



"Like the butterfly, I have the strength and hope to believe, in time I will emerge from my cocoon transformed."
 ~ Kirsti A. Dyer



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2SLGBTQ +	Format	Call #	ISBN	Author
Helping Your Transgender Teen 2nd Edition: A Guide for Parents	Book	306.874 KRI	9781785928017	Krieger, Irwin
How to Understand Your Gender: A Practical Guide for Exploring Who You Are	Book	155.33 IAN	9781785927461	Iantaffi, Alex
How to Understand Your Gender: A Practical Guide for Exploring Who You Are	EBOOK-E	E-BOOK	9781784508197	Krieger, Irwin
How to Understand Your Gender: A Practical Guide for Exploring Who You Are	EBOOK-E	E-BOOK	9781784505172	Iantaffi, Alex
The Gender Quest Workbook: A Guide for Teens and Young Adults	Book	YA 306.768 TES	9781626252974	Testa & Coolhart
The Gender Quest Workbook: A Guide for Teens and Young Adults	EBOOK-E	E-BOOK	9781626252998	Testa & Coolhart
The Queer and Transgender Resilience Workbook	Book	306.76 SIN	9781626259461	Singh & Ehrensaft
The Queer and Transgender Resilience Workbook	EBOOK-E	E-BOOK	9781626259485	Singh & Ehrensaft
The Trans Partner Handbook: A Guide for When Your Partner Transitions	Book	306.768 GRE	9781785922275	Green, Jo
The Trans Partner Handbook: A Guide for When Your Partner Transitions	EBOOK-E	E-BOOK	9781784505035	Green, Jo
The Transgender Teen: A Handbook for Parents	Audio Book	DIGITAL AUDIOBOOK	9781520047874	Brill & Kenney
The Transgender Teen: A Handbook for Parents	Book	306.768083 BRI	9781627781749	Brill & Kenney
The Transgender Teen: A Handbook for Parents	EBOOK-E	E-BOOK	9781627781756	Brill & Kenney
This is a Book for Parents of Gay Kids	Book	306.874 OWE	9781452127538	Russo & Owens-Reid
This is a Book for Parents of Gay Kids	EBOOK-E	E-BOOK	9781452142425	Russo & Owens-Reid
Addictions	Format	Call #	ISBN	Author
A Couple's Guide to Sexual Addiction: A Step-by-step Plan to Rebuild Trust	Book	616.85833 COL	9781440512216	Collins & Collins
A Couple's Guide to Sexual Addiction: A Step-by-step Plan to Rebuild Trust	EBOOK-E	E-BOOK	9781440526978	Collins & Collins
A Parents Guide to Teen Addiction	Book	362.29 WES	9781510728363	Westreich, Laurence
A Parents Guide to Teen Addiction	EBOOK-E	E-BOOK	9781510728370	Westreich, Laurence
Adding Fire to The Fuel: Challenging the Shame and Stigma of Alcoholism	Book	362.292 STE	9781631929069	Stevens, Scott
Always Turned On: Sex Addiction in the Digital Age	Book	616.85833 WEI	9780985063368	Weiss & Schneider

Breaking Addiction: A 7-Step Handbook for Ending any Addiction	Book	616.8606 DOD	9780061987397	Dodes, Lance
Breaking Addiction: A 7-Step Handbook for Ending any Addiction	EBOOK-E	E-BOOK	9780062065834	Dodes, Lance
Cruise Control: Understanding Sex Addiction in Gay Men	Book	306.7662 WEI	9780985063306	Weiss & Carnes
Empowering Your Sober Self: The LifeRing Approach to Addiction Recovery	Book	616.86 NIC	9780965942966	Nicolaus, Martin
Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts	Book	306.77 CAR	9780983271338	Carnes, Lee & Rodriguez
Fortify-The Fighter's Guide to Overcoming Pornography Addiction	Book	616.85833 FOR	9781942934127	Fight the New Drug
Inside Rehab: The Surprising Truth About Addiction Treatment	Audio Book	DIGITAL AUDIOBOOK	9781452690919	Fletcher, Anne
Inside Rehab: The Surprising Truth About Addiction Treatment	Book	616.8606 FLE	9780143124368	Fletcher, Anne
Inside Rehab: The Surprising Truth About Addiction Treatment	EBOOK-E	E-BOOK	9781101606032	Fletcher, Anne
Intimate Treason: Healing the Trauma for Partners Confronting Sex Addiction	Book	616.85833 BLA	9781936290932	Black & Tripodi
Intimate Treason: Healing the Trauma for Partners Confronting Sex Addiction	EBOOK-E	E-BOOK	9781937612016	Black & Tripodi
Love and Addiction	Book	155.32 PEE	9780985387228	Peele & Brodsky
Loving an Addict, Loving Yourself	Book	362.2913 PLA	9780981385068	Plattor, Candace
Loving Someone in Recovery	Book	362.2913 BER	9781608828982	Berg & Tatkin
Loving Someone in Recovery	EBOOK-E	E-BOOK	9781608829002	Berg & Tatkin
Mastering the Addicted Brain: Building a Sane and Meaningful Life to Stay Clean	Book	362.29 LIN	9781608685004	Ling, Walter
Mastering the Addicted Brain: Building a Sane and Meaningful Life to Stay Clean	EBOOK-E	E-BOOK	9781608685011	Ling, Walter
Methadone- Bad Boy of Drug Treatment	Book	616.8606 JAN	9781432750749	Janes, Rebecca
Mind-Body Workbook for Addiction	Book	616.8603 BLO	9781626254091	Block & Block
Mind-Body Workbook for Addiction	EBOOK-E	E-BOOK	9781626254114	Block & Block
Moving Beyond Betrayal: The 5-Step Boundary Solution for Partners of Sex Addicts	Book	616.85833 PAL	9781942094142	Tidwell Palmer, Vicki
Moving Beyond Betrayal: The 5-Step Boundary Solution for Partners of Sex Addicts	EBOOK-E	E-BOOK	9781942094159	Tidwell Palmer, Vicki
Natural Rest for Addiction: A Radical Approach to Recovery Through Mindfulness	Book	616.8606 KIL	9781626258860	Kiloby, Scott
Over the Influence 2nd Ed.: The Harm Reduction Guide	Book	362.29 DEN	9781462526796	Denning, Patt
Over the Influence 2nd Ed.: The Harm Reduction Guide	EBOOK-E	E-BOOK	9781462530359	Denning, Patt
Ready to Heal: Breaking Free of Addictive Relationships	Book	616.85833 MCD	9780983271390	McDaniel, Kelly
Recover!: An Empowering Program to Help You Stop Thinking Like an Addict	Book	616.8603 PEE	9780738218120	Peele, Stanton
Recovery by Choice: Living and Enjoying Life Free of Alcohol and Other Drugs	Book	616.8603 NIC	9780965942935	Nicolaus, Martin
Sex, Drugs, Gambling & Chocolate 2nd Edition	Book	616.8606 HOR	9781886230552	Horvath, Thomas
Tending Dandelions: Honest Meditations for Mothers with Addicted Children	Book	362.2913 SWE	9781616497200	Swenson, Sandra
Tending Dandelions: Honest Meditations for Mothers with Addicted Children	EBOOK-E	E-BOOK	9781616497217	Swenson, Sandra
The Addiction Recovery Skills Workbook	Book	362.29 GLA	9781626252783	Glasner-Edwards, Suzette
The Addiction Recovery Skills Workbook	EBOOK-E	E-BOOK	9781626252806	Glasner-Edwards, Suzette

Addictions	Format	Call #	ISBN	Author
The Craving Mind: From Cigarettes to Smartphones to Love	Book	152.33 BRE	9780300223248	Brewer, Judson
The Craving Mind: From Cigarettes to Smartphones to Love	EBOOK-E	E-BOOK	9780300227604	Brewer, Judson
The Cure for Alcoholism: The Medically Proven Way to Eliminate Alcohol Addiction	Book	616.86106 ESK	9781937856137	Eskapa, Roy
The Cure for Alcoholism: The Medically Proven Way to Eliminate Alcohol Addiction	EBOOK-E	E-BOOK	9781937856144	Eskapa, Roy
The Freedom to Recover: You are NOT Powerless	Book	616.86106 ANK	9780988796423	Ankermann, Rolf
The Little Book of Big Change	Book	153.85 JOH	9781626252301	Johnson, Amy
The Little Book of Big Change	EBOOK-E	E-BOOK	9781626252325	Johnson, Amy
The Mindfulness Workbook for Addiction	Book	616.891425 WIL	9781608823406	Williams & Kraft
The Mindfulness Workbook for Addiction	EBOOK-E	E-BOOK	9781608823420	Williams & Kraft
The Smoke-Free Smoke Break	Book	616.86506 SOM	9781608820016	Somov & Somova
The Smoke-Free Smoke Break	EBOOK-E	E-BOOK	9781608826261	Somov & Somova
The Sober Truth: Debunking the Bad Science Behind 12-Step Programs	Book	616.8606 DOD	9780807033159	Dodes & Dodes
The Sober Truth: Debunking the Bad Science Behind 12-Step Programs	EBOOK-E	E-BOOK	9780807033166	Dodes & Dodes
Unbroken Brain: A Revolutionary New Way of Understanding Addiction	Book	362.29 SZA	9781250055828	Szalavitz, Maia
Your Brain on Porn	Book	306.771019 WIL	9780993161605	Wilson, Gary
ADHD	Format	Call #	ISBN	Author
ADHD Nation: Children, Doctors, Big Pharma and the Making of an American Epidemic	Book	618.928589 SCH	9781501105920	Schwarz, Alan
ADHD Nation: Children, Doctors, Big Pharma and the Making of an American Epidemic	EBOOK-E	E-BOOK	9781501105937	Schwarz, Alan
Attention Deficit Hyperactivity Disorder	Book	J 618.928589 TOU	9780778700869	Tournemille, Harry
Attention Deficit Hyperactivity Disorder	EBOOK-E	E-BOOK	9781427193872	Tournemille, Harry
Fast Minds: How to Thrive if You Have ADHD	Book	616.8589 SUR	9780425274064	Surman & Bilkey
Fast Minds: How to Thrive if You Have ADHD	EBOOK-E	E-BOOK	9781101619339	Surman & Bilkey
Mindfulness for Teens with ADHD	Book	YA 618.928589 BUR	9781626256255	Burdick & Honos-Webb
Mindfulness for Teens with ADHD	EBOOK-E	E-BOOK	9781626258051	Burdick & Honos-Webb
Raising Boys with ADHD - Secrets for Parenting Healthy, Happy Sons	Book	618.928589 FOR	9781593638627	Forgan & Richey
Raising Boys with ADHD - Secrets for Parenting Healthy, Happy Sons	EBOOK-E	E-BOOK	9781593639761	Forgan & Richey
Raising Girls with ADHD - Secrets for Parenting Healthy, Happy Daughters	Book	618.928589 FOR	9781618211460	Forgan & Richey
Raising Girls with ADHD - Secrets for Parenting Healthy, Happy Daughters	EBOOK-E	E-BOOK	9781618212108	Forgan & Richey
Taking Charge of ADHD 3rd Edition: The Complete, Authoritative Guide for Parents	Audio Book	DIGITAL AUDIOBOOK	9781518900020	Barkley, Russell
Taking Charge of ADHD 3rd Edition: The Complete, Authoritative Guide for Parents	Book	618.928589 BAR	9781462507894	Barkley, Russell
Taking Charge of ADHD 3rd Edition: The Complete, Authoritative Guide for Parents	EBOOK-E	E-BOOK	9781462508532	Barkley, Russell
The Mindfulness Prescription for Adult ADHD	Book	616.8589 ZYL (2)	9781590308479	Zylowska & Siegel
The Mindfulness Prescription for Adult ADHD	EBOOK-E	E-BOOK	9780834827707	Zylowska & Siegel
Transforming ADHD	Book	616.8589 CRO	9781626254459	Crosby & Lippert
Transforming ADHD	EBOOK-E	E-BOOK	9781626254473	Crosby & Lippert

Anger	Format	Call #	ISBN	Author
Anger Management Workbook for Men	Book	152.47 KAR	9781623157302	Karmin, Aaron
Mind-body Workbook for Anger	Book	152.47 BLO	9781608829132	Block & Block
Mind-body Workbook for Anger	EBOOK-E	E-BOOK	9781608829156	Block & Block
Mindfulness for Teen Anger	Book	YA 155.51247 PUR	9781608829163	Purcell, Mark
Mindfulness for Teen Anger	EBOOK-E	E-BOOK	9781608829187	Purcell, Mark
The Dialectical Behavior Therapy Skills Workbook for Anger	Book	616.89142 CHA	9781626250215	Chapman & Gratz
The Dialectical Behavior Therapy Skills Workbook for Anger	EBOOK-E	E-BOOK	9781626250239	Chapman & Gratz
Anxiety – Panic Attacks – Phobias Social Anxiety - Stress	Format	Call #	ISBN	Author
A Mindfulness-Based Stress Reduction Workbook	Book	616.98 STA (2)	9781572247086	Stahl & Goldstein
A Mindfulness-Based Stress Reduction Workbook	EBOOK-E	E-BOOK	9781608821457	Stahl & Goldstein
Anxiety and Phobias	Book	J 616.8522 IOR	9780778700883	Iorizzo, Carrie
Anxiety, Worry, OCD and Panic Attacks for Ages 6-17	Book	616.8522 SHA	9781911246053	Callaghan & Shaw
Anxiety, Worry, OCD and Panic Attacks for Ages 6-17	EBOOK-E	E-BOOK	9781911246077	Callaghan & Shaw
Conquer Your Fears and Phobias for Teens	Book	YA 155.51246 UMB	9781626251458	Umbach, Andrea
Conquer Your Fears and Phobias for Teens	EBOOK-E	E-BOOK	9781626251472	Umbach, Andrea
Coping with Anxiety: Ten Simple Ways to Relieve Anxiety, Fear, and Worry	Audio Book	DIGITAL AUDIOBOOK	9781624613104	Bourne & Garano
Coping with Anxiety: Ten Simple Ways to Relieve Anxiety, Fear, and Worry	Book	616.8522 BOU	9781626253858	Bourne & Garano
Coping with Anxiety: Ten Simple Ways to Relieve Anxiety, Fear, and Worry	EBOOK-E	E-BOOK	9781626253872	Bourne & Garano
Dare: The New Way to End Anxiety & Panic Attacks	Book	616.852206 MCD	9780956596253	McDonagh, Barry
Keys to Parenting Your Anxious Child	Book	155.418 MAN	9781438004839	Manassis, Katharina
Keys to Parenting Your Anxious Child	EBOOK-E	E-BOOK	9781438067223	Manassis, Katharina
Margo Thinks Twice (for children)	Book	J P ARN	9781771471626	Arnaldo, Monica
Mindfulness for Teen Anxiety	Book	YA 155.51246 WIL	9781608829101	Willard, Christopher
Phobia Relief: From Fear to Freedom	Book	616.85225 BAR	9781945953033	Barlis, Kalliope
Please Explain Anxiety to Me! (for children)	Book	J 152.46 ZEL	9781615992164	Zelinger & Zelinger
The Anxiety and Phobia Workbook 6th Edition	Audio Book	DIGITAL AUDIOBOOK	9781626252158	Bourne, Edmund
The Anxiety and Phobia Workbook 6th Edition	Book	616.8522 BOU	9781626252158	Bourne, Edmund
The Anxiety and Phobia Workbook 6th Edition	EBOOK-E	E-BOOK	9781626252172	Bourne, Edmund
The Anxiety Workbook for Kids	Book	J 155.41246 ALT	9781626254770	Alter & Clarke
The Anxiety Workbook for Kids	EBOOK-E	E-BOOK	9781626254794	Alter & Clarke
The Generalized Anxiety Disorder Workbook	Book	616.8522 ROB	9781626251519	Robichaud & Dugas
The Mindful Teen: Powerful Skills to Help You Handle Stress	Book	YA 155.5189 VO	9781626250802	Dzung, Vo
The Mindful Teen: Powerful Skills to Help You Handle Stress	EBOOK-E	E-BOOK	9781626250826	Dzung, Vo
The Mindfulness & Acceptance Workbook for Anxiety	Book	616.8522 FOR	9781626253346	Forsyth & Eifert
The Mindfulness & Acceptance Workbook for Anxiety	EBOOK-E	E-BOOK	9781626253360	Forsyth & Eifert

Anxiety – Panic Attacks – Phobias Social Anxiety - Stress	Format	Call #	ISBN	Author
The Shyness & Social Anxiety Workbook for Teens	Book	YA 155.518232 SHA	9781608821877	Shannon, Jennifer
The Shyness & Social Anxiety Workbook for Teens	EBOOK-E	E-BOOK	9781608821891	Shannon, Jennifer
The Stress Less Workbook	Book	155.9042 ABR	9781609184711	Abramowitz, Jonathan
The Stress Less Workbook	EBOOK-E	E-BOOK	9781462505333	Abramowitz, Jonathan
The Stress Reduction Workbook for Teens	Book	YA 155.518 BIE	9781684030187	Biegel, Gina
The Stress Reduction Workbook for Teens	EBOOK-E	E-BOOK	9781684030200	Biegel, Gina
The Worry Trick	Book	152.46 CAR	9781626253186	Carbonell, David
The Worry Trick	EBOOK-E	E-BOOK	9781626253209	Carbonell, David
The Worry Workbook for Teens	Book	YA 616.8522 MIC	9781626255845	Micco, Jamie
The Worry Workbook for Teens	EBOOK-E	E-BOOK	9781626255869	Micco, Jamie
The Yoga-CBT Workbook for Anxiety	Book	616.852206 GRE	9781626258365	Greiner-Ferris, Julie
What to do When You Feel Too Shy: A Kid's Guide to Overcoming Social Anxiety	Book	J 155.418232 FRE	9781433822766	Freeland, Claire
Autism – Asperger's	Format	Call #	ISBN	Author
Asperger Syndrome Explained	Book	616.858832 PRI	9781511636438	Elliott-Price, Sara
Asperger's and Adulthood	Book	YA 616.858832 GRO	9781623156602	Grossberg, Blythe
Autism Adulthood	Book	616.85882 SEN	9781510732711	Senator, Susan
Beating Anxiety: What Young People on the Autism Spectrum Need to Know	Book	J 155.41246 HAR	9781785920752	Hartman, Davida
Beating Anxiety: What Young People on the Autism Spectrum Need to Know	EBOOK-E	E-BOOK	9781784503352	Hartman, Davida
Growing Up on the Spectrum	Book	YA 616.85882 KOE	9780143116660	Koegel & LaZebnic
Growing Up on the Spectrum	EBOOK-E	E-BOOK	9781101016534	Koegel & LaZebnic
Living Well on the Spectrum: How to Use Your Strengths	Book	616.858832 GAU	9781606236345	Gaus, Valerie
Living Well on the Spectrum: How to Use Your Strengths	EBOOK-E	E-BOOK	9781609180492	Gaus, Valerie
Overcoming Anxiety and Depression on the Autism Spectrum	Book	616.85882 WIL	9781849059275	Wilkinson, Lee
Overcoming Anxiety and Depression on the Autism Spectrum	EBOOK-E	E-BOOK	9780857007100	Wilkinson, Lee
Overcoming Autism: Finding the Answers	Book	649.154 KOE	9780143126546	Koegel & LaZebnic
Overcoming Autism: Finding the Answers	EBOOK-E	E-BOOK	9780698157439	Koegel & LaZebnic
The Don't Freak Out Guide to Parenting Kids with Asperger's	Book	618.928588 FUE	9780983990048	Fuentes, Sharon
Bipolar Disorder	Format	Call #	ISBN	Author
Bipolar Disorder: A Guide for the Newly Diagnosed	Book	616.895 BIP	9781608821815	Caponigro, Lee & Johnson
Bipolar Disorder: A Guide for the Newly Diagnosed	EBOOK-E	E-BOOK	9781608821839	Caponigro, Lee & Johnson
Mindfulness for Bipolar	Book	616.895 MAR	9781626251854	Marchand, Williams
Mindfulness for Bipolar	EBOOK-E	E-BOOK	9781626251878	Marchand, Williams
Preventing Bipolar Relapse: A Lifestyle Program	Book	616.89505 WHI	9781608828814	White, Ruth
Preventing Bipolar Relapse: A Lifestyle Program	EBOOK-E	E-BOOK	9781608828838	White, Ruth
The Bipolar II Disorder Workbook	Book	616.89506 ROB	9781608827664	McMurrich-Roberts, Stephanie
The Bipolar II Disorder Workbook	EBOOK-E	E-BOOK	9781608827688	McMurrich-Roberts, Stephanie
The Bipolar Workbook: Tools for Controlling Your Mood Swings	Book	616.895 BAS	9781462520237	Basco, Monica Ramirez

The Bipolar Workbook: Tools for Controlling Your Mood Swings	EBOOK-E	E-BOOK	9781462520442	Basco, Monica Ramirez
Borderline Personality Disorder	Format	Call #	ISBN	Author
Borderline Personality Disorder in Adolescents	Book	616.85852 AGU	9781592336494	Aguirre, Blaise
Borderline Personality Disorder in Adolescents	EBOOK-E	E-BOOK	9781627881937	Aguirre, Blaise
Borderline Personality Disorder: A Guide for the Newly Diagnosed	Book	616.85852 CHA	9781608827060	Chapman, Alexander
Stronger Than BPD: The Girl's Guide to Taking Control of Intense Emotions	Book	616.85852 COR	9781626254954	Corso, Debbie
Stronger Than BPD: The Girl's Guide to Taking Control of Intense Emotions	EBOOK-E	E-BOOK	9781626254978	Corso, Debbie
The Mindfulness Solution for Intense Emotions	Book	616.85852 KOO	9781626253001	Koons, Cedar
The Mindfulness Solution for Intense Emotions	EBOOK-E	E-BOOK	9781626253025	Koons, Cedar
This is Not the End: Conversations on Borderline Personality Disorder	Book	616.85852 THI	9781623157067	Martin, Tabetha
You Untangled: A DBT Workbook	Book	616.85852 TIB	9780989802109	Tibbitts, Amy
Chronic Pain – Chronic Illness	Format	Call #	ISBN	Author
Big Tree is Sick: A Story to Help Children Cope with the Serious Illness of a Loved One	Book	J P SLO	9781785922268	Slosse, Nathalie
How to Live Well with Chronic Pain & Illness	Book	616.044 BER	9781614292487	Bernhard, Toni
How to Live Well with Chronic Pain & Illness	EBOOK-E	E-BOOK	9781614292630	Bernhard, Toni
Leaves Falling Gently: Living Fully with Serious and Life-limiting Illness	Book	616.029 BAU	9781572249998	Bauer-Wu, Susan
Leaves Falling Gently: Living Fully with Serious and Life-limiting Illness	EBOOK-E	E-BOOK	9781608825547	Bauer-Wu, Susan
Living a Healthy Life with Chronic Pain	Book	616.0472 LEF (2)	9781936693771	LeFort, Sandra
Living a Healthy Life with Chronic Pain	EBOOK-E	E-BOOK	9781936693887	LeFort, Sandra
Living with the Enemy: Coping with the Stress of Chronic Illness	Book	155.916 OWE	9780415521208	Owen, Ray
You Are Not Your Pain: Using Mindfulness to Relieve Pain	Audio Book	DIGITAL AUDIOBOOK	9781427262998	Burch & Penman
You Are Not Your Pain: Using Mindfulness to Relieve Pain	Book	616.0472 BUR (2)	9781250052674	Burch & Penman
You Don't Look Sick: Living Well with Invisible Chronic Illness	Book	616.044 SEL	9781936303427	Selak & Overman
You Don't Look Sick: Living Well with Invisible Chronic Illness	EBOOK-E	E-BOOK	9781617051388	Selak & Overman
Dementia	Format	Call #	ISBN	Author
Caring for a Loved with Dementia: A Mindfulness-based Guide	Book	616.83 MAN	9781626251571	Manteau-Rao, Marguerite
Caring for a Loved with Dementia: A Mindfulness-based Guide	EBOOK-E	E-BOOK	9781626251595	Manteau-Rao, Marguerite
Let's Talk Dementia: A Caregiver's Guide	Book	616.831 HOW	9781514789322	Howell, Carol
Depression	Format	Call #	ISBN	Author
Depression: A Guide for the Newly Diagnosed	Book	616.8527 COL	9781608821969	Coleman, Lee
Depression: A Guide for the Newly Diagnosed	EBOOK-E	E-BOOK	9781608821983	Coleman, Lee
Depression: A Teen's Guide to Survive and Thrive	Book	YA 616.8527 TON	9781433822742	Toner & Freeland
F**K Depression	Book	616.8527 DUF	9781530039104	Duff, Robert
Mind Over Mood 2nd Ed: Change How You Feel by Changing the Way You Think	Book	616.89142 GRE	9781462520428	Greenberger & Padesky
Mind Over Mood 2nd Ed: Change How You Feel by Changing the Way You Think	EBOOK-E	E-BOOK	9781462522934	Greenberger & Padesky

Depression	Format	Call #	ISBN	Author
Mindfulness for Teen Depression: A Workbook for Improving Your Mood	Book	YA 616.852706 ABB	9781626253827	Abblett & Willard
Mindfulness for Teen Depression: A Workbook for Improving Your Mood	EBOOK-E	E-BOOK	9781626253827	Abblett & Willard
Overcoming Postpartum Depression and Anxiety	Book	618.76 SEB	9781943886005	Sebastian, Linda
Overcoming Postpartum Depression and Anxiety	EBOOK-E	E-BOOK	9781943886432	Sebastian, Linda
Pulling the Trigger: Postpartum Depression and Anxiety	Book	618.76 WAT	9781911246329	Watson & Whitehead
Pulling the Trigger: Postpartum Depression and Anxiety	EBOOK-E	E-BOOK	9781911246336	Watson & Whitehead
The 10 Best-Ever Depression Management Techniques	Book	616.8527 WEH	9780393706291	Wehrenberg, Margaret
The Anti-Depressant Book: A Practical Guide for Teens and Young Adults	Book	618.928527 TOW	9780692641545	Towery, Jacob
The Cognitive Behavioral Workbook for Depression	Book	616.8527 KNA	9781608823802	Knaus & Ellis
The Mindfulness & Acceptance Workbook for Depression	Book	616.8527 STR	9781626258457	Strosahl & Robinson
The Mindfulness & Acceptance Workbook for Depression	EBOOK-E	E-BOOK	9781626258471	Strosahl & Robinson
The No-Bullshit Guide to Depression	Book	616.8527 SKO	9780998280400	Skoczen, Steven
The Upward Spiral	Book	616.8527 KOR	9781626251205	Korb & Siegel
The Upward Spiral	EBOOK-E	E-BOOK	9781626251229	Korb & Siegel
Uncovering Happiness: Overcoming Depression with Mindfulness and Self-compassion	Book	616.8527 GOL	9781451690552	Goldstein, Elisha
Uncovering Happiness: Overcoming Depression with Mindfulness and Self-compassion	EBOOK-E	E-BOOK	9781451690569	Goldstein, Elisha
Unfuck Your Brain: Using Science to Get Over Anxiety, Depression, Anger	Book	616.8521 HAR	9781621063049	Harper, Faith
Unfuck Your Brain: Using Science to Get Over Anxiety, Depression, Anger	EBOOK-E	E-BOOK	9781621060406	Harper, Faith
When Someone You Know has Depression: Words to Say and Things to Do	Book	616.8527 NOO	9781421420158	Noonan, Susan
When Someone You Know has Depression: Words to Say and Things to Do	EBOOK-E	E-BOOK	9781421420165	Noonan, Susan
Eating Disorders – Body Image	Format	Call #	ISBN	Author
Almost Anorexic: Is My (or My Loved One's) Relationship with Food a Problem	EBOOK-E	E-BOOK	9781616494988	Thomas & Schaefer
Almost Anorexic: Is My (or My Loved One's) Relationship with Food a Problem	Book	616.85262 THO	9781616494445	Thomas & Schaefer
Anorexia and Other Eating Disorders: How to Help Your Child Eat Well and Be Well	Book	618.928526 MUS	9780993059803	Musby, Eva
Help Your Teenager Beat an Eating Disorder 2nd Edition	Book	616.8526 LOC	9781462517480	Lock & LeGrange
Help Your Teenager Beat an Eating Disorder 2nd Edition	EBOOK-E	E-BOOK	9781462518760	Lock & LeGrange
It's Not What You're Eating, It's What's Eating You: A Teenager's Guide	Book	YA 616.8526 BRA	9781510722620	Brady, Shari
It's Not What You're Eating, It's What's Eating You: A Teenager's Guide	EBOOK-E	E-BOOK	9781510722637	Brady, Shari
Overcoming Binge Eating 2nd Edition	Book	616.8526 FAI	9781572305618	Fairburn, Christopher
Overcoming Binge Eating 2nd Edition	EBOOK-E	E-BOOK	9781462510788	Fairburn, Christopher
The Anorexia Recovery Skills Workbook	Book	616.85262 RUS	9781626259348	Ruscitti, Barnett & Wagner
The Anorexia Recovery Skills Workbook	EBOOK-E	E-BOOK	9781626259362	Ruscitti, Barnett & Wagner
The Body Image Workbook for Teens	Book	YA 155.333076 TAY	9781626250185	Taylor, Julia
The Body Image Workbook for Teens	EBOOK-E	E-BOOK	9781626250208	Taylor, Julia

Eating Disorders – Body Image	Format	Call #	ISBN	Author
The Brain Over Binge Recovery Guide	Book	616.8526 HAN	9780984481743	Hansen, Kathryn
The Bulimia Workbook for Teens	Book	YA 618.928526 SCH	9781572248076	Schab, Lisa
The Bulimia Workbook for Teens	EBOOK-E	E-BOOK	9781608821761	Schab, Lisa
The Emotional Eating Workbook	Book	616.8526 ROS	9781626252127	Coker Ross, Carolyn
The Emotional Eating Workbook	EBOOK-E	E-BOOK	9781626252141	Coker Ross, Carolyn
The Food Addiction Recovery Workbook	Book	616.8526 ROS	9781626252097	Coker Ross, Carolyn
The Food Addiction Recovery Workbook	EBOOK-E	E-BOOK	9781626252110	Coker Ross, Carolyn
The Mindfulness & Acceptance Workbook for Bulimia	EBOOK-E	E-BOOK	9781608823871	Sandoz, Wilson & DuFrene
Grief – Death – Divorce – Relationships - Suicide	Format	Call #	ISBN	Author
A New Day: A Story About Losing Someone You Love (for children with learning disabilities)	Book	J P MCD	9781785923081	McDonald, Fiona
A New Day: A Story About Losing Someone You Love (for children with learning disabilities)	EBOOK-E	E-BOOK	9781784506179	McDonald, Fiona
Birth Trauma: A Guide for You, Your Friends and Family	Book	618.76 THO	9780956702470	Thomas, Kim
Companioning the Grieving Child	Book	155.937083 WOL	9781617221583	Wolfelt, Allan
Companioning the Grieving Child	EBOOK-E	E-BOOK	9781617221613	Wolfelt, Allan
Did You Know I Would Miss You: The Transformational Journey of The Suicide Survivor	Book	B 362.28 SAU	9780981043814	Saul, Donaleen
Finding Peace Without all the Pieces After a Loved One's Suicide	Book	362.284 ARC	9780615611860	Archibald, LaRita
Finding the Words: How to Talk with Children and Teens About Death	Book	155.937 WOL	9781617221897	Wolfelt, Allan
Finding the Words: How to Talk with Children and Teens About Death	EBOOK-E	E-BOOK	9781617221910	Wolfelt, Allan
Getting Grief Right: Finding Your Story of Love in the Sorrow of Loss	Book	155.937 OMA	9781622038190	O'Malley & Madigan
Getting Grief Right: Finding Your Story of Love in the Sorrow of Loss	EBOOK-E	E-BOOK	9781622038206	O'Malley & Madigan
Getting Through It: A Workbook for Suicide Survivors	Book	362.284 MAR	9781523798421	Marshall, Nancy
Grief Recovery for Teens	Book	155.937083 POP	9781626258532	Popowitz, Coral
Grief Recovery for Teens	EBOOK-E	E-BOOK	9781626258556	Popowitz, Coral
Grieving for the Sibling You Lost: A Teen's Guide	Book	YA 155.937 GOL	9781626252493	Goldblatt Hyatt, Erica
Grieving for the Sibling You Lost: A Teen's Guide	EBOOK-E	E-BOOK	9781626252516	Goldblatt Hyatt, Erica
Heal Your Birth Story.... Releasing the Unexpected	Book	618.76 CAM	9781511910354	Campion, Maureen
Healing a Child's Heart After Divorce	Book	306.89 WOL	9781617221422	Wolfelt & Maloney
Healing a Child's Heart After Divorce	EBOOK-E	E-BOOK	9781617221439	Wolfelt & Maloney
Healing Your Grieving Heart After Miscarriage	Book	155.93708 WOL	9781617222184	Wolfelt, Allan
Healing Your Grieving Heart After Miscarriage	EBOOK-E	E-BOOK	9781617222207	Wolfelt, Allan
Holding Space: On Loving, Dying and Letting Go	Book	204.42 GLE	9781941529782	Wright Glenn, Amy
Holding Space: On Loving, Dying and Letting Go	EBOOK-E	E-BOOK	9781941529799	Wright Glenn, Amy
I Have a Question About Death: A Book for Children with Autism and Other Special Needs	Book	J 306.9 GAI	9781785927508	Gaines & Polsky
I Have a Question About Death: A Book for Children with Autism and Other Special Needs	EBOOK-E	E-BOOK	9781784505455	Gaines & Polsky
Is Daddy Coming Back in a Minute?: Explaining (sudden) Death	Book	J P BAR	9781785921063	Barber & Barber
Is Daddy Coming Back in a Minute?: Explaining (sudden) Death	EBOOK-E	E-BOOK	9781784503710	Barber & Barber
Mindfulness for Prolonged Grief	Book	155.937 KUM	9781608827497	Kumar, Sameet

Grief – Death – Divorce – Relationships - Suicide	Format	Call #	ISBN	Author
Mindfulness for Prolonged Grief	EBOOK-E	E-BOOK	9781608827510	Kumar, Sameet
Missing Jack (for children)	Book	J P ELL	9780745965789	Elliott, Rebecca
Moving Beyond Loss	Book	155.93 FRI	9781589797055	Friedman & James
Rebuilding: When Your Relationship Ends	Book	306.89 FIS	9781626258242	Fisher & Alberti
Resilient Grieving: Finding Strength and Embracing Life After a Loss That Changes Everything	Audio Book	DIGITAL AUDIOBOOK	9781541403604	Hone, Lucy
Resilient Grieving: Finding Strength and Embracing Life After a Loss That Changes Everything	Book	155.937 HON	9781615193752	Hone, Lucy
Resilient Grieving: Finding Strength and Embracing Life After a Loss That Changes Everything	EBOOK-E	E-BOOK	9781615193769	Hone, Lucy
The Abandonment Recovery Workbook	Book	155.93 AND	9781608684274	Anderson, Susan
The Abandonment Recovery Workbook	EBOOK-E	E-BOOK	9781608684281	Anderson, Susan
The Grief Recovery Handbook 20th Anniversary Expanded Edition	Book	152.4 JAM	9780061686078	James & Friedman
The Grief Recovery Handbook 20th Anniversary Expanded Edition	EBOOK-E	E-BOOK	9780061972904	James & Friedman
The Grief Recovery Handbook for Pet Loss	Book	155.93 FRI	9781630760144	James & Friedman
The Grief Recovery Handbook for Pet Loss	EBOOK-E	E-BOOK	9781939389435	James & Friedman
The Journey: Learning to Live with Violent Death	Book	155.937 SAI	9780989691383	Saindon, Connie
The Reality Slap: Finding Peace and Fulfilment When Life Hurts	Book	158 HAR	9781608822805	Harris, Russ
The Reality Slap: Finding Peace and Fulfilment When Life Hurts	EBOOK-E	E-BOOK	9781608822829	Harris, Russ
Understanding Your Suicide Grief	Book	155.937 WOL	9781879651586	Wolfelt, Alan
Understanding Your Suicide Grief	EBOOK-E	E-BOOK	9781617221217	Wolfelt, Alan
Where Did My Friend Go?: Helping Children Cope with a Traumatic Death	Book	J P MAK	9780996194112	Maker, Azmaira
Why Do Families Change?: Our First Talk About Separation and Divorce	Audio Book	DIGITAL AUDIOBOOK	9781459809512	Roberts, Jillian
Why Do Families Change?: Our First Talk About Separation and Divorce	Book	J P ROB	9781459809512	Roberts, Jillian
Obsessive Compulsive Disorder	Format	Call #	ISBN	Author
Buried in Treasures: Help for Compulsive Acquiring, Saving and Hoarding	Book	616.85227 TOL	9780199329250	Tolin, Frost & Steketee
Freedom from Obsessive Compulsive Disorder	Book	616.85227 GRA	9780425273890	Grayson, Jonathan
Freedom from Obsessive Compulsive Disorder	EBOOK-E	E-BOOK	9780698153851	Grayson, Jonathan
Ten Turtles on Tuesday: A Story for Children About Obsessive-Compulsive Disorder	Book	J F BUR	9781433816444	Flanagan, Ellen
Ten Turtles on Tuesday: A Story for Children About Obsessive-Compulsive Disorder	EBOOK-E	E-BOOK	9781433817861	Flanagan, Ellen
The Mindfulness Workbook for OCD	Book	616.85227 HER	9781608828784	Hershfield & Corboy
The Mindfulness Workbook for OCD	EBOOK-E	E-BOOK	9781608828807	Hershfield & Corboy
When a Family Member Has OCD	Book	616.85227 HER	9781626252462	Hershfield, John
When a Family Member Has OCD	EBOOK-E	E-BOOK	9781626252486	Hershfield, John
Parenting	Format	Call #	ISBN	Author
Life Story Work with Children Who Are Fostered or Adopted	Book	362.73 WRE	9781849053433	Wrench & Naylor
Life Story Work with Children Who Are Fostered or Adopted	EBOOK-E	E-BOOK	9780857006745	Wrench & Naylor

Parenting	Format	Call #	ISBN	Author
Not What I Expected: Help and Hope for Parents of Atypical Children	Book	649.151 EIC	9780399171765	Eichenstein, Rita
Not What I Expected: Help and Hope for Parents of Atypical Children	EBOOK-E	E-BOOK	9780698169753	Eichenstein, Rita
The Co-parenting Handbook: Raising Well Adjusted Kids Through Divorce or Separation	Book	649.1 BON	9781632171467	Bonnell, Karen
The Co-parenting Handbook: Raising Well Adjusted Kids Through Divorce or Separation	EBOOK-E	E-BOOK	9781632171474	Bonnell, Karen
Personal Growth – Mindfulness Self-esteem – Self-compassion	Format	Call #	ISBN	Author
A Fearless Heart: How the Courage to be Compassionate Can Transform Our Lives	Book	177.7 THU	9781101982921	Jinpa, Thupten
A Fearless Heart: How the Courage to be Compassionate Can Transform Our Lives	EBOOK-E	E-BOOK	9780698186460	Jinpa, Thupten
From Mindfulness to Heartfulness	Audio Book	DIGITAL AUDIOBOOK	9781523094592	Murphy-Shigematsu, Stephen
From Mindfulness to Heartfulness	Book	152.41 MUR	9781523094554	Murphy-Shigematsu, Stephen
From Mindfulness to Heartfulness	EBOOK-E	E-BOOK	9781523094578	Murphy-Shigematsu, Stephen
Heartwork: The Path of Self-compassion	Book	158.1 WEI	9781611804812	Weininger, Radhule
Heartwork: The Path of Self-compassion	EBOOK-E	E-BOOK	9780834840881	Weininger, Radhule
How to Be an Imperfectionist: The New Way to Self-acceptance	Book	158.1 GUI	9780996435406	Guise, Stephen
I Am Peace: A Book of Mindfulness (For Children)	Book	J P VER	9781419727016	Verde, Susan
I Am Peace: A Book of Mindfulness (For Children)	EBOOK-E	E-BOOK	9781683351283	Verde, Susan
I Can Handle It! (For Children)	Book	J P WRI	9780995247208	Wright, Laurie
Love Your Age	Book	612.3 GRU	9781426218323	Grufferman, Barbara
Love Your Age	EBOOK-E	E-BOOK	9781426219603	Grufferman, Barbara
Loving Yourself: The Mastery of Being Your Own Person	Book	158.1 CAM	9781477289327	Campbell, Sherrie
Mindful Compassion: How the Science of Compassion Can Help You Understand Your Emotions	Book	152.4 GIL	9781626250611	Gilbert & Choden
Mindful Compassion: How the Science of Compassion Can Help You Understand Your Emotions	EBOOK-E	E-BOOK	9781626250635	Gilbert & Choden
Mindfulness for Beginners: Reclaiming the Present Moment	Book	158.12 KAB (2)	9781622036677	Kabat-Zinn, John
Mindfulness for Beginners: Reclaiming the Present Moment	EBOOK-E	E-BOOK	9781604077742	Kabat-Zinn, John
Modern Mindfulness: How to be More Relaxed, Focused, and Kind	Audio Book	DIGITAL AUDIOBOOK	9781427285140	Gunatillate, Rohan
Modern Mindfulness: How to be More Relaxed, Focused, and Kind	Book	158.1 GUN	9781250116413	Gunatillate, Rohan
No Means No!: Teaching Children About Personal Boundaries	Book	J P SAN	9781925089226	Sanders, Jayneen
Nothing Changes Until You Do: A Guide to Self-compassion	Book	158.1 ROB	9781401944643	Robbins, Mike
Nothing Changes Until You Do: A Guide to Self-compassion	EBOOK-E	E-BOOK	9781401944933	Robbins, Mike
Real World Mindfulness for Beginners	Book	158.1 REA	9781943451401	Salgado, Brenda
Self-compassion: The Proven Power of Being Kind to Yourself	Audio Book	DIGITAL AUDIOBOOK	9780062126658	Neff, Kristin
Self-compassion: The Proven Power of Being Kind to Yourself	Book	158.1 NEF	9780061733529	Neff, Kristin

Personal Growth – Mindfulness Self-esteem – Self-compassion	Format	Call #	ISBN	Author
Self-compassion: The Proven Power of Being Kind to Yourself	EBOOK-E	E-BOOK	9780062079176	Neff, Kristin
Self-compassion: I Don't Have to Feel Better Than Others to Feel Good About Myself	Book	158.1 LIN	9781500960971	Lindstrom, Simeon
The Self-Compassion Skills Workbook	Book	158.1 DES	9780393712186	Desmond, Tim
The Self-Esteem Workbook	Book	158.1 SCH	9781626255937	Schiraldi, Glenn
The Self-Esteem Workbook	EBOOK-E	E-BOOK	9781626255951	Schiraldi, Glenn
The Self-Esteem Workbook for Teens	Book	YA 155.519 SCH	9781608825820	Schab, Lisa
The Self-Esteem Workbook for Teens	EBOOK-E	E-BOOK	9781608825837	Schab, Lisa
Schizophrenia	Format	Call #	ISBN	Author
Living and Working with Schizophrenia	Book	616.898 JEF	9780802067814	Jeffries, Joel
Living and Working with Schizophrenia	EBOOK-E	E-BOOK	9781442655645	Jeffries, Joel
Surviving Schizophrenia 6th Edition: A Family Manual	Book	616.8982 TOR	9780062268853	Fuller, Torrey
Surviving Schizophrenia 6th Edition: A Family Manual	EBOOK-E	E-BOOK	9780062364432	Fuller, Torrey
Self-harm	Format	Call #	ISBN	Author
A Short Introduction to Understanding and Supporting Children and Young People Who Self-harm	Book	616.8582 FIT	9781849052818	Fitzpatrick, Carol
A Short Introduction to Understanding and Supporting Children and Young People Who Self-harm	EBOOK-E	E-BOOK	9780857005847	Fitzpatrick, Carol
Freedom from Self-harm	Book	616.8582 GRA	9781572246164	Chapman & Gratz
Freedom from Self-harm	EBOOK-E	E-BOOK	9781608824441	Chapman & Gratz
Helping Teens Who Cut	Book	616.8582 HOL	9781462527106	Hollander, Michael
Helping Teens Who Cut	EBOOK-E	E-BOOK	9781462528745	Hollander, Michael
Letting Go of Self-destructive Behaviors: A Workbook of Hope and Healing	Book	616.8582 FER	9781138800762	Ferentz, Lisa
Trauma: Abuse – Complex PTSD – Domestic Violence - PTSD – Sexual Assault First Responders & Military	Format	Call #	ISBN	Author
Adult Children of Emotionally Immature Parents	Audio Book	DIGITAL AUDIOBOOK	9781515927020	Gibson, Lindsay
Adult Children of Emotionally Immature Parents	Book	616.89156 GIB	9781626251700	Gibson, Lindsay
Adult Children of Emotionally Immature Parents	EBOOK-E	E-BOOK	9781626251724	Gibson, Lindsay
Children of the Depressed	Book	306.874 BEN	9781608829644	Bennett & Branco
Children of the Depressed	EBOOK-E	E-BOOK	9781608829668	Bennett & Branco
Complex PTSD: From Surviving to Thriving	Book	616.8521 WAL	9781492871842	Walker, Pete
Emotional Abuse: A Manual for Self-defense	Book	158.2 MUC	9781540835185	Mucha, Zach
Finding Life Beyond Trauma Using Acceptance & Commitment Therapy	Book	616.8521 FOL	9781572244979	Follette & Pistorello
Finding Life Beyond Trauma Using Acceptance & Commitment Therapy	EBOOK-E	E-BOOK	9781608823109	Follette & Pistorello
Finding Peace: Healing from Loss, Rejection, Abandonment, Betrayal and Abuse	Book	158.1 LOV	9781546458722	Love, Troy
Healing Developmental Trauma	Book	612.8 HEL	9781583944899	Heller & LaPierre
Healing Developmental Trauma	EBOOK-E	E-BOOK	9781583945117	Heller & LaPierre
How Long Does It Hurt?: A Guide to Recovering from Incest and Sexual Abuse for Teenagers	Book	362.7680973 MAT	9780787975692	Mather, Cynthia
It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are	Book	155.924 WOL	9781101980361	Wolynn, Mark

Trauma: Abuse – Complex PTSD – Domestic Violence - PTSD – Sexual Assault First Responders & Military	Format	Call #	ISBN	Author
It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are	EBOOK-E	E-BOOK	9781101980378	Wolynn, Mark
It Wasn't Your Fault: Freeing Yourself from the Shame of Childhood Abuse	Book	616.858223 ENG	9781626250994	Engel, Beverly
It Wasn't Your Fault: Freeing Yourself from the Shame of Childhood Abuse	EBOOK-E	E-BOOK	9781626251014	Engel, Beverly
It Wasn't Your Fault: Freeing Yourself from the Shame of Childhood Abuse	Audio Book	DIGITAL AUDIOBOOK	9781501217296	Engel, Beverly
It's Not You, It's What Happened to You	Book	616.852106 COU	9781941536551	Courtois, Christine
Joining Forces: Empowering Male Survivors to Thrive	Book	362.764019 FRA	9781401941345	Fradkin, Howard
Joining Forces: Empowering Male Survivors to Thrive	EBOOK-E	E-BOOK	9781401941352	Fradkin, Howard
Life Reinvented: A Guide to Healing from Sexual Trauma	Book	362.76019 CAR	9780989834124	Carpenter, Erin
Loving Someone With PTSD	Book	616.8521 MAT	9781608827862	Matsakis, Aphrodite
Loving Someone With PTSD	EBOOK-E	E-BOOK	9781608827886	Matsakis, Aphrodite
Meditations for Healing Trauma: Mindfulness Skills to Ease Post-traumatic Stress	Book	616.8521 DAV	9781626255029	Davis, Louanne
Meditations for Healing Trauma: Mindfulness Skills to Ease Post-traumatic Stress	EBOOK-E	E-BOOK	9781626255043	Davis, Louanne
Mindfulness Skills for Trauma and PTSD: Practices for Recovery	Book	616.8521 TUR	9780393711264	Goldsmith Turow, Rachel
Mothers Who Can't Love: A Healing Guide for Daughters	Book	155.6463 FOR	9780062204363	Forward & Frazier Glynn
Mothers Who Can't Love: A Healing Guide for Daughters	EBOOK-E	E-BOOK	9780062204356	Forward & Frazier Glynn
Murder Survivor's Handbook	Book	155.937 SAI	9780989691307	Saindon, Connie
Not the Price of Admission: Healthy Relationships After Childhood Trauma	Book	616.8521 BRO	9781517683405	Brown, Laura
Overcoming Trauma and PTSD	Book	616.8521 RAJ	9781608822867	Raja, Sheela
Overcoming Trauma and PTSD	EBOOK-E	E-BOOK	9781608822874	Raja, Sheela
Post Traumatic Stress: Not a Life Sentence	Book	616.852106 HEN	9780994395115	Hennessy, Nola Anne
Power: Surviving and Thriving After Narcissistic Abuse	Book	158.2 ARA	9781945796326	Arabi, Shahida
Recovery from Trauma, Addiction, or Both	Book	616.8603 NAJ	9781462521982	Najavitz, Lisa
Recovery from Trauma, Addiction, or Both	EBOOK-E	E-BOOK	9781462530311	Najavitz, Lisa
Should I Stay, or Should I Go: Surviving a Relationship with a Narcissist	Book	158.2 DUR	9781682613337	Durvasula, Ramani
Surviving Domestic Violence	Book	362.8292 WOZ	9781440542718	Wozniac & Allen
Surviving Sexual Violence: A Guide to Recovery and Empowerment	Book	362.88 SUR	9781442206403	Bryant-Davis, Thema
Surviving Sexual Violence: A Guide to Recovery and Empowerment	EBOOK-E	E-BOOK	9781442206410	Bryant-Davis, Thema
The Complex PTSD Workbook	Book	616.852106 SCH	9781623158248	Schwartz, Arielle
The Emotionally Absent Mother	Audio Book	DIGITAL AUDIOBOOK	9781541423275	Cori, Jasmin Lee
The Emotionally Absent Mother	Book	155.924 COR	9781615193820	Cori, Jasmin Lee
The Emotionally Absent Mother	EBOOK-E	E-BOOK	9781615193837	Cori, Jasmin Lee
The PTSD Sourcebook 2nd Edition	Book	616.8521 SCH	9780071840590	Schiraldi, Glenn
The PTSD Sourcebook 2nd Edition	EBOOK-E	E-BOOK	9780071840569	Schiraldi, Glenn
The PTSD Workbook 3rd Edition	Book	616.8521 WIL	9781626253704	Williams, Mary Beth
The PTSD Workbook 3rd Edition	EBOOK-E	E-BOOK	9781626253728	Williams, Mary Beth

Trauma: Abuse – Complex PTSD – Domestic Violence - PTSD – Sexual Assault First Responders & Military	Format	Call #	ISBN	Author
The PTSD Workbook for Teens	Book	YA 616.8521 PAL	9781608823215	Palmer, Libbi
The PTSD Workbook for Teens	EBOOK-E	E-BOOK	9781608823239	Palmer, Libbi
The Resilience Workbook	Book	155.24 SCH	9781626259409	Schiraldi, Glenn
The Resilience Workbook	EBOOK-E	E-BOOK	9781626259423	Schiraldi, Glenn
The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse	Book	616.858223 MAL	9780062130730	Maltz, Wendy
The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse	EBOOK-E	E-BOOK	9780062230133	Maltz, Wendy
The Sexual Trauma Workbook for Teen Girls	Book	YA 616.85836 LOH	9781626253995	Lohmann & Raja
The Sexual Trauma Workbook for Teen Girls	EBOOK-E	E-BOOK	9781626254015	Lohmann & Raja
The Tao of Fully Feeling	Book	362.2913 WAL	9781515079767	Walker, Pete
Trauma and Recovery	Audio Book	DIGITAL AUDIOBOOK	9781452624846	Herman, Judith
Trauma and Recovery	Book	616.8521 HER	9780465061716	Herman, Judith
Understanding Codependency: How to Overcome Abuse, Addiction, Trauma and Shaming	Book	616.869 UND	9781546423386	Smart Reads
Understanding the Sexual Betrayal of Boys and Men	Book	616.858369 UND	9781138942219	Gartner, Richard
Verbal Abuse: How to Save a Child from It	Book	362.76 GER	9781545317471	Gertony, Emma
When Love Hurts: A Woman's Guide to Understanding Abuse in Relationships	Book	362.8292 COR	9780425274286	Cory, Jill
When Love Hurts: A Woman's Guide to Understanding Abuse in Relationships	EBOOK-E	E-BOOK	9780698155305	Cory, Jill
Women with Controlling Partners	Book	362.82927 LAM	9781626254718	Lambert, Carol
Women with Controlling Partners	EBOOK-E	E-BOOK	9781626254732	Lambert, Carol
Your Turn for Care: Surviving the Aging and Death of the Adults Who Harmed You	Book	362.764 BRO	9781478274186	Brown, Laura
Trauma: First Responders & Military	Format	Call #	ISBN	Author
56 Seconds	Book	616.8521 GRA	9780988131606	Gravel, Sylvio
56 Seconds	EBOOK-E	E-BOOK	9780988131613	Gravel, Sylvio
Bouncing Back from Trauma	Book	363.2019 GAL	9781546873204	Gallo, Frank
Bullet Proof Spirit: The First Responder's Essential Resource	Book	155.9 WIL	9781608682614	Willis, Dan
Bullet Proof Spirit: The First Responder's Essential Resource	EBOOK-E	E-BOOK	9781608682621	Willis, Dan
Cop Shock: Surviving PTSD	Book	616.8521 KAT	9780966850123	Kates, Allen
Healing Military Wounds	Book	616.852106 ROA	9781945558108	RoAne, Lucille
Sexual Assault in the Military: A Guide for Victims and Families	Book	362.883 LAW	9781442274839	Lawhorne-Scott & Philpott
Sexual Assault in the Military: A Guide for Victims and Families	EBOOK-E	E-BOOK	9781442227514	Lawhorne-Scott & Philpott
Walk the Talk: First Responder Peer Support	Book	158.72 MCK	9780988131668	Gravel & Mckay
When the Laughter Dies: A True Account of a Firefighter/EMT and His Struggles With PTSD	Book	B 363.37 BAR	9781508787297	Barnes, Paul Sr.
Why is Dad So Mad? A Book About PTSD and Military Families	Book	J P KAS	9780692402689	Kastle, Seth
Why is Mom So Mad? A Book About PTSD and Military Families	Book	J P KAS	9780692484494	Kastle, Seth