

**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 Mearing 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.  
Wellness Recovery Action Plan: Self-Help Skills - Mary Ellen Copeland  
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 Fathers 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 Narcissism 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  
Surviving Schizophrenia: A Family Manual, Understanding Schizophrenia - E. Fuller Torrey  
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