

Self Help

Author	Title	Call Number		
Alliston, C.	2002 Challenges and triumphs : a mosaic of meanings	SH	6	61
Art by Carers	2005 Because I Care...	SH	6	423
Atkinson, R.F.	1988 The book of relaxation	SH	4	38
Bach, R.	1994 Jonathan Livingston Seagull : a story	SH	6	67
Barranger, J.	1988 Knowing when to quit : how to stop fighting losing battles and get on with your life	SH	2	55
Beattie, M.	1992 Codependent No More	SH	1	30
Bloor, E	2001 Tangerine	SH	6	366
Bolton, R.	1987 People Skills-How to assert yourself, listen to others, and resolve conflicts	SH	2.3	570
Bone, L.	2001 Healing Tears	SH	6	66
Bunday, C. et al	1968 Group Leadership : Health for all - skills development	SH	2	456
Burns, D.D.	1999 Feeling good : the new mood therapy	SH	5	48
Burns, G.W.	2001 101 Healing Stories : using metaphors in therapy	SH	1	26
Carlson, K.	1989 In her image: The unhealed daughter's search for her mother	SH	2	443
Carlson, R.	2006 What About the Big Stuff: Finding Strength & Moving Forward When the Stakes are High	SH	2	466
Carnegie, J., Currie, P. and Stynes, J.	1996 A hero's journey : find your spirit, live your dreams	SH	5	356

Carrington, P.	1998	Learn to meditate : manual	SH	5	46
Castleman, M.	2001	The New Healing Herbs	SH	4	431
Choldenko, G.	2004	Al Capone does my shirts	SH	2	351
Clarke, I.	1995	As I Remember	SH	6	432
Davidson, R. (ed)	1997	Treading our own paths	SH	6	62
De Vaus, D.	1997	Letting Go: relationships between adults and their parents	SH	2	430
Deveson, A.	2003	Resilience	SH	1.1	353
Dowrick, S.	2006	Choosing Happiness : Life & Soul Essentials	SH	3	462
Dowrick, S.	1997	Forgiveness and Other Acts of Love-Finding true value in your life	SH	2	568
Dowrick, S.	1993	The intimacy & solitude self-therapy book : an inspirational and accessible approach to living positively - alone and with others	SH	5	45
Dowrick, S.	2004	Free Thinking	SH	3	59
Edelman, S.	2001	Change Your Thinking	SH	1	558
Ekman, P.	2003	Emotions Revealed – Understanding Faces and Feelings	SH	2	602
Fine, C.	2005	A Mind of its Own-How your brain distorts and deceives	SH	1	489
Ford, G.	2006	Good Mother Bad Mother	SH	2	524
Forestier, Jo. et al	2003	Sky of fire tree of ice : Australian weatherscapes	SH	6	63
Forward, S.	2002	Toxic Parents - overcoming their hurtful legacy and reclaiming your life	SH	2	516

Forward, S. and Frazier, D.	1997	Emotional Blackmail : when the people in your life use fear, obligation and guilt to manipulate you	SH	2	50
Frager, R.	1999	Heart, self & soul : the sufi psychology of growth, balance and harmony	SH	5	359
Gawler, I.	1987	Peace of mind	SH	5	44
Goodwin, D.	2001	101 Poems to Keep you Sane	SH	6	401
Greive, B.T.	2001	The meaning of life	SH	6.1	68
Greive, B.T.	2004	The book for people who do too much	SH	6	70
Hamilton, M.	2006	What Men Don't Talk About	SH	2	528
Hanna, P	2004	Don't give up : how Australia's favourite motivator took his own advice and bounced back from the brink - and how you can too	SH	1	355
Hay, L.L.	1999	You Can Heal Your Life	SH	1	522
Haynes, A.	2006	Change : How To Kick-Start the futre & Refresh the Spirit	SH	2	463
Hendrix, H.	1993	Getting the Love you Want-A Guide for Couples	SH	2	563
Jeffers, S.	2006	End the Struggle & Dance with Life: How to Build Yourself Up When the World Gets You Down	SH	3	468
Johnson R.A. and Ruhl, J.M.	1999	Contentment : a way to true happiness	SH	5	43
Johnson, R.A.	1989	SHE : understanding feminine psychology	SH	1	32
Johnson, R.A.	1991	Transformation : understanding the three levels of masculine consciousness	SH	1	33
Johnson, R.A.	1989	HE : understanding masculine psychology	SH	1	34
Johnson, R.A.	1986	Inner work : using dreams & active imagination for personal growth	SH	1	35

Joko Beck, C.	1997	Everday Zen : from the withered tree a flower blooms	SH	5	42
Kabat-Zinn, J	2006	Full Catastrophe Living:Using the Wisdom of your body & mind to face Stress, Pain, and Illness	SH	5.1	464
Kabat-Zinn, J.	1994	Wherever you go, there you are : mindfulness meditation for everyday life	SH	5.1	362
Kabat-Zinn, J.	2005	Coming to Our Senses: healing ourselves and the world through mindfulness	SH	5	433
Keyes, K.	1987	Your Life is a Gift – So Make the Most of It!	SH	2	598
King, P.	2004	Your Life Matters - The power of living now	SH	5.1	360
King, P.	2004	Sometimes Hearts have to Break	SH	3	482
Kingham, R.	1994	Whispers : prayers and poems for personal growth	SH	6	64
Klees, J.	2005	Our Presence Has Roots	SH	3	411
Klees, J.	1996	We Come Bearing Gifts	SH	3	412
Koch, R.	2004	Living the 80/20 Way - Work Less, Worry Less, Succeed More, Enjoy More	SH	1	527
Kurtz, R.	1990	Body-centered psychotherapy : the Hakomi method	SH	1	29
Lama Choedak Yuthok	2005	Healing Relationships	SH	3	583
Lazear, J. and Lazear, W.	1993	Meditations for parents who do too much	SH	5	49
Lerner, H.	1990	The dance of intimacy : a woman's guide to courageous acts of chance in key relationships	SH	2	54
Leunig, M.	1990	A Common Prayer	SH	6	434

Leunig, M.	1992	Everyday Devils and Angels	SH	6	60
Livingston, G.	2006	And Never Stop Dancing:Thirty More True Things You Need to Know Now	SH	3	469
Louden, J.	1992	The Woman's Comfort Book: A self-nurturing guide for restoring balance in your life	SH	4.1	426
Mackay, H.	2005	Right & Wrong: how to decide for yourself	SH	1	438
Marmot, M.	2004	The Status Syndrome-How Social Standing Affects Our Health & Longevity	SH	1	565
Mate, G.	2003	When the body says no : the cost of hidden stress	SH	1	28
McKay, M. and Fanning, P.	1992	Self-Esteem	SH	1	406
Mitchell, D.	2005	Conversations with the Heart-Mind	SH	6	519
Monkton, E.	2004	The Pig of Happiness – he is so happy	SH	2	609
Montgomery, B. and Morris, L.	1989	Surviving : coping with a life crisis	SH	1	27
Morton, Cynthia J.	2002	A helping Hand With Life	SH	3	654
Murphy, L.	2004	Stop your crying	SH	6	65
Myss, C.	1996	Anatomy of the Spirit-The Seven Stages of Power and Healing	SH	1	564
Naphali, S.	2003	Buddhism for Mothers - a calm approach to caring for yourself & your children	SH	5	487
Newman, S.	2006	The Book of NO - 250 Ways to Say It - and Mean It & Stop People Pleasing Forever	SH	2	484
O'Connor, P.	2001	Beyond the mist : what Irish mythology can teach us about ourselves	SH	1	36
O'Hara, D.J.	2000	In search of hope	SH	3	57

Paull, C.	2006	The Art of Simplicity-Living life by the essentials of the Heart	SH	5	485
Paull, C.	2006	the Art of Abundance-a Simple Guide to Discovering Life's Treasures	SH	6	488
Pearson, C.S	2006	The Hero Within : Six Archetypes We Live By	SH	2	467
Peck, M.S.	1978	The Road Less Travelled-a new psychology of love, traditional values and spiritual growth	SH	5	569
Phillips, A.	2005	Going Sane	SH	1	490
Pieper, M.A, & Pieper, W.J.	2006	Addicted to Unhappiness	SH	3	465
Plante, T.G.	2004	Do The Right Thing-Living ethically in an Unethical World	SH	2	486
Pollard, J.K.	1987	Self Parenting : the complete guide to your inner conversations	SH	1	31
Remen, R.N.	2000	My Grandfather's blessings : stories of strength, refuge and belonging	SH	3	58
Rowe, L. and Bennett, D.	2005	You can't make me : ten simple rules for parenting teenagers	SH	2	350
Ryan, M.J.	2003	The Power of Patients	SH	3	605
Satir, V.	1972	Peoplemaking	SH	2	51
Sayer-Jones, M	2005	Inspiring, Not Retiring	SH	6	414
Scott, D.	2005	Falling Up	SH	3	491
Seligman, M.E.P.	1935	Learned Optimism	SH	1	559
Seligman, M.E.P.	2002	Authentic happiness : using the new positive psychology to realize your potential for lasting fulfillment	SH	3	56

Sharp, T.	2007	The Happiness Handbook	SH	3	705
Sharples, B.	2003	Meditation calming the mind	SH	5	703
Short, J.	2005	An Intelligent Life - A practical guide to relationships, intimacy and self-esteem	SH	2	544
Smith M.J.	1974	When I say no, I feel guilty	SH	2	566
Sones, S.	1999	Stop pretending : what happened when my big sister went crazy	SH	6	367
Stone, D., Patton, B. and Heen, S.	1999	Difficult Conversations: How to discuss what matters most	SH	2	409
Time Warner Books	2006	The Mindgym : Give me time	SH	1	460
Time Warner Books	2006	The Mindgym : Wake your mind up	SH	1	461
Trueman, T	2004	Cruise Control	SH	2	408
Wallace, A.	2006	The Attention Revolution	SH	5	706
Walsh, F	2006	Strengthening Family Resilience – 2 nd Edition	SH	3	592
Weekes, C.	1997	Complete self-help for your nerves – Learn to relax and enjoy life again by overcoming stress & Fear	SH	4	596
Weekes, C.	1997	Peace from Nervous Suffering – A practical guide to understanding, confidence and recovery	SH	4	597
Weeks, C.	1989	Self Help for Your Nerves	SH	1	685
Wilber, K.	2001	No boundary : eastern and western approaches to personal growth	SH	5	41

Wilson Schaef, A.	1996	Meditations for women who do too much	SH	5	47
Wilson, J.	1999	The illustrated mum	SH	6	369
Wilson, P.	1995	Instant Calm - Over 100 Easy To Use Techniques for Relaxing Mind & Body	SH	4	39