ATHANASIOU MEMORIAL LIBRARY
Inventory

Abuse:
Abuse: Finding Hope In Christ - Physical and Sexual Abuse - John Henderson

Addiction/Recovery:
Beautiful Boy: A Father’s Journey Through His Sons Addiction - David Sheff
Codependents’ Guide To The Twelve Steps - Melody Beattie
Pharmacology of Alcohol - Dora Goldstein
The Broken Cord: Alcohol Syndrome - Michael Dorris

Alzheimers/Caregivers:
Coach Broyles’ Playbook For Alzheimer’s Caregivers: Practical Tips for Caregivers - Frank Broyles
My Journey Into Alzheimer’s Disease: A True Story - Robert Davis
The Man Who Mistook His Wife For a Hat - Oliver Sacks

Attention Deficit Disorder:
ADD-Friendly Ways To Organize Your Life/ADD - Judith Kolberg & Kathleen Nadeau
ADD in the Workplace: Choices, Changes & Challenges - Kathleen Nadeau
Healing ADD Revised Edition: The Breakthrough Program That Allows You To See And Heal
The 7 Types Of ADD - Daniel G. Amen
Answers To Distraction: ADD - Hallowell & Ratey
Delivered From Distraction: Getting the Most Out Of Life with ADD - Edward Hallowell and John Ratey
Driven To Distraction: Recognizing And Coping With Attention Deficit Disorder - Hallowell & Ratey

Behavior/Change:
I'm Okay, You’re Okay: Successful Behavioral Change - Thomas A. Harris
Knowing When To Quit: Change Psychology - Jack Barranger
Let Your Life Speak: Discovering Your Path in Life - Parker Palmer
Life 101: Everything We Wish We Had Learned About Life In School-But Didn’t-Peter McWilliams
Living Well Spending Less to Secrets of the Good Life - Ruth Soukup
Making Sense of Life’s Changes: Strategies for Coping with the Difficult, Painful & Confusing Times in Your Life - William Bridges
Motives: Why Do I Do The Things I Do - Edward T. Welch
My Other Self - Clarence J. Enzler
Own Your Life: Living an Intentional Life - Sally Clarkson
Pleasing People: How Not To Be An Approval Junkie - Lou Priolo
Self-Image: How To Overcome Inferiority Judgments - Lou Priolo
Selfishness: From Loving Yourself to Loving Your Neighbor: Becoming More Loving - Take Time For Your Life: Creating the Life You Want - Cheryl Richardson
The Best Yes: Making Wise Decisions in the Midst of Endless Demands - Lysa Terkeurst
The Highly Sensitive Person: How to Make the Most of Being Highly Sensitive in Every Day Situations - Elain Aron, PhD.
The Work - My Search for A Life that Matters - Wes Moore
Uncovering Happiness: Overcoming Depression with Mindfulness & Self-Compassion - Elisha Goldstein
**Bi-Polar/ Manic Depression:**
- A Brilliant Madness: Manic Depression/Bi-Polar - Patty Duke & Gloria Hochman
- A Voice in the Dark: Triumph over Bipolar Mental Illness - Patty Sabatier
- An Unquiet Mind (2 copies): Bipolar Disorder - Key Redfield Jamison
- Brilliant Madness: Living With Manic Depressive Illness
- Through the Open Door - A Bipolar Attorney Talks Mania Recovery - Hillary Martin Chaney
- We Heard The Angels Of Madness: Family Guide to Coping with Manic Depression - Diane & Lisa Berger
- Welcome to the Jungle: Everything You Wanted to Know About Bipolar but Were Too Freaked Out to Ask - Hilary Smith

**Borderline Personality:**
- Borderline Personality: A Scriptural Perspective - Cathy Wiseman
- Get Me Out Of Here: My Recovery From Borderline Personality Disorder - Rachel Reiland
- I Hate You – Don’t Leave Me: Understanding The Borderline Personality - Jerols Kreisman & Hal Straus
- Stop Walking On Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder - Paul T. Mason & Randi Kreger
- The Angry Heart: Overcoming Borderline And Addictive Disorders - Joseph Santoro

**Clinical Depression:**
- Darkness Visible: Depression - William Styron
- Depression: The Sun Always Rises - Margaret Ashmore
- Finding A Family (Movie)/Depression
- Interpersonal Psychotherapy of Depression - Gerald Klerman
- Listening To Prozac: Anti Depressant Drugs & Self - Peter Kramer
- Out Of The Blue: Depression & Human Nature - David Cohen
- Speaking Of Sadness: Depression - David Karp
- The Noonday Demon: An Atlas of Depression - Andrew Solomon
- Undercurrents: A Life Beneath The Surface, Depression - Martha Manning
- Where The Roots Reach For Water: A History of Melancholia - Jeffery Smith

**Communication:**
- Change Your Words Change Your Life: Construction Talk - Joyce Meyer
- Keep It Shut: What to Say, How to Say It, When to Say Nothing At All - Karen Ehman
- The Language Of Love: A Powerful Way to Maximize Insight, Intimacy & Understanding - Gary Smalley
- Will The Real Me Please Stand Up: 25 Guidelines for Good Communication - John Powell, S.J.
**Feelings/Emotions-Healing:**
- Anger, Anxiety And Fear: A Biblical Perspective - Emotions - Stuart Scott
- Anger: Escaping The Maze, What Is It, Why We Have It - David Powlison
- Anxiety: Anatomy And Cure - Robert W. Kellemen
- Beauty for Ashes: Receiving Emotional Healing - Joyce Meyer
- Bitterness: The Root That Pollutes, Rooting Out Bitterness - Lou Priolo
- Daring Greatly: Research Paradoxes of Courage, Vulnerability & Strength - Brene Brown
- Discontentment: Why Am I So Unhappy?: Cultivating Contentment - Lou Priolo
- Fear: Breaking Its Grip - Lou Priolo
- Feeling And Healing Your Emotions: How to Grow to Wholeness - Conrad Baars, M.D.
- Living Beyond Your Feelings: Controlling Emotions So They Don’t Control You - Joyce Meyer
- Loneliness: Psychology - Clark E. Moustalkas
- Monkey Mind: A Memoir of Anxiety - Daniel Smith
- Self Matters - Phillip McGraw
- Shame, Exposure, and Privacy - Carl A. Schneider
- The Dance Of Anger - Harriet Goldhor Lerner
- The Dance Of Deception - Harriet Goldhor Lerner
- The Dance Of Intimacy - Harriet Goldhor Lerner
- The Passions: Emotions & the Meaning of Life - Robert C. Solomon
- Wish I Could Be There: Phobias - Allen Shaton
- Worry: Hope & Help for Common Condition, Anxiety -Edward Hallowell, M.D.

**General:**
- A Landscape With Dragons
- Knowing & Acting
- Net Crimes And Misdemeanors
- Now I Walk on Death Row: Chaplain on Death Row - Dale S. Recinella
- Terrors and Experts
- The Edge Of Glory
- Transitions

**Grief/Bereavement:**
- A Grief Observed - C. S. Lewis
- Gently Grieving: Taking Care of Yourself by Telling Your Story - Constance Mucha
- Good Grief - Granger E. Westberg
- Here If You Need Me: Grief & Recovery - Kate Braestrup
- How to Survive the Loss of A Parent - Lois Akner
- Learning To Live Again: The Journey through Grief for the Widowed or Divorced - Sue Carpenter
- The Grace in Dying: A Message of Hope, Comfort & Spiritual Transformation - Kathleen Dowling Singh
- The Grief Recovery Handbook: The Action Program For Moving Beyond Death, Divorce, And Other Losses Including Health - John James & Russell Friedman
Healing:
Born Only Once, The Miracle of Affirmation - Conrad W. Baars/Psychiatry
Empathy, Why It Matters and How to Get It: Self Help - Roman Krznaric
Dare To Forgive: The Power Of Letting Go And Moving On - David Hallowell, M.D.
Letting God Heal from Emotional Illness to Wholeness: Self Discovery & Healing - Susan Williams and Peter Holmes
Psychology, Medicine & Christian Healing - Morton T. Kelsey
Where God Is When It Hurts: Pain, Suffering - Philip Yancey
Will I Cry Tomorrow: Healing Post Abortion Trauma - Susan Stanford-Rue
You Can Heal Your Life: Self Help - Louise Hay

Health and Wellbeing:
Tired of Being Tired: Adrenal Burnout - Jesse Lynn Hanley, M.D.
Winning Against Relapse: A Workbook of Action Plans for Recurring Health & Emotional Problems - Mary Ellen Copeland

Marriage:
Become What You Are: The Call & Gift of Marriage - Petroc & Katherine Willey
Beginning Your Marriage - John Thomas, S.J.
Getting The Love You Want: A Guide for Couples - Harville Hendrix
Love, Dating, And Marriage: A Marriage Preparation Guild - Fr. Frank E. Papa
Marrying Well: Stages on the Journey of Christian Marriage - Whitehead
The Case for Marriage - Linda Waite & Maggie Gallagher
The Marriage You've Always Dreamed Of - Dr. Greg Smalley
When A Marriage Ends: Divorce - Charles Allen
Why Marriages Succeed Or Fail: Marriage - John Gottman

Mental Illness General:
50 Signs of Mental Illness - James Whitney Hicks, M.D.
A Lethal Inheritance: Science Behind Three Generations of Mental Illness - Victoria Costello
Blessed Are The Crazy: Breaking the Silence about Mental Illness - Sarah Griffith Lund
Crazy: A Father's Search America's Mental Health Madness - Pete Earley
Flying Backwards: Jon's Story Of Ultimate Healing From Mental Illness - Nina Haines
Girl, Interrupted: Mental Illness and Recovery - Susanne Kaysen
Grace For The Affected: A Clinical And Biblical Perspective On Mental Illness - Matthew Stanford, PhD.
Helping Someone with Mental Illness - Rosalyn Carter
I Am Not Sick, I Don't Need Help! - How To Help Someone With Mental Illness Accept Treatment - Xavier Amador
Learning Psychotherapy
Moments Of Engagement: Contemporary Views on Mental Illness, Psychotherapy & Psychiatry - Peter Kramer
Temple Grandin (Movie): Autism
The Bell Jar: A Novel of Falling into the Grip of Insanity - Sylvia Plath
The Birth Order Book - Dr. Kevin Leman
The Eden Express: A Memoir Of Insanity - Kurt Vonnegut
The Religion And Science Debate: Why Does It Continue? - Harold W. Attridge
The Seven Sins Of Memory: How the Mind Forgets & Remembers - Daniel Schacter
The Wisdom of the Ego: Psychology & Psychiatry - George E. Vaillant
When Someone You Love Has A Mental Illness: Handbook for Family, Friends & Caregivers - Rebecca Woolis
When Your Family Is Living with Mental Illness - Marcia Lund

**Narcissism:**
Disarming the Narcisist: Surgiving & Thriving with the Self-Absorbed - Wendy Behary
Narcisits Exposed: 75 Things They Don't Want You To Know - Drew Keys
The Mirror Effect: How Celebrity Narcisism Is Seducing America - Dr. Drew Pinsky

**Parenting:**
How to Talk So Kids Will Listen & Listen So Kids Will Talk - Adele Faber & Elaine Mazlish
Parenting By Heart - Dr. Fon Taffel
Parenting for Peace & Justice - Kathleen & James McGinnis
Setting Limits with Your Strong-Willed Child - Robert J. MacKenzie
The Childhood Roots of Adult Happiness, Five Steps To Help Kids Create And Sustain Lifelong Joy - Edward M. Hallowell, M.D.

**Poverty/Homelessness:**
A Gift Of Hope: Helping The Homeless/Poverty - Danielle Steele
Bridges Out of Poverty: Strategies for Professionals & Communities - Ruby Payne PhD, Philip Deve, Terrie Dreussi-Smith
Souls In The Hands Of A Tender God: Stories Of The Search For Home And Healing On The Streets - Craig Rennebohn
Toxic Charity: How Churches & Charities Hurt Those They Help - Robert Lupton
When Helping Hurts: How to Alleviate Poverty without Hurting the Poor and Yourself - Brian Fikkert

**Relationships (Marriage, family, divorce, all):**
Boundaries
Boundaries In Dating
Caught In The Middle: Children of Divorce - Velma Thome Carter
Connect: 12 Vital Ties That Open Your Heart, Lengthen Your Life, And Deepen Your Soul, Meaningful Connections with Others - Edward M. Hallowell, M.D.
From Brokenness To Community - Jean Vanier
Husbands, Wives, Parents, Children: Foundations for the Christian Family - Ralph Martin
Love Is Never Enough: Relations/Marriage/Psychology - Aaron Beck, M.D.
Traits of a Happy Family - Dolores Curran
You're Wearing THAT?: Understanding Mothers & Daughters in Conversation - Deborah Tannen
**Spirituality and Mental Illness:**
A Glimpse Of Heaven: The Remarkable World Of Spiritually Transformative Experiences - Carla Wills Brandon
A Message of Hope: Confessions of an Ex-Satanist - Protection from Evil
A Tough Grace: Mental Illness as a Spiritual Path - Alice Holstein
Caring for the Soul: A Mental Health Resource and Study Guide
Darkness Is My Only Companion: A Christian Response To Mental Illness - Kathryn Greene-McCreight
Faith & Mental Health: Religious Resources for Healing - Harold Koenig, M.D.
Faith That Hurts/Faith That Heals: Understanding the Fine Line Between Healthy Faith & Spiritual Abuse - Stephen Arterburn & Jack Felton
God, You Can Take My Mental Illness, Not Just the Part Where You Speak to Me - Jo Hilder
Heather’s Rage: A Mother’s Faith Reflected In Her Daughter’s Mental Illness - Leslie Byers
In The Shadow of Our Steeples: Pastoral Presence For Families Coping With Mental Illness - Stewart D. Govig
Jesus Wept: When Faith And Depression Meet - Barbara Crafton
Lost Souls and Mad Saints: Faith & Mental Illness - Warren Orins Candrett
Ministry With Persons With Mental Illness And Their Families
Not Alone: Reflections on Faith And Depression - Monica Coleman
Spirituality & Religion in Recovery from Mental Illness - Roger Fallot
The Meaning Of Faith And Mental Illness - Greg Denniston
The Souls In Distress: What Every Pastoral Counselor Should Know About Emotional And Mental Illness - Richard Roukema
To Thine Own Self Be True: The Relationship between Spiritual Values & Emotional Health - Lewis Andrews
Troubled Minds: Mental Illness And The Church’s Mission - Amy Simpson
What We May Be: Techniques for Psychological & Spiritual Growth - Piero Ferrucci
Wrestling With Our Inner Angels: Faith, Mental Illness, And The Journey To Wholeness - Nancy Kehoe

**Spirituality, General:**
A Vacation With The Lord: A Personal Directed Retreat with Thomas H. Green S.J.
Being Home: Discovering the Spiritual in the Every Day - Gunilla Norris
Brokenness: The Stories of 6 Women Whose Faith Grew in Crisis - Carol Leubering
Embraced By The Light - Betty Eadie
God’s Attributes: Rest For Life’s Struggles: Self Help - Brad Hambrick
Have A Little Faith - Mitch Albom
Hyperreligiosity: Identifying And Overcoming Patterns Of Religious Dysfunction (Psychology) - R. S. Pearson
Knowing God Intimately: Being As Close to Him as You Want - Joyce Meyer
Lost & Found: A Journey of Faith, Discipleship - Carrie Bullock Fisher
Love in Action: A Spiritual Approach to Freedom & Happiness - Mary T. Browne
Reclaiming Spirituality
Searching For and Maintaining Peace: A Small Treatise on Peace of Heart -Fr. Jacques Philippe
Seasons That Laugh or Weep: Musings on the Human Journey - Walter Burghardt. S.J.
Shame Interrupted: How God Lifts The Pain Of Worthlessness And Rejection - Edward Welch
Spirit-Controlled Temperament
Spiritual Healing: Exploring Our Own Spirituality - Douglas Smith & Theodore Chapin
Spiritual Solutions: Answers to Life’s Greatest Challenges, Personal Growth - Deepak Chopra
The Gift of Years, Growing Old Gracefully - Joan Chittester
The Power of Kindness: The Unexpected Benefits of Leading A Compassionate Life - Piero Ferrucci
The Second Journey: Spiritual Awareness & the Mid-Life Crisis - Gerald O'Collins
When I Relax I Feel Guilty: The Hows and Whys of a Relaxed, Joyous and Yet Intensely Godly Lifestyle - Tim Hansel
Winter Grace: Spirituality for the Later Years - Kathleen Fischer

**Schizophrenia:**
Into Solitary Places: One Father’s Journey Of Faith Through His Son’s Struggle With Psychotic Mental Illness (Schizophrenia) - Tom Steward
The Divided Self: Schizophrenia - R. D. Laing
The Quiet Room: Schizophrenia (Autobiography) - Lorie Schiller & Amanda Bennett

**Suicide:**
His Bright Light: The Story Of Nick Traina: Suicide - Danielle Steele
Night Falls Fast: Understanding Suicide - K. Redfield Jamison
This Is How It Feels: A Memoir-Attempting Suicide And Finding Life - Craug Nukker