American Latex Allergy Association

Coping

Popular Self-Help Resources
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The beginning of a new year often brings with it a renewed motivation to make changes in one?s lifestyle, complete unfinished projects, or to consider a general attempt at self-renewal. For those who appreciate the written word, the following is a list of some popular and well-recommended books to help uplift the spirit, manage stress, rejuvenate your mood, and perhaps lead to greater self-awareness. This list is not meant to be exhaustive and it has selections on a wide range of topics including coping with chronic illness; grief; relaxation, meditation, and stress management; positive thinking and self-talk; women?s issues; and spiritual and existential concerns.

- Benson, Herbert. *The Relaxation Response.* An influential book that presents a specific strategy to reduce stress and to promote health and wellness.
- Benson, Herbert & Stuart, Eileen M. *The Wellness Book: A Comprehensive Guide to Maintaining Health and Treating Stress Related Illness.* A practical and excellent guide to the mind-body interaction.
- Benson, Herbert. *Beyond the Relaxation Response.* Describes the power of mental strategies to promote health and healing inspired by observations of Tibetan monks.
- Borysenko, Joan. *Minding the Body, Mending the Mind.* How to take control of your physical and emotional well-being.
- Bozarth, Alla Renee. *Life is Goodbye, Life is Hello: Grieving Well Through All Kinds of Loss.* How we can become active agents in our own healing process.
- Burns, David. *Feeling Good: The New Mood Therapy.* This book is a self-help classic on using cognitive therapy, the most popular form of psychological treatment, for depression and self-destructive moods.
- Burns, David. *The Feeling Good Handbook.* A sequel to Feeling Good, that helps people deal with a wide range of mood problems of everyday life.
- Covey, Steven. *The 7 Habits of Highly Effective People.* How to harness one?s potential to achieve your goals.
- Csikszentmihalyi, Mihaly. Finding Flow: *The Psychology of Engagement with Everyday Life.* How people can structure their everyday lives in joyful ways.
- Davis, Martha, Eschelman, Elizabeth Robbins, & McKay, Matthew. *The Relaxation and Stress Reduction Workbook.* How to relax and manage stress in a number of environmental settings.
- Donoghue, Paul J. & Siegel, Mary E. *Sick and Tired of Feeling Sick and Tired.* Coping with chronic invisible illness.
- Ellis, Albert & Harper, Robert. *A New Guide to Rational Living.* A cognitive approach to identify self-defeating irrational beliefs to erase fears of failure, conquer anxiety, and overcome the influence of the past.

- Ellis, Albert. *How to Stubbornly Refuse to Make Yourself Miserable about Anything, Yes Anything!* Ellis contends that we create our own feelings and describes how individuals can control their emotional destinies and refuse to become miserable.
- Fennell, Patricia A. *The Chronic Illness Workbook: Strategies and Solutions for Taking Back Your Life.* A comprehensive guide to help you learn to live well with a chronic illness.
- Frankl, Viktor. *Man?s Search for Meaning.* This book is based on the premise that finding a meaning in life is the primary motive for individuals.
- Greenberger, Dennis & Padesky, Christine A. *Mind Over Mood: Change How You Feel by Changing the Way You Think.* Strategies to improve your mood, relationships , self-esteem, and other feelings and events that people experience.
- Hartwell, Lori. *Chronically Happy: Joyful Living in Spite of Chronic Illness.* An optimistic approach for living well with a chronic illness.
- Kabat-Zinn, Jon. *Wherever You Go, There You Are.* A practical guide to meditation that is a reminder to live in the moment.
- Kubler-Ross, Elisabeth. *On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss.* An excellent resource on the different stages of loss and how ultimately to find renewed meaning in life.
- Kushner, Harold. *When All You Ever Wanted Isn?t Enough.* A spiritual message of self-fulfillment that life is its own reward, not the quest for material possessions.
- Lerner, Harriet. *The Dance of Anger.* Written mainly for women to help them understand and reduce anger in close relationships.
- Lerner, Harriet. *The Dance of Intimacy.* How to strengthen relationships when intimacy is challenged.
- Lerner, Harriet. *The Dance of Connection.* Affirming strategies to help you communicate effectively with people you care about.
- Lewis, Kathleen. *Celebrate Life: New Attitudes for Living with Chronic Illness.* How individuals with a chronic illness can learn to grieve one?s losses and learn to live again.
- McKay, Matthew & Sutker, Catharine. *The Self-Esteem Guided Journal.* A 10-week program to build better self-esteem.
- Nelson, G. Lynn. *Writing and Being: Embracing Your Life Through Creative Journaling.* Help discover your authentic self with guided journaling.
- Peck, M. Scott. *The Road Less Traveled.* A spiritual and psychological approach to self-fulfillment and happiness.
- Pitzele, Sefra Kobrin. *We Are Not Alone: Learning to Live with Chronic Illness.* An inspirational book with practical strategies for persons suffering from chronic illness.
- Pollin, Irene & Golant, Susan K. *Taking Charge: Overcoming the Challenges of Long-Term Illness.* A guide to master the medical system and your illness.
- Prochaska, James O., Norcross, John C., & DiClemente, Carlo C. Changing for Good. A scientific approach to self-change.
- Sapolsky, Robert M. *Why Zebras Don?t Get Ulcers: A Guide to Stress, Stress-Related Diseased and Coping.* A well-researched and humorous approach to the interconnections between emotions and physical well-being.
- Selak, Joy H. & Overman, Steven S. *You Don?t Look Sick: Living Well With Invisible Chronic Illness.* An interesting chronicle of one individual?s journey living with an invisible chronic illness.
- Seligman, Martin. *Learned Optimism.* A psychological approach to positive thinking.
- Spero, David. *The Art of Getting Well. Maximizing Health and Well-being When You Have a Chronic Illness.* Upbeat and inspiring book for those living with a chronic illness.

- Tannen, Deborah. *You Just Don?t Understand.* Excellent self-help book of relationships and communication between men and women.
- Tatelbaum, Judy. *The Courage to Grieve.* Good resource on all aspects of grief and grief resolution.
- Wells, Susan Milstrey. *A Delicate Balance: Living Successfully with Chronic Illness.* Accompany the author on her journey of living with a chronic illness.

Recommended Websites

These are primarily a list of national groups; however, there are many other good websites tailored to particular problems and issues.

- **American Psychological Association** [1]
- **American Psychiatric Association** [2]
- **National Alliance on Mental Illness** [3]
- **National Depressive and Manic Depressive Association** [4]
- **National Institute on Alcohol Abuse and Alcoholism** [5]
- **National Mental Health Association** [6]
- **Wisconsin United for Mental Health** [7]

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Website: www.latexallergyresources.org

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Links:
[1] http://www.apa.org
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