

Alan Pachter, LCSW

Reading List

The Relaxation and Stress Reduction Workbook Davis Martha Davis, Elizabeth Robbins Eshelman and Matthew McKay

Beyond Anxiety and Phobia Edmund Bourne

I Hate You Don't Leave Me: Understanding the Borderline Personality Jerold J. Kreisman, MD and Hal Straus

Children of Alcoholism: A Survivors Manual Judith Seixas and Geraldine Youcha

The Dance of Anger Harriet Lerner

The Courage to Heal Workbook Laura Davis

Reviving Ophelia Mary Pipher

The Grief Recovery Handbook John James and Frank Cherry

Finding Our Fathers Samuel Osherson

The Feeling Good Handbook David Burns

Keeping the Love You Find Harville Hendrix

Getting the Love You Want Harville Hendrix

I Don't Want to Talk About It Terrence Real

Self-Esteem: A Program of Cognitive Techniques for Assessing, Improving, and Maintaining Your Self-Esteem Mathew McKay and Patrick Fanning

Adult Children of Alcoholics Janet Geringer Woititz

The Alcoholic Family Peter Steinglass, M.D.

<http://www.imagotherapy.com/>

http://www2.oprah.com/relationships/relationships_landing.jhtml