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	\$35.95	
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	\$25.50	
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. (2016). <i>The PTSD workbook: Simple, effective techniques for overcoming traumatic stress symptoms (3rd ed).</i> Oakland, CA: New Harbinger Publications. ISBN: 978-1-62625-370-4	\$36.50	

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