

Recommended Self-Help Books

Re: PTSD

1. The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms.
2. I Can't Get over It: A Handbook for Trauma Survivors.

Re: Stress Reduction

1. Relaxation & Stress Reduction Workbook 5th ED. Fifth Edition. Martha Davis, Elizabeth Robbins Eshelman, and Matthew McKay.

Re: Worry, Perfectionism, and Anxiety

1. When Perfect Isn't Good Enough: Strategies for Coping With Perfectionism.
2. The Portable Problem Solver: Coping With Life Stressors.
3. Coping With Uncertainty: 10 Simple Solutions.

Re: Social Anxiety

1. The Shyness & Social Anxiety Workbook: Proven Techniques for Overcoming Your Fears.
2. Managing Social Anxiety: A Cognitive-Behavioral Therapy Approach.

Re: Obsessive Compulsive Disorder

1. Stop Obsessing! Edna, B. Foa & Reid Wilson
2. Getting Control. Lee Baer
3. The Imp of the Mind. Lee Baer
4. Brainlock. Jeffrey Schwartz

Re: Panic Disorder

1. Coping with Panic. George Clum
2. Stopping Anxiety Medication. Michael Otto, Mark Pollack, & David H. Barlow
3. Mastery of your Anxiety and Panic. Michelle G. Craske & David H. Barlow