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*Self-help books can serve play an important role in providing insight into problems and supporting positive change. I favor self-help books that offer practical strategies for tracking and changing behavior and problematic thinking patterns. I often ask my clients to work through one of the books listed below as a key component of treatment.*

**10 Simple Solutions to Panic: How to Overcome Panic Attacks, Calm Physical Symptoms, & Reclaim Your Life.** By M.M. Anthony & R.E. McCabe, 2004, New Harbinger Publications.

**The Anxiety and Worry Workbook: The Cognitive Behavioral Solution.** By D.A. Clark & A.T. Beck, 2011, The Guilford Press.

**The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear.** By M. Robichaud & M Dugas, 2015, New Harbinger Publications.

**The Insomnia Workbook.** By S.A. Silberman, 2008, New Harbinger Publications.

**The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder (3rd ed).** By B Hyman & C Pedrick. New Harbinger Publications.

**Opening up by Writing It Down: How Expressive Writing Improves Health and Eases Emotional Pain (3rd Ed),** by J.W. Pennebaker & J.M. Smyth, 2016, The Guilford Press.

**Overcoming Trauma and PTSD: A Workbook Integrating Skills from ACT, DBT, and CBT.** By S. Raja, 2012, New Harbinger Publications.

**The Relationship Cure: A 5 Step Guide to Strengthening Your Marriage, Family, and Friendships.** By J. Gottman, 2002, Three Rivers Press.

**The Relaxation and Stress Reduction Workbook (7th ed.).** By M. Davis, E.R. Eshelman, and M. McKay, 2019, New Harbinger Publications.

**Retrain Your Brain: Cognitive Behavioral Therapy in 7 Weeks: A Workbook for Managing Depression and Anxiety.** By S.J. Gillihan, 2016, Althea Press.

**The Shyness and Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming Your Fear.** By M.M Anthony & R.P. Swinson, 2017, New Harbinger Publications.