Comprehensive Self-help Workbooks for All Anxiety Disorders:

- Bourne, Edmund: *Coping with Anxiety: 10 Simple Ways to Relieve Anxiety, Fear & Worry*
- Burns, David: *When Panic Attacks: The New Drug-Free Anxiety Therapy That Can Change Your Life*
- Davis, McKay, Eshelman: *The Relaxation and Stress Reduction Workbook*
- Farchione, Fairholme, Ellard, Barlow, Boisseau, Allen: *Unified Protocol for Transdiagnostic Treatment of Emotional Disorders* (workbook) from the “Treatments That Work” series
- Ramirez-Basco, Monica: *Never Good Enough: How to Use Perfectionism to Your Advantage Without Letting it Ruin Your Life*
- Smits, Jasper and Otto, Michael: *Exercise for Mood and Anxiety Disorders*
- Otto, Pollack, Barlow: *Stopping Anxiety Medication: Panic Control Therapy for Benzodiazepine Discontinuation*

Generalized Anxiety Disorder

- Craske, Michelle and Barlow, David: *Mastery of Your Anxiety and Worry* (workbook) from the “Treatments That Work” series
- Brantley, Jeffrey: *Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic*
- Davis, McKay, Eshelman: *The Relaxation and Stress Reduction Workbook*
- Ramirez-Basco, Monica: *Never Good Enough: How to Use Perfectionism to Your Advantage Without Letting it Ruin Your Life*
- Benson, Herbert and Proctor, William: *Relaxation Revolution: Enhancing Your Personal Health Through the Science & Genetics of Mind Body Healing*
- Lackner, Jeffrey: *Controlling IBS the Drug-free Way: A 10-step Plan for Symptom Relief*

Specific Phobias

- Antony, Craske, and Barlow: *Mastering Your Fears and Phobias* (workbook) from the “Treatments That Work” series
- Ridley, Layne: *White Knuckles: Overcoming the Fear of Flying*
- Brown, Duane: *Flying Without Fear: Effective Strategies to Get Your Where You Need to Go*

Panic Disorder and Agoraphobia

- Barlow, David and Craske, Michelle: *Mastery of Your Anxiety and Panic* (workbook) from the “Treatments That Work” series
- Carbonell, David: *Panic Attacks Workbook: A Guided Program for Beating the Panic Trick*
- Wilson, Reid: *Don’t Panic: Taking Control of Anxiety Attacks* (3rd Edition)

Obsessive-Compulsive Disorder

- Hyman, Bruce and Pedrick, Cherry: *The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder*

Social Anxiety Disorder

- Hope, Heimberg, Turk: *Managing Social Anxiety* (workbook) from the “Treatments That Work” series
- Rapee, Ronald: *Overcoming Shyness and Social Phobia: A Step-by-Step Guide*
- Markway, Carmin, Pollard, & Flynn: *Dying of Embarrassment*
- Antony, Martin and Swinson, Richard: *The Shyness and Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming Your Fear*
- Erika Hilliard: *Living Fully With Shyness and Social Anxiety: A Comprehensive Guide to Gaining Social Confidence*
- Fine, Debra: *The Fine Art of Small Talk*
Cognitive-Behavioral Therapy Resources for Anxiety
Workbooks and Self-help Books by Disorder (con.)

Impulse Control Disorders:
(Trichotillomania (compulsive hair pulling), skin picking, pathological gambling, compulsive stealing, pyromania/fire setting, compulsive buying)

Penzel, Fred: The Hair-Pulling Problem: A Complete Guide to Trichotillomania
Grant, Donahue, O'dlaug: Overcoming Impulse Control Problems (workbook) from the “Treatments That Work” series
Ladouceur, Robert, and Lachance, Stella: Overcoming Your Pathological Gambling (workbook) from the “Treatments That Work” series
Shulman, Terrence: Something for Nothing: Shoplifting Addiction and Recovery

Hoarding
Neziroglu, Bubrick, & Yaryura-Tobias: Overcoming Compulsive Hoarding: Why You Save & How You Can Stop
Steketee, Gail, and Frost, Randy: Compulsive Hoarding and Acquiring (workbook) from the “Treatments That Work” series
Tolin, Frost, Steketee: Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding
Frost, Randy and Steketee, Gail: Staff

Body Dysmorphic Disorder
Claiborn, James and Pedrick, Cherry: The BDD Workbook

Attention Deficit/Hyperactivity Disorder (ADHD) in Adults
Sprich, Safren, Perlman, Otto: Mastering Your Adult ADHD (workbook) from the “Treatments That Work” series

Depression and Bipolar Disorder
Burns, David: Feeling Good: The New Mood Therapy
Burns, David: The Feeling Good Handbook
Gilson, Freeman, Yates, Freeman: Overcoming Depression (workbook) from the “Treatments That Work” series
Otto, Reilly-Harrington, Knauz, Henin, Kogan, Sachs: Managing Bipolar Disorder (workbook) from the “Treatments That Work” series
Rohan, Kelly: Coping with the Seasons: A Cognitive-Behavioral Approach to Seasonal Affective Disorder (workbook) from the “Treatments That Work” series
Williams, Teasdale, Segal, and Kabat-Zinn: The Mindful Way Through Depression: Freeing Yourself From Chronic Unhappiness

Health Worries/Hypochondriasis
Cognitive-Behavioral Therapy Resources for Anxiety

Books on Anxiety Disorders (informational)

Anxiety Disorders and Mental Health (general)
Ross, Jerilyn and Carter, Rosalynn: Triumph Over Fear: A Book of Help and Hope for People with Anxiety, Panic Attacks, and Phobias
Schwartz, Jeffrey and Begley, Sharon: The Mind and the Brain: Neuroplasticity and the Power of Mental Force

Obsessive Compulsive Disorder
Osborn, Ian: Tormenting Thoughts and Secret Rituals
Baer, Lee: The Imp of the Mind: The Silent Epidemic of Obsessive Bad Thoughts

Posttraumatic Stress Disorder
Phillips, Suzanne and Kane, Dianne: Healing Together: A Couple’s Guide to Coping with Trauma and Post-traumatic Stress
Orange, Cynthia: Shock Waves: A Practical Guide to Living with a Loved One’s PTSD
Paulson, Daryl and Krippner, Stanley: Haunted by Combat: Understanding PTSD in War Veterans Including Women, Reservists, and Those Coming Back from Iraq
Judith Herman: Trauma and Recovery

Body Dysmorphic Disorder
Phillips, Katharine: The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder

Social Phobia
Swiggett, Chelsea Rae: My True Story of Fear, Anxiety and Social Phobia (Louder Than Words)
Cunningham, Terry: The Hell of Social Phobia: One Man’s 40 Year Struggle

Panic Disorder
Berman, Carol: 100 Questions and Answers about Panic Disorder (2nd Edition)

Other Mental Health Resources

General
National Alliance on Mental Illness (NAMI): http://www.nami.org/
Michigan Mental Health Networker: http://www.mhweb.org/

Hoarding
Children of Hoarders: http://childrenofhoarders.com/wordpress/

Washtenaw County Hoarding Task Force
Info: http://www.hoardingtaskforce.org/taskforces/the-hoarding-task-force-of-washtenaw-county
Contact: Harriet Balakar at 734-998-9355

Social Anxiety Disorder
Toastmasters: http://www.toastmasters.org/

Anxiety Disorder Foundations and Associations

Anxiety Disorders Association of America: www.adaa.org
Obsessive-Compulsive Foundation: www.ocfoundation.org
Agoraphobics in Motion: www.agim-hq.org
Social Phobia/Social Anxiety Association: http://www.socialphobia.org/
Social Anxiety Institute: http://www.socialanxietyinstitute.org
Posttraumatic Stress Disorder Association: http://www.ptsdassociation.com
African American Post Traumatic Stress Disorder Association: http://www.aaptsdlassn.org
Heal My PTSD, LLC: http://healmyptsd.com

Books on Mindfulness

Kabat-Zinn, Jon: Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness.
Williams, Teasdale, Segal, and Kabat-Zinn: The Mindful Way Through Depression: Freeing Yourself From Chronic Unhappiness

Support Groups in Michigan

Obsessive-Compulsive Disorder
Ann Arbor OCD Support Group
1st Thursday of each month 1:00-2:30
Community Support & Treatment Services (CSTS)
2140 E. Ellsworth Rd., Ann Arbor, MI
Contact Jim: 734-477-0326, jhm420@juno.com
OR
Jeannie at 734-761-4629, michiganlady64@gmail.com

Depression and bipolar
Support Groups for patients and families of persons with depression or bipolar disorder
UM Depression Center, Rachel Upjohn Building, 4250 Plymouth Rd., Ann Arbor
2nd and 4th Wednesdays of each month, 7:00pm-8:15pm


University of Michigan Anxiety Disorders Clinic, Department of Psychiatry, Rachel Upjohn Building
4250 Plymouth Road, Ann Arbor, MI 48109; Phone: 734-764-0231; http://www.psych.med.umich.edu/anxiety/clinic.asp