

Self-help books available online for free through the USU library

Each of the following books are available through the USU library website. These books can be accessed online for free provided you are a USU student. You can find them by searching for the title on the library website.

This list was compiled by the USU Contextual Behavioral Science lab directed by Dr. Michael Levin (<http://www.usucbs.com/>).

Workbooks for learning broadly useful psychological skills

The dialectical behavior therapy skills workbook: practical DBT exercises for learning mindfulness

<http://ebookcentral.proquest.com/dist.lib.usu.edu/lib/USU/detail.action?docID=776122>

McKay, Matthew.

Oakland, CA : New Harbinger Publications, 2007

The mindful path to self-compassion: freeing yourself from destructive thoughts and emotions

<http://ebookcentral.proquest.com/dist.lib.usu.edu/lib/USU/detail.action?docID=443681>

Germer, Christopher K.

New York : Guilford Press, 2009

A mindfulness-based stress reduction workbook

<http://ebookcentral.proquest.com/dist.lib.usu.edu/lib/USU/detail.action?docID=776149>

Bob Stahl, Elisha Goldstein.

Oakland, CA : New Harbinger Publications, 2010

The happiness trap: stop struggling, start living

<http://ebookcentral.proquest.com/dist.lib.usu.edu/lib/USU/detail.action?docID=546646>

Harris, Russ.

Wollombi, N.S.W. ; Auckland, N.Z. : Exisle Pub., 2007

The reality slap

<http://ebookcentral.proquest.com/dist.lib.usu.edu/lib/USU/detail.action?docID=847583>

Harris, Russ.

Oakland, CA : New Harbinger Publications, Inc., 2012

Mind over mood: change how you feel by changing the way you think

<http://ebookcentral.proquest.com/dist.lib.usu.edu/lib/USU/detail.action?docID=4000017>

Greenberger, Dennis.

New York, NY : The Guilford Press, 2016

Workbooks for depression

The mindfulness & acceptance workbook for depression

<http://ebookcentral.proquest.com/dist.lib.usu.edu/lib/USU/detail.action?docID=816471>

Kirk D. Strosahl & Patricia J. Robinson.

Oakland, CA : New Harbinger Publications, Inc., 2008

The mindful way through depression: freeing yourself from chronic unhappiness

<http://ebookcentral.proquest.com/dist.lib.usu.edu/lib/USU/detail.action?docID=2040244>

Williams, J. Mark G.

New York : Guilford Press, 2007

The cognitive behavioral workbook for depression: a step-by-step program

<http://ebookcentral.proquest.com/dist.lib.usu.edu/lib/USU/detail.action?docID=776116>

Knaus, William J.

Oakland, CA : New Harbinger Publications, 2006

Coping with the seasons: a cognitive-behavioral approach to seasonal affective disorder

<http://ebookcentral.proquest.com/dist.lib.usu.edu/lib/USU/detail.action?docID=415211>

Rohan, Kelly J.

Oxford ; New York : Oxford University Press, 2009

Workbooks for anxiety

The cognitive behavioral workbook for anxiety: a step-by-step program

<http://ebookcentral.proquest.com/dist.lib.usu.edu/lib/USU/detail.action?docID=1832191>

Knaus, William J.

Oakland, California : New Harbinger Publications, Inc., 2014

The anxiety and worry workbook: the cognitive behavioral solution

<http://ebookcentral.proquest.com/dist.lib.usu.edu/lib/USU/detail.action?docID=4000630>

Clark, David A.

New York : Guilford Press, 2012

The mindfulness & acceptance workbook for anxiety: a guide to breaking free from anxiety, phobias & worry using acceptance & commitment therapy

<http://ebookcentral.proquest.com/dist.lib.usu.edu/lib/USU/detail.action?docID=4451457>

Forsyth, John P.

Oakland, CA : New Harbinger Publications, 2016

The shyness & social anxiety workbook: proven, step-by-step techniques for overcoming your fear

<http://ebookcentral.proquest.com/dist.lib.usu.edu/lib/USU/detail.action?docID=794350>

Antony, Martin M.

Oakland, CA : New Harbinger Publications, 2008

The mindfulness and acceptance workbook for social anxiety and shyness

<http://ebookcentral.proquest.com.dist.lib.usu.edu/lib/USU/detail.action?docID=1187388>

Fleming, Jan

Oakland, CA : New Harbinger Publications, 2013

Mastering your fears and phobias: workbook

<http://ebookcentral.proquest.com.dist.lib.usu.edu/lib/USU/detail.action?docID=430273>

Craske, Michelle G.

Oxford ; New York : Oxford University Press, 2006

Overcoming the trauma of your motor vehicle accident

<http://ebookcentral.proquest.com.dist.lib.usu.edu/lib/USU/detail.action?docID=272436>

Hickling, Edward J.

New York : Oxford University Press, 2006

Workbooks for eating challenges

Overcoming your eating disorder: a cognitive-behavioral treatment for bulimia nervosa and binge-eating disorder

<http://ebookcentral.proquest.com.dist.lib.usu.edu/lib/USU/detail.action?docID=415623>

Agras, W. Stewart.

New York : Oxford University Press, 2008

Overcoming binge eating: the proven program to learn why you binge and how you can stop

<http://ebookcentral.proquest.com.dist.lib.usu.edu/lib/USU/detail.action?docID=1215836>

Fairburn, Christopher G.

New York : The Guilford Press, 2013

The Dialectical Behavior Therapy Skills Workbook for Bulimia

<http://ebookcentral.proquest.com.dist.lib.usu.edu/lib/USU/detail.action?docID=776041>

Astrachan-Fletcher, Ellen.

Oakland, CA : New Harbinger Publications, 2009

Workbooks for addiction

A cognitive-behavioral treatment program for overcoming alcohol problems

<http://ebookcentral.proquest.com.dist.lib.usu.edu/lib/USU/detail.action?docID=430523>

Epstein, Elizabeth E.

Oxford ; New York : Oxford University Press, 2009

Overcoming your alcohol or drug problem: effective recovery strategies

<http://ebookcentral.proquest.com.dist.lib.usu.edu/lib/USU/detail.action?docID=272438>

Daley, Dennis C.

Oxford ; New York : Oxford University Press, 2006

Overcoming your pathological gambling: workbook

<http://ebookcentral.proquest.com.dist.lib.usu.edu/lib/USU/detail.action?docID=415624>

Ladouceur, Robert.

New York ; Oxford : Oxford University Press, 2007

Workbooks for anger and relationship problems

The dialectical behavior therapy skills workbook for anger

[http://web.a.ebscohost.com.dist.lib.usu.edu/ehost/detail/detail?vid=0&sid=097dff66-69cb-471f-80ef-](http://web.a.ebscohost.com.dist.lib.usu.edu/ehost/detail/detail?vid=0&sid=097dff66-69cb-471f-80ef-527c2bfc539b%40sessionmgr4007&bdata=JnNpdGU9ZWwhvc3QtbGl2ZQ%3d%3d#db=nlebk&AN=1089767)

[527c2bfc539b%40sessionmgr4007&bdata=JnNpdGU9ZWwhvc3QtbGl2ZQ%3d%3d#db=nlebk&AN=1089767](http://web.a.ebscohost.com.dist.lib.usu.edu/ehost/detail/detail?vid=0&sid=097dff66-69cb-471f-80ef-527c2bfc539b%40sessionmgr4007&bdata=JnNpdGU9ZWwhvc3QtbGl2ZQ%3d%3d#db=nlebk&AN=1089767)

Alexander L. Chapman, & Kim L. Gratz.

Oakland, CA : New Harbinger Publications, Inc., 2015

The anger control workbook

<http://ebookcentral.proquest.com.dist.lib.usu.edu/lib/USU/detail.action?docID=776108>

Matthew McKay and Peter Rogers.

Oakland, CA : New Harbinger Publications, 2000.

The high-conflict couple: dialectical behavior therapy guide to finding peace, intimacy & validation

<http://ebookcentral.proquest.com.dist.lib.usu.edu/lib/USU/detail.action?docID=776137>

Alan E. Fruzzetti.

Oakland, CA : New Harbinger Publications, Inc., 2006

Workbooks for other specific psychological challenges

Overcoming insomnia: a cognitive-behavioral therapy approach: workbook

<http://ebookcentral.proquest.com.dist.lib.usu.edu/lib/USU/detail.action?docID=415621>

Edinger, Jack D.

Oxford ; New York : Oxford University Press, 2008

Coping power: parent group program; workbook

<http://ebookcentral.proquest.com.dist.lib.usu.edu/lib/USU/detail.action?docID=415204>

Wells, Karen C.

Oxford ; New York : Oxford University Press, 2008

The bipolar II disorder workbook: managing recurring depression, hypomania, and anxiety

<http://ebookcentral.proquest.com.dist.lib.usu.edu/lib/USU/detail.action?docID=1594262>

Roberts, Stephanie McMurrich.

Oakland : New Harbinger Publications, 2014

Compulsive hoarding and acquiring: [client] workbook

<http://ebookcentral.proquest.com.dist.lib.usu.edu/lib/USU/detail.action?docID=415186>

Steketee, Gail.

New York ; Oxford : Oxford University Press, 2007

Enhancing sexuality: a problem-solving approach to treating dysfunction

<http://ebookcentral.proquest.com.dist.lib.usu.edu/lib/USU/detail.action?docID=431384>

Wincze, John P.

Oxford ; New York : Oxford University Press, 2009

Coping with chronic illness: a cognitive-behavioral therapy approach for adherence and depression

<http://ebookcentral.proquest.com/dist.lib.usu.edu/lib/USU/detail.action?docID=415209>

Safren, Steven A.

New York : Oxford University Press, 2008

Managing chronic pain: a cognitive-behavioral therapy approach

<http://ebookcentral.proquest.com/dist.lib.usu.edu/lib/USU/detail.action?docID=415512>

Otis, John D.

Oxford ; New York : Oxford University Press, 2007

Managing Tourette syndrome: a behavioral intervention adult workbook

<http://ebookcentral.proquest.com/dist.lib.usu.edu/lib/USU/detail.action?docID=415517>

Woods, Douglas

Oxford : Oxford University Press, 2008