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ADHD

- [ADD-Friendly Ways to Organize Your Life](#) by Kolberg & Nadeau.
- [The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents](#) by Ratey.
- [Taking Charge of Adult ADHD](#) by Barkley.
- [The Mindfulness Prescription for Adult ADHD: An 8-Step Program for Strengthening Attention, Managing Emotions, and Achieving Your Goals](#) by Zylowska.

Anxiety

- [Feeling Good](#) by David Burns.
- [Full Catastrophe Living](#) by Kabat-Zinn.
- [The Stress-Proof Brain](#) by Greenberg.
- [When Panic Attacks](#) by Burns.
- [How to Stop Worrying and Start Living](#) by Carnegie.
- [The Anxiety and Phobia Workbook](#) by Bourne.
- [The Anxiety and Worry Workbook The Cognitive Behavioral Solution](#) by Clark and Beck.

Addiction

- [Addiction as an Attachment Disorder](#) by Flores.
- [Unbroken Brain](#) by Szalavitz.

Attachment

- [The Attachment Theory Workbook](#) by Chen.
- [The Developing Mind \(second edition\): How Relationships and the Brain Interact to Shape Who We Are](#) by Daniel Siegel.

Bipolar Disorder

- [The Bipolar Disorder Survival Guide, Second Edition: What You and Your Family Need to Know](#) by Miklovitz.
- [Why Am I Still Depressed? Recognizing and Managing the Ups and Downs of Bipolar II and Soft Bipolar Disorder](#) by Phelps.

Depression

- [Feeling Good: The New Mood Therapy](#) by Burns.

OCD

- [Getting Over OCD: A 10-Step Workbook for Taking Back Your Life](#) by Abramowitz.
- [When Perfect Isn't Good Enough: Strategies for Coping With Perfectionism](#) by Anthony and Swinson.
- [When in Doubt, Make Belief: An OCD Inspired Approach to Living With Uncertainty](#) by Bell and Jenike.
- [Coping With OCD: Practical Strategies for Living Well With Obsessive-Compulsive Disorder](#) by DuFrene and Hyman.
- [Obsessive-Compulsive Disorder \(Facts\), 4th Edition](#) by Rachman and de Silva (2009).
- [Brain Lock: Free Yourself from Obsessive-Compulsive Behavior](#) by Schwartz and Jeffrey.
- [Overcoming Obsessive Compulsive Disorder: A Self-Help Guide Using Cognitive Behavioral Techniques](#) by Veale and Willson.
- [Treating Your OCD With Exposure and Response \(Ritual\) Prevention: Workbook](#) by Yadin, Foa, and Lichner(2012).

Parenting

- [The Whole Brain Child: 12 Revolutionary Strategies To Nurture Your Child's Developing Mind](#) by Daniel Siegel.
- [No Drama Discipline: The Whole Brain Way to Calm the Chaos and Nurture your Child's Developing Mind](#) by Daniel Siegel.

Perinatal Mental Health

- [This Isn't What I Expected](#) by Kleiman and Raskin.
- [The Postpartum Husband](#) by Kleiman.
- [The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help you Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions](#) by Wiegartz and Gyoerko.
- [Dropping the Baby and Other Scary Thoughts](#) by Kleiman & Wenzel.
- [When Words Are Not Enough](#) by Raskin.

Relationships

- [Hold Me Tight: Seven Conversations for a Lifetime of Love](#) by Susan Johnson.
- [Boundaries](#) by Cloud & Townsend.
- [How To Be An Adult in Relationships](#) by Richo.
- [Seven Principles for Making Marriage Work](#) by Gottman.

Trauma

- [The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma](#) Bessel van der Kolk MD.
- [Complex PTSD: From Surviving to Thriving](#) by Pete Walker.
- [Healing Development Trauma](#) by Heller and LaPierre.