

Steve Sprinkle, Ph.D.  
Licensed Psychologist, CA PSY 21849

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

## **GENERAL**

**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.

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

## **STRESS, GENERAL AND SOCIAL ANXIETY, PANIC DISORDER**

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

**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.

## **DEPRESSION**

**The Cognitive Behavioral Workbook for Depression: A Step-by-Step Program** (2nd ed). By W.J. Knaus & A. Ellis, 2012, New Harbinger Publications.

## **INSOMNIA**

**The Insomnia Workbook.** By S.A. Silberman, 2009, New Harbinger Publications.

## **OBSESSIVE COMPULSIVE DISORDER**

**The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder** (3rd ed). By B Hyman & C Pedrick, 2010, New Harbinger Publications.

## **TRAUMA, PTSD**

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

## RELATIONSHIPS

**Eight Dates: Essential Conversations for a Lifetime of Love.** By J. Gottman, J. Schwartz Gottman, D. Abrams, & R. Carlton Abrams, 2019, Workman Publishing Company.

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