

# The Feminist Bookshop

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## WORKBOOKS

### **Overcoming Depression One Step At A Time**

*Michael Addis \$36.95*

Self-help workbook for a medication free approach to getting your life back.

### **Making Groups Work**

*Joan Benjamin \$35.00*

Introduction to key issues in group work, essential reading for anyone interested in working with groups.

### **The Anxiety & Phobia Workbook**

*Edmund Bourne \$42.95*

Simple step by step guide to coping with panic by learning relaxation, meditation, and expression of feelings.

### **The Artist's Way**

*Julia Cameron \$34.00*

A course in discovering and recovering your creative self. Also **The Artist's Way Workbook** \$44.95, an extension of the original book, with extra material for using the ideas.

### **Recovery Of Your Inner Child**

*Lucia Capacchione \$29.95*

Creative ways to liberate your inner self.

### **The Art Of Emotional Healing**

*Lucia Capacchione \$41.95*

Over 60 simple exercises for exploring emotions through drawing, painting, dancing, writing, sculpture and more.

### **Body Image Workbook**

*Thomas Cash \$45.95*

A programme for learning to like the way you look in this age of body dissatisfaction and self-hatred.

### **The BDD Workbook**

*James Claiborn & Cherry Pedrick \$49.95*

Overcome body dysmorphic disorder and end body image obsessions. Establish a balanced body image.

### **Healing The Trauma Of Abuse**

*Mary Ellen Copeland \$48.95*

A woman's gentle guide to recovery from abuse.

### **The Depression Workbook**

*Mary Ellen Copeland \$46.95*

A guide for living with depression and manic depression.

### **Living Without Depression & Manic Depression**

*Mary Ellen Copeland \$41.95*

An inspirational and hopeful workbook for helping you to maintain mood stability.

### **A Woman's Way Through The Twelve Steps**

*Stephanie Covington \$22.50*

Recovery process for women from addiction. A guide to finding self-esteem and peace of mind.

### **The New Drawing On The Right Side Of The Brain Workbook**

*Betty Edwards \$47.95*

Guided practice to basic skills of drawing. Brilliant and simple techniques that really work!

### **The Addiction Workbook**

*Patrick Fanning \$42.95*

Guide to quitting alcohol and drugs when they have become a problem to you.

### **Pathways To Sobriety Workbook**

*William Fleeman \$29.95*

### **The 12 Steps A Way Out**

*Friends In Recovery \$32.95*

Spiritual process of healing using the famous and effective 12 Steps.

### **Borderline Personality Disorder**

*Gina Fusco \$33.95*

A guide to taking control if you have this disorder. Works well in conjunction with a therapist.

### **The Creative Visualization Workbook**

*Shakti Gawain \$26.35*

Use the power of your imagination to create what you want in your life.

### **Get Out Of Your Mind & Into Your Life**

*Steven Hayes \$37.95*

Step-by-step to mindfulness and acceptance, in dealing with depression, negative thinking, and emotional pain

### **The Anorexia Workbook**

*Michelle Heffner \$37.95*

How to accept yourself, heal your suffering, reclaim your life, and choose to live a healthy life.

### **How You Do Anything Is How You Do Everything**

*Cheri Huber \$19.95*

Collection of fun exercises for self awareness from well known Zen teacher.

**The OCD Workbook**

*Bruce Hyman & Cherry Pedrick \$45.95*

Guide to breaking free from obsessive-compulsive disorder, using behavioural techniques.

**Staying In Control**

*Millicent Kellner \$35.95*

Anger management skills for parents of young adults, book can be used by parents and teens together.

**The Procrastination Workbook**

*William Knaus \$39.95*

A personalized programme for breaking free from patterns, that hold you back, and create stress.

**Healing The Trauma Of Domestic Violence**

*Edward Kubany & Mari McCaig \$41.95*

Workbook for women on recovery from abuse.

**Feathering Your Nest**

*Gwen Leonhard \$32.95*

An interactive workbook and guide to a loving lesbian relationship.

**The Couple's Comfort Book**

*Jennifer Loudon \$41.95*

A resource for romance and a loving relationship, a creative guide to passion, pleasure, and commitment.

**Depressed And Anxious**

*Thomas Marra \$41.95*

Behaviour therapy workbook for overcoming negative emotions.

**The Overcoming Bulimia Workbook**

*Randi McCabe \$36.95*

The tools needed to break free from bulimia, take charge of your life, and normalize your eating.

**The Couple's Survival Workbook**

*David Olsen \$43.95*

What you can do to reconnect with your partner and make your marriage work.

**Writing To Heal**

*James Pennebaker \$41.95*

A guided journal for recovering from trauma and emotional upheaval.

**The Agoraphobia Workbook**

*Alec Pollard \$41.95*

Comprehensive programme to end fear of symptom attacks, for people with all forms of agoraphobia.

**Stop The Anger Now**

*Ron Potter-Efron \$34.95*

Self-help book for the prevention, containment, and resolution of anger.

**The Cyclothymia Workbook**

*Prentiss Price \$36.95*

A workbook for guidance on how to manage mood swings and lead a balanced life.

**The Sex Addiction Workbook**

*Tamara Sbraga \$41.95*

Strategies to help you to explore the causes of your addiction, and regain control of your life.

**The Self-Esteem Workbook**

*Glenn Schiraldi \$42.95*

Effective programme for overcoming self-doubt and negativity. Learn to love and forgive yourself.

**The Inner Child Workbook**

*Cathryn Taylor \$39.25*

Creative workbook for dealing with your past when it just won't go away.

**Overcoming Panic Disorder And Agoraphobia**

*Elke Zuercher-White \$31.95*

Cognitive restructuring for the treatment of panic and agoraphobia. Appropriate if you are working with a therapist.

**See also list entitled Group Work**

*Prices can change without notice due to publisher increases beyond our control.*