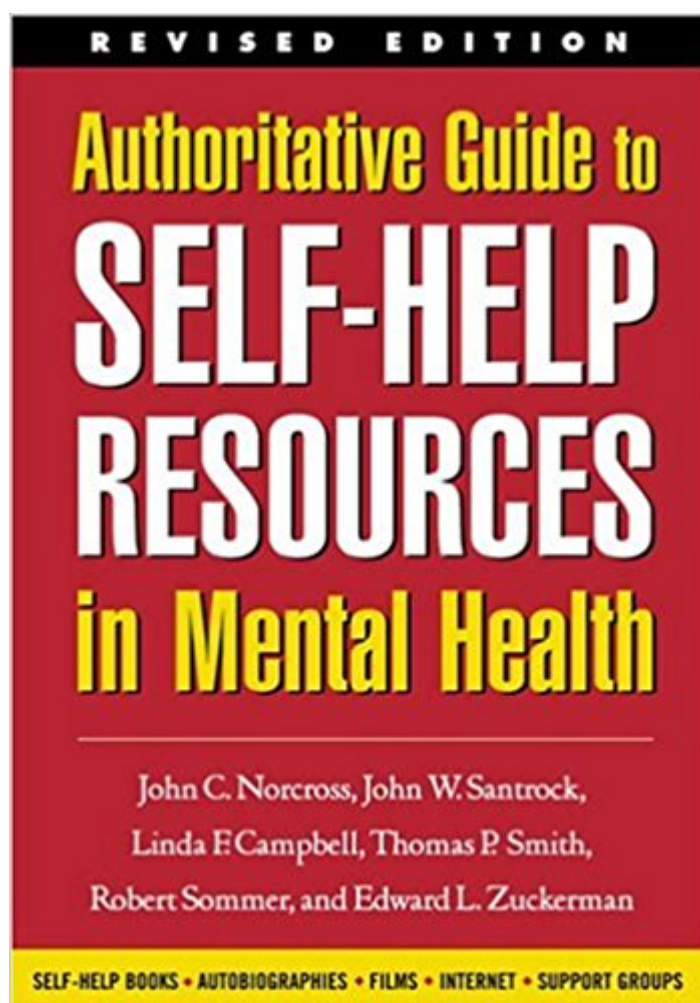


The book was found

Authoritative Guide To Self-Help Resources In Mental Health, Revised Edition (The Clinician's Toolbox)



Synopsis

Keeping pace with the ever-changing world of self-help, the revised and expanded edition of this indispensable reference helps consumers and professionals distinguish high-quality self-help resources from those that are misleading, inaccurate, or even harmful. The number of resources reviewed has increased by more than 60%, to over 1,000 self-help books, autobiographies, and popular films. Ratings now embody the collective wisdom of more than 3,000 mental health professionals. Supplementing their eight national studies, the authors also describe and evaluate hundreds of Internet sites and provide valuable listings of self-help and support groups. The volume is organized around 36 frequently encountered clinical problems and life challenges, with entirely new chapters covering posttraumatic stress disorder, obsessive-compulsive disorder, youth violence, borderline personality disorder, bipolar disorder, and suicide. The concluding chapter delineates 11 key strategies for selecting an effective self-help resource. Winner--American Journal of Nursing Book of the Year Award

Book Information

Series: The Clinician's Toolbox

Paperback: 468 pages

Publisher: The Guilford Press; Revised edition (May 22, 2003)

Language: English

ISBN-10: 1572308397

ISBN-13: 978-1572308398

Product Dimensions: 9.8 x 7 x 1.1 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 4.6 out of 5 stars 3 customer reviews

Best Sellers Rank: #1,143,319 in Books (See Top 100 in Books) #106 in Books > Textbooks > Reference > Bibliographies & Indexes #233 in Books > Reference > Writing, Research & Publishing Guides > Publishing & Books > Bibliographies & Indexes > Science #417 in Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Psychiatric

Customer Reviews

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Chapter 1. Introduction to Self-Help in Mental Health
Chapter 2. Abuse
Chapter 3. Addictive Disorders
Chapter 4. Adult Development
Chapter 5. Aging
Chapter 6. Anger
Chapter 7. Anxiety Disorders
Chapter 8. Assertiveness
Chapter 9. Attention-Deficit/Hyperactivity Disorder
Chapter 10. Bipolar Disorder (Manic-Depression)
Chapter 11. Borderline and Narcissistic Personality Disorders
Chapter 12. Career Development
Chapter 13. Child Development and Parenting
Chapter 14. Communication and People Skills
Chapter 15. Death and Grieving
Chapter 16. Dementia/Alzheimer's
Chapter 17. Depression
Chapter 18. Divorce
Chapter 19. Eating Disorders
Chapter 20. Families and Stepfamilies
Chapter 21. Infant Development and Parenting
Chapter 22. Love and Intimacy
Chapter 23. Marriage
Chapter 24. Men's Issues
Chapter 25. Obsessive-Compulsive Disorder
Chapter 26. Posttraumatic Stress Disorder
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Chapter 28. Schizophrenia
Chapter 29. Self-Management and Self-Enhancement
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I trust that these resources are good. But, I can't tell because I would have to do almost as much work as the author has done to find if the books are actually worthwhile. The book is essentially a listing of recommended books and not recommended books for coping with different psychological issues, circumstances and diseases. I'm surprised that this isn't a website. I can foresee this book becoming outdated over time. They have review sites for reviews of movies, games, and tv shows, why not self-help books.

great product and excellent service

I love it. Highly recommended. I hope you all get it, it's awesome, and we all should have it at home.

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