

Self-Help Books & Internet Resources Recommended by MSU Counseling Center Staff

The following is a list of self-help books and internet sites compiled by the Counseling Center staff, organized by topic. Click on the topic of interest below to view the resources, which will open in a PDF file.

ADD/ADHD

Addictions & Recovery

Anger Control & Emotion Management

Anxiety: General Worry, Panic, OCD, & Phobias

Bisexual, Gay, Lesbian, & Transgender Issues

Bipolar Disorder

College Adjustment

Depression

Eating & Body Image Issues

Family & Divorce Issues

Loss & Grief

Medications

Multicultural & Social Justice Topics

Romantic Relationships

Sexual Assault, Sexual Abuse, Relationship Violence, & Trauma

Social Skills & Assertiveness

Stress Management

Study Skills

Suicide Prevention

Test Anxiety & Test Taking

Women's Issues

ADD/ADHD

BOOKS:

Edward M. Hallowell, & John J. Ratey (1996). *Answers to Distraction*. New York: Bantam.

Edward M. Hallowell & John J. Ratey (2005). *Delivered From Distraction: Getting the Most Out of Life with Attention Deficit Disorder*. New York: Ballantine.

Kevin R. Murphy & Suzanne LeVert (1995). *Out of the Fog: Treatment Options and Coping Strategies for Adult Attention Deficit Disorder*. New York: Hyperion.

WEBSITES:

Resource Center for Persons with Disabilities at Michigan State University:
<http://www.rcpd.msu.edu/Services/?Learning%20disabilities.html>

Attention Deficit Disorders Association: <http://www.add.org/>

Children and Adults with Attention Deficit Disorder (CHADD):
<http://www.chadd.org/>

Learning Disabilities Association of America: <http://www.ldanatl.org/>

National Institute of Mental Health ADHD Guide:
<http://www.nimh.nih.gov/HealthInformation/adhdmnu.cfm>

National Resource Center on ADHD/College Issues for Students with ADHD:
<http://www.help4adhd.org/education/college/collegeissues>

ADDICTIONS & RECOVERY

BOOKS:

Alcoholics Anonymous Big Book (Fourth Edition, 2001). New York: Alcoholic's Anonymous World Services, Inc.

Melody Beattie (1992). Codependent No More. Center City, MN: Hazelden Foundation.

Melody Beattie (1998). Codependent's Guide to the Twelve Steps. New York: Simon & Schuster.

Claudia Black (1981). It Will Never Happen to Me. New York: Random House.

Albert Ellis & Emmett Velten (1992). Rational Steps to Quitting Alcohol When AA Doesn't Work for You. Fort Lee, NJ: Barricade Books, Inc.

Jerry Hirschfield (1994). The Twelve Steps for Everyone... Who Really Wants Them. Center City, MN: Hazelden Foundation.

Jeff Jay & Debra Jay (2000). Love First: A New Approach to Intervention for Alcoholism and Drug Addiction. Center City, MN: Hazelden Foundation.

Janet Woititz (1990). Adult Children of Alcoholics: Expanded Edition. Deerfield Beach, FL: Health Communications, Inc.

WEBSITES:

National Council on Alcohol & Drug Dependence: <http://www.ncadd.org/>

National Institute of Alcohol Abuse & Alcoholism: <http://www.niaaa.nih.gov/>

ANGER CONTROL & EMOTION MANAGEMENT

BOOKS:

Steven Levenkron (1999). *Cutting: Understanding and Overcoming Self-Mutilation*. New York: W.W. Norton & Co.

Matthew McKay, Peter D. Rogers, & Judith McKay (1989). *When Anger Hurts: Quieting the Storm Within*. Oakland, CA: New Harbinger Publications.

Ron Potter-Efron (1994). *Angry All the Time: An Emergency Guide to Anger Control*. Oakland, CA: New Harbinger.

Scott E. Spradlin (2003). *Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control (Self-help Workbook)*. Oakland, CA: New Harbinger.

Marilee Strong (1999). *A Bright Red Scream: Self-Mutilation and the Language of Pain*. New York: Penguin.

Carol Tavris (1989). *Anger: The Misunderstood Emotion*. New York: Simon & Schuster.

Redford Williams & Virginia Williams (1993). *Anger Kills: Seventeen Strategies for Controlling the Hostility that Can Harm Your Health*. New York: Harper Perennial.

WEBSITES:

American Association of Anger Management Providers:

<http://www.angermanagementproviders.com/>

American Psychological Association On-Line "Controlling Anger - Before it Controls You" <http://www.apa.org/pubinfo/anger.html#anger>

ANXIETY: GENERAL WORRY, PANIC, OCD, & PHOBIAS (See also: TEST ANXIETY)

BOOKS:

Martin M. Anthony & Richard P. Swinson (1998). *When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism*. Oakland, CA: New Harbinger.

Beverly Beyette & Jeffrey Schwartz (1998). *Brain Lock: Free Yourself from Obsessive- Compulsive Behavior: A Four-Step Self-Treatment Method to Change Your Brain Chemistry* (Audio Cassette). New York: Harper Collins.

Edmund J. Bourne (2005). *The Anxiety and Phobia Workbook* (4th Edition). Oakland, CA: New Harbinger Publications.

Edna B. Foa & Reid Wilson (2001). *Stop Obsessing! How to Overcome Your Obsessions and Compulsions*. New York: Bantam.

Edward M. Hallowell (2002). *Worry: Hope and Help for a Common Condition*. New York: Ballantine.

Bruce M. Hyman (1999). *The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder*. Oakland, CA: New Harbinger.

Susan Jeffers (1988). *Feel the Fear and Do it Anyway*. New York: Ballantine.

Susan Jeffers (1998). *Feel the Fear and Beyond: Mastering Techniques for Doing it Anyway*. New York: Ballantine.

Harriett Lerner (2004). *Fear and Other Uninvited Guests: Tackling the Anxiety, Fear, and Shame That Keep Us from Optimal Living and Loving*. New York: Harper Collins.

Barbara Markway & Gregory Markway (2003). *Painfully Shy: How to Overcome Social Anxiety and Reclaim Your Life*. New York: St. Martin's.

Jeffrey Schwartz (1997). *Brain Lock: Free Yourself from Obsessive-Compulsive Behavior*. New York: Harper Collins.

John R. White (1999). *Overcoming Generalized Anxiety Disorder: Client Manual*. Oakland, CA: New Harbinger.

Elke Zuercher-White (1998). *An End to Panic: Breakthrough Techniques for Overcoming Panic Disorder*. Oakland, CA: New Harbinger.

WEBSITES:

Anxiety Disorders Association of America: <http://www.adaa.org/>

National Institute of Mental Health Anxiety Disorders Guide:
<http://www.nimh.nih.gov/publicat/anxiety.cfm>

BISEXUAL, GAY, LESBIAN, & TRANSGENDER ISSUES:

BOOKS:

Bisexual Anthology Collective (1995). *Plural Desires: Writing Bisexual Women's Realities*. Toronto: Sister Vision Black Women & Women of Color Press.

K. Borstein (1994). *Gender Outlaw: On Men, Women, and the Rest of Us*. New York: Routledge.

Robert Berstein (2003). *Straight Parents, Gay Children: Keeping Families Together*. New York: Thunder's Mouth.

M.V. Borek (1993). *Coming Out to Parents: A Two-Way Survival Guide for Lesbians & Gay Men & Their Parents*. Cleveland, OH: Pilgrim.

K. Boykin (1996). *One More River to Cross: Black and Gay in America*. New York: Anchor Books.

T. Decresenzo (1997). *Gay and Lesbian Professionals in the Closet: Who's In, Who's Out, and Why* (Gay & Lesbian Social Services). New York: Haworth.

D. Eng & A. Hom (Eds.) (1998). *Q & A: Queer in Asian America* (Asian American History and Culture). Philadelphia: Temple University.

L. Feinberg (1996). *Transgender Warriors*. Boston, MA: Beacon.

L. Feinberg (1998). *Transliberation: Beyond Pink or Blue*. Boston, MA: Beacon.

Beth Firestein (1996). *Bisexuality: The Psychology and Politics of an Invisible Minority*. Thousand Oaks, CA: Sage.

Carolyn W. Griffin & Marion J. Wirth (1997). *Beyond Acceptance: Parents of Lesbians & Gays Talk About Their Experiences*. New York: St. Martin's.

G. E. Israel (1997). *Transgender Care: Recommended Guidelines, Practical Information, and Personal Accounts*. Philadelphia: Temple University.

Rik Isensee (1997). *Reclaiming Your Life: The Gay Man's Guide to Love, Self-Acceptance, and Trust*. Los Angeles, CA: Alyson.

S. E. Jacobs, W. Thomas, & S. Lang (Eds.) (1997). *Two Spirit People: Native American Gender Identity, Sexuality, & Spirituality*. Urbana, IL: University of Illinois.

Kevin Jennings (1994). *Becoming Visible: A Reader in Gay and Lesbian History for High School and College Students*. Los Angeles, CA: Alyson.

R. Leong (1995). *Asian American Sexualities: Dimensions of the Gay & Lesbian Experience*. New York: Routledge.

Eric Marcus (1999). *Is it a Choice? Answers to 300 of the Most Frequently Asked Questions About Gays and Lesbian People (2nd Edition)*. San Francisco: Harper.

L. Moore (Ed.) (1997). *Does Your Mama Know? An Anthology of Black Lesbian Coming Out Stories*. Austin, Texas: Redbone.

S. Murray (1997). *Islamic Homosexualities: Culture, History and Literature*. New York: New York University.

R. Ochs (Ed.) (1996). *The Bisexual Resource Guide (2nd Edition)*. Cambridge, MA: Bisexual Resource Center.

C. Schaefer (1996). *Danger Zones: Essays on Homosexuality, National Identity, & Mexican Culture*. Tucson: University of Arizona.

M. Signorile (1995). *Outing Yourself: How to Come Out as Lesbian or Gay to Your Family, Friends, and Coworkers*. New York: Random House.

M. E. Vargo (1998). *Acts of Disclosure: The Coming Out Process of Contemporary Gay Men*. New York: Haworth.

Kay Weston, Gigi Kaesser, Peggy Gillespie, & April Martin (1999). *Love Makes a Family: Portraits of Lesbian, Gay, Bisexual, and Transgender Parents and Their Families*. Amherst, MA: University of Massachusetts.

WEBSITES:

The Alliance of Les-Bi-Gay-Transgender and Straight Ally Students:
Michigan State University: <http://www.msu.edu/~alliance/>

Gay, Lesbian, Bisexual, Transgendered & Allies Issues Network: National
Orientation Director's Association: <http://www.nodaweb.org/>

Project Ally: A List of Books and Other LGBT Resources:
http://www.colby.edu/project_ally/ally_library.html

BIPOLAR DISORDER

BOOKS:

Lana R. Castle & Peter C. Whybrow (2003). *Bipolar Disorder Demystified: Mastering the Tigh trope of Manic Depression*. New York: Marlowe & Co.

Kay Redfield Jamison (1997). *An Unquiet Mind: A Memoir of Moods and Madness*. New York: Vintage.

Mary Ellen Copeland (1994). *Living Without Depression and Manic Depression: A Workbook for Maintaining Mood Stability*. Oakland, CA: New Harbinger.

Kay Redfield Jamison (1996). *Touched with Fire: Manic Depressive Illness and Artistic Temperament*. New York: Simon & Schuster.

WEBSITES:

Depression and Bipolar Support Alliance: <http://www.dbsalliance.org/>

National Institute of Mental Health Disorders Bipolar Disorder Guide (PDF):
<http://www.nimh.nih.gov/publicat/NIMHbipolar.pdf>

COLLEGE ADJUSTMENT

BOOKS:

Al Siebert & Bernadine Gilpin (1996). *The Adult Student's Guide to Survival & Success*. Portland, OR: Practical Psychology.

Joshua Piven, David Borgenicht, Jennifer Worick, & Brenda Brown (2004). *Worst Case Scenario Survival Handbook: College*. San Francisco, CA: Chronicle.

Suzette Tyler (2001). *Been There, Should've Done That II: More Tips for Making the Most Out of College* (2nd Edition). Lansing, MI: Front Porch.

WEBSITES:

College Survival: Not the 13th Grade – Free College Advice:
<http://webhost.bridgew.edu/jhayesboh/NOT13TH/not13th.htm>

Scholarship America:
<http://www.scholarshipamerica.org/students/resources.php>

The Student Survival Manual: <http://www.luminet.net/~jackp/survival.html>

University of Washington College Resources for Students with Disabilities:
<http://www.washington.edu/doi/Brochures/Academics/survival.html>

DEPRESSION

BOOKS:

Paul Gilbert (2001). *Overcoming Depression: A Step-By-Step Approach to Gaining Control Over Depression*. New York: Oxford University.

Mary Ellen Copeland & Matthew McKay (2002). *The Depression Workbook: A Guide for Living with Depression and Manic Depression (2nd Edition)*. Oakland, CA: New Harbinger.

Thomas Marra (2004). *Depressed and Anxious: The Dialectical Behavior Therapy Workbook for Overcoming Depression and Anxiety*. Oakland, CA: New Harbinger.

Ann Sheffield (2003). *Depression Fallout: The Impact of Depression on Couples and What You Can Do to Preserve the Bond*. New York: Quill.

WEBSITES:

National Institute of Mental Health Depression Guide:
<http://www.nimh.nih.gov/publicat/depression.cfm>

University of Michigan Depression Center:
http://www.med.umich.edu/depression/college_2005_folup.htm#video

EATING & BODY IMAGE ISSUES

BOOKS:

Catherine A. Baker (1999). *Fed Up: College Students and Eating Problems*. Carlsbad, CA: Gürze Books. <http://www.gurze.com/>

Sheryl Berk & Jamie-Lynn Sigier (2002). *Wise Girl: What I've Learned About Life, Love, and Loss*. New York: Simon & Schuster.

James Claiborn & Cherry Pedrick (2002). *The BDD Workbook: Overcome Body Dysmorphic Disorder and End Body Image Obsessions*. Oakland, CA: New Harbinger.

Carolyn Costin (1999). *The Eating Disorder Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders*. New York: McGraw-Hill.

Michelle Heffner & George H. Eifert (2004). *Anorexia Workbook*. Oakland, CA: New Harbinger.

Robert E. McCabe, Marion P. Olmstead, & Traci L. McFarlane (2003). *Overcoming Bulimia Workbook*. Oakland, CA: New Harbinger.

WEBSITES:

National Eating Disorders Association:

http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=337

National Institute of Mental Health's information on eating disorders:

<http://www.nimh.nih.gov/PUBLICAT/EATINGDISORDERS.CFM>

FAMILY & DIVORCE ISSUES

BOOKS:

Merle A. Fossum & Marilyn J. Mason (1986). *Facing Shame: Families in Recovery*. New York: W.W. Norton & Co.

John C. Friel & Linda Friel (1988). *Adult Children: The Secrets to Dysfunctional Families*. Deerfield Beach, FL: Health Communications Inc.

John C. Friel & Linda Friel (1990). *An Adult's Guide to What's "Normal."* Deerfield Beach, FL: Health Communications Inc.

Vicki Lansky (1996). *Vicky Lansky's Divorce Book for Parents: Helping Your Children Cope with Divorce and its Aftermath (3rd Edition)*. Minnetonka, MN: Book Peddlers.

Monica McGoldrick (1997). *You Can Go Home Again: Reconnecting With Your Family*. New York: W.W. Norton & Co.

Dan Neuharth (1999). *If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World*. New York: Perennial Currents.

Rita Sommers-Flanagan, Chelsea Elander, & John Sommers Flanagan (2000). *Don't Divorce Us: Kids Advice to Divorcing Parents*. Alexandria, VA: American Counseling Association.

WEBSITES:

American Association of Marriage & Family Therapy:

http://www.aamft.org/index_nm.asp

Family Support America:

<http://www.familysupportamerica.org/content/home.htm>

LOSS & GRIEF

BOOKS:

Harold S. Kushner (1981). *When Bad Things Happen to Good People*. New York: Schocken.

Alan D. Wolfelt (1992). *Understanding Grief: Helping Yourself Heal*. Muncie, IN: Accelerated Development Inc.

WEBSITES:

Association for Death Education and Counseling: <http://www.adec.org/>

Center for Loss & Life Transition: <http://www.centerforloss.com/pg/default.asp>

The Center for Thanatology Research & Education, Inc:

<http://www.thanatology.org/>

MEDICATIONS

BOOKS:

William S. Appleton (2004). *The New Antidepressants and Antianxieties* (Revised Ed.). New York: Plume.

Robert E. Hales, Stuart C. Yudofsky, & Robert H. Chew (2005). *What Your Patients Need to Know About Psychiatric Medications: A Resource Book of Medication Information*. Arlington, VA: American Psychiatric Association, Inc.

John D. Preston, John H. O'Neal, & Mary C. Talaga (2004). *Consumer's Guide to Psychiatric Drugs* (Revised Ed.). Gretna, LA: Wellness Institute, Inc.

WEBSITES:

National Institute of Mental Health Medication Guide:

www.NIMH.nih.gov/publicat/medicate.cfm

U.S. Food & Drug Administration: <http://www.fda.gov/>

MULTICULTURAL & SOCIAL JUSTICE TOPICS

BOOKS:

Roy L. Brooks (Editor) (1999). When Sorry Isn't Enough: The Controversy over Apologies and Reparations for Human Injustice. New York: New York University.

Louise Derman-Sparks & Carol Brunson Phillips (1997). Teaching/Learning Anti-Racism: A Developmental Approach. New York: Teacher's College.

Paul Kivel (2002). Uprooting Racism: How White People Can Work for Racial Justice. Gabriola Island, British Columbia, Canada: New Society.

George M. Fredrickson (2002) Racism: A Short History. Princeton, NJ: Princeton University.

Lawrence Otis Graham (2000). Our Kind of People: Inside America's Black Upperclass. New York: Harper Collins.

Robert V. Guthrie (2003). Even the Rat was White: A Historical View of Psychology. New York: Allyn & Bacon.

Judy Helfand & Laurie Lippin (2001). Understanding Whiteness, Unraveling Racism: Tools for the Journey. Cincinnati, OH: Thomson Learning Custom Publishing.

Jeff Hitchcock (2002) Lifting the White Veil: An Exploration of White American Culture in a Multiracial Context. Roselle, NJ: Crandall, Dostie & Douglas Books, Inc.

Paula Rothenberg (2000) Invisible Privilege: A Memoir about Race, Class and Gender. Lawrence, KS: University Press of Kansas.

Bernestine Singley (Editor) (2002). When Race Becomes Real: Black and White Writers Confront Their Personal Histories. Chicago, IL: Lawrence Hill Books.

Derald Wing Sue (2003) Overcoming Racism: The Journey to Liberation. San Francisco, CA: Jossey-Bass.

Beverly Daniel Tatum (2003). Why Are All the Black Kids Sitting Together in the Cafeteria? And Other Conversations About Race: A Psychologist Explains the Development of Racial Identity. Philadelphia, PA: Basic Books.

WEBSITES:

Culturally Specific Mental Health Resources:

Surgeon General's Report (1999) - Culturally Specific Mental Health Resources:
<http://www.mentalhealth.samhsa.gov/cre/resource5.asp>

U.S. Department of Health & Human Services/Substance Abuse and Mental Health Services Administration: Culturally Specific Mental Health Resources:
<http://www.mentalhealth.org/publications/allpubs/sma01-3509/page6.asp>

Other Multicultural Resources:

Michigan State University's Diversity/Multicultural Resources:
<http://www.lib.msu.edu/diversity/>

International Journal of Multicultural Studies-“Standards”:
<http://www.colorado.edu/journals/standards/>

National Association for the Advancement of Colored People:
<http://www.naacp.org/>

National Council of Negro Women, Inc.:
<http://www.ncnw.org/>

National Urban League: <http://www.nul.org/>

Native Web: <http://www.nativeweb.org/>

Penn Valley Community College KS Global & Multicultural Resources:
<http://www.kcmetro.cc.mo.us/multicultural/>

Southern Poverty Law Center: <http://www.splcenter.org/>

The Association of Black Psychologists: <http://www.abpsi.org/>

The National Multicultural Institute: <http://www.nmci.org/index.htm>

Yale University Office of Multicultural Affairs/Cultural Competency Resources:
<http://info.med.yale.edu/omca/multicultural/multicultural.htm>

ROMANTIC RELATIONSHIPS

BOOKS:

Xavier Amador & Judith Kiersky (1998). Being Single in a Couple's World: How to Be Happily Single While Looking for Love. New York: Fireside.

Jean Baker Miller (1997). *The Healing Connection*. Boston, MA: Beacon.

Susan Forward & Joan Torres (2002). *Men Who Hate Women and the Women Who Love Them: When Loving Hurts and You Don't Know Why*. New York: Bantam.

John Gottman & Joan DeClaire (2001). *The Relationship Cure*. New York: Crown.

John Gottman, Cliff Notarius, Jonni Gonso, & Howard Markman (1976). *A Couple's Guide to Communication*. Champaign, IL: Research Press Co.

Harriet Goldhor Lerner, Ph.D. (1989). *The Dance of Intimacy: A Woman's Guide to Courageous Acts of Change in Key Relationships*. New York: Harper & Row.

Harville Hendrix & Helen Hunt (2001). *Getting the Love You Want: A Guide for Couples*. New York: Owls Books.

Harville Hendrix & Helen Hunt (2004). *Getting the Love You Want Workbook*. New York: Atria Books.

James Hollis (1998). *The Eden Project: In Search of the Magical Other: A Jungian Perspective on Relationships*. Toronto, ON, Canada: Inner City Books.

Peter McWilliams, Harold H. Bloomfield, & Melisa Colgrave (1993). *How to Survive the Loss of a Love*. Pittsburg, PA: Prelude.

Robin Norwood (1990). *Women Who Love Too Much: When You Keep Wishing and Hoping He'll Change*. New York: Simon & Schuster.

Don Miguel Ruiz (1999). *The Mastery of Love: A Practical Guide to the Art of Relationship: A Toltec Wisdom Book*. San Rafael, CA: Amber-Allen.

Douglas Stone, Bruce Patton, & Sheila Heen (1999). *Difficult Conversations: How to Discuss What Matters Most*. New York: Viking.

WEBSITES:

American Association of Sex Educators, Counselors, & Therapists:
<http://www.aasect.org/>

SEXUAL ASSAULT, SEXUAL ABUSE, RELATIONSHIP VIOLENCE, & TRAUMA

BOOKS:

Ellen Bass & Laura Davis (1993). *Beginning to Heal: A First Book for Survivors of Child Sexual Abuse*. New York: Harper Perennial.

Ellen Bass & Laura Davis (1994). *The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse* (3rd Ed.). New York: Harper Collins.

Gavin de Becker (1998). *The Gift of Fear: Survival Signals That Protect Us from Violence*. New York: Dell.

Linda E. Ledray (1994). *Recovering From Rape*. New York: Henry Holt & Co, Inc.

Aphrodite Matsakis (1996). *I Can't Get Over It: A Handbook for Trauma Survivors* (2nd Edition). Oakland, CA: New Harbinger.

Charles Whitfield (1987). *Healing the Child Within*. Deerfield Beach, FL: Health Communications, Inc.

Charles Whitfield (1990). *A Gift to Myself: A Personal Workbook and Guide to Healing the Child Within*. Deerfield Beach, FL: Health Communications, Inc.

WEBSITES:

MSU's Sexual Assault Crisis & Safety Education Program:

<http://www.couns.msu.edu/sap/>

An Abuse, Rape and Domestic Violence Aid & Resource Collection:

<http://www.aardvarc.org/>

National Institute of Mental Health Post-Traumatic Stress Disorder (PTSD) Guide:

<http://www.nimh.nih.gov/publicat/nimhptsd.cfm>

Rape, Abuse, and Incest National Network (RAINN): <http://www.rainn.org/>

National Sexual Violence Resource Center: <http://www.nsvrc.org/>

The National Center for Victims of Crime: <http://www.ncvc.org/ncvc/Main.aspx>

SOCIAL SKILLS & ASSERTIVENESS

BOOKS:

Marti Olsen Laney (2002). *The Introvert Advantage: How to Thrive in an Extrovert World*. New York: Workman.

Leil Lowndes (2003). *How to Talk to Anyone: 92 Little Tricks for Big Success in Relationships*. New York: Mc-Graw Hill.

Randy J. Patterson (2000). *The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and Relationships*. Oakland, CA: New Harbinger.

Manuel J. Smith (1975). *When I Say No, I Feel Guilty*. New York: Bantam.

Judith Selee-McClure (2003). *Civilized Assertiveness for Women: Communication with Backbone ... Not Bite*. Denver, CO: Albion Street.

WEBSITES:

“How To Improve Your Social Skills,” compiled by the National Business Association:

<http://www.nationalbusiness.org/NBAWEB/Newsletter/1086.htm>

Psychological Self-Help Assertiveness Training Tips:

<http://mentalhelp.net/psyhelp/chap13/chap13e.htm>

STRESS MANAGEMENT

BOOKS:

David H. Barlow, Ronald A. Rapee, & Leslie C. Reisner (2001). *Mastering Stress 2001: A LifeStyle Approach*. Dallas, TX: American Health.

Don R. Powell & The American Institute for Preventive Medicine (2004). *Minding Your Health: Your HealthyLife® Guide to Well Being (5th Edition)*. Farmington Hills, MI: American Institute for Preventive Medicine: www.HealthyLife.com

Robert M. Sapolsky (1994). *Why Zebras Don't Get Ulcers*. New York: WH Freeman & Co.

WEBSITES:

Olin Health Center's Health Education Department at MSU:

<http://www.olin.msu.edu/navigation.php?id=99>

Internet Resources for Wellness & Medicine: <http://familymedicalnet.com/>

Stress Test & Tips from the Academic Resource Center Sweet Briar College, VA:

<http://www.arc.sbc.edu/stress.html>

STUDY SKILLS

BOOKS:

Arthur W. Kornhauser (Revised by Diane M. Enerson) (1993). How to Study: Suggestions for High School & College (3rd Edition). Chicago: The University of Chicago.

Walter Pauk & Ross J.Q. Owens (2005). How to Study in College. Boston: Houghton Mifflin.

Adam Robinson (1993). What Smart Students Need to Know: Maximum Grades, Optimum Learning, Minimum Time. New York: Three Rivers.

WEBSITES:

Learning Resources Center at MSU:

<http://www.msu.edu/~lrc/seminarsworkshops.html>

Learning Styles Survey & Study Tips from Diablo Valley College, CA:

<http://www.metamath.com/lswb/dvclearn.htm>

On-line Resources to Improve Your Study Skills:

<http://www.coping.org/adultlink/study.htm#Alphabetical>

Study Skills Resources from the National Association of College Admission Counseling:

http://www.nacac.com/w_study.html

Study Skills Self-Help Information from Virginia Tech:

<http://www.ucc.vt.edu/stdysk/stdyhlp.html>

Study Skills Virtual Pamphlets from the University of Chicago:

<http://counseling.uchicago.edu/vpc/virtulets.html#Study-Skills>

SUICIDE PREVENTION

BOOKS:

Carla Fine (1999). No Time to Say Goodbye: Surviving the Suicide of a Loved One. New York: Broadway.

Kay Redfield Jamison (1999). Night Falls Fast: Understanding Suicide. New York: Vintage.

WEBSITES:

American Association of Suicidology: <http://www.suicidology.org/>

Center for Suicide Prevention: <http://www.suicideinfo.ca/>

National Institute of Mental Health: Frequently Asked Questions About Suicide:
<http://www.nimh.nih.gov/suicideprevention/suicidefaq.cfm>

TEST ANXIETY & TEST TAKING

BOOKS:

Richard Driscoll (2003). Tame Test Anxiety: Proven Anxiety Reduction Training. (Audio CD) Knoxville, TN: Westside Psychology.

Patricia Iannuzzi, Stephen S. Strichart, & Charles T. Mangrum II (1998). Teaching Study Skills and Strategies in College. Needham Heights, MA: Allyn & Bacon.

Ed Newman (1996). No More Test Anxiety: Effective Steps for Taking Tests and Achieving Better Grades (1st Edition with Audio CD). Los Angeles, CA: Learning Skills.

Shelia Tobias (1994). Overcoming Math Anxiety . New York: W.W. Norton & Co.

WEBSITES:

Test Preparation Tips from the MSU Testing Office:
<http://testingoffice.msu.edu/preparing.htm>

Test and Performance Anxieties: <http://www.campusblues.com/test.asp>

Test-Taking and Test Anxiety resources from Penn State University's Learning Center:
http://www.ulc.psu.edu/studyskills/test_taking.html

Test-Taking Strategies from Brigham Young University:
<http://www.byu.edu/stlife/cdc/learning/strategy.php#ess>

Test Taking Strategies from the University of Minnesota Duluth:
http://www.d.umn.edu/student/loon/acad/strat/test_take.html

WOMEN'S ISSUES

BOOKS:

Carol Gilligan & Lyn Mikel Brown (1993). Meeting at the Crossroads. New York: Ballantine.

Carol Gilligan (1993). In A Different Voice: Psychological Theory and Women's Development. Cambridge, MA: Harvard University.

Jennifer Loudon (1992). The Woman's Comfort Book: A Self-Nurturing Guide for Restoring Balance in Your Life. New York: Harper Collins.

Jean Baker Miller (1987). Toward A New Psychology of Women (2nd Edition). Boston: Beacon.

Mary Pipher (2002). Reviving Ophelia: Saving the Selves of Adolescent Girls. New York: Ballantine.

WEBSITES:

MSU's Women's Resource Center:

<http://www.msu.edu/~wrc/lansingresources.htm>

American Association of University Women:

<http://www.aauw.org/>

Feminist Majority Foundation: <http://www.feminist.org/>

National Council of Women's Organizations:

<http://www.womensorganizations.org/>

National Feminist Organizations & Other Links:

<http://wc.studentaffairs.duke.edu/femorgs.html>

National Organization of Women: <http://www.now.org/>