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Helpful Books and Workbooks

Attention-Deficit Hyperactivity Disorder (ADHD):

- Scattered Minds: The Origins and Healing of Attention Deficit Disorder by Gabor Mate

Anxiety:

- The 10 Best-Ever Anxiety Management Techniques by Margaret Wehrenberg
- Mind over Mood by Debbis Greenberger & Christine Padesky
- When Perfect Isn't Good Enough by Martin Antony & Richard Swinson
- The Anxiety and Phobia Workbook by Edmund Bourne

Depression:

- The 10 Best-Ever Depression Management Techniques by Margaret Wehrenberg
- Mind over Mood by Debbis Greenberger & Christine Padesky
- The Dialectical Behavior Therapy Skills Workbook by Matthew McKay, Jeffrey Wood & Jeffrey Brantley

Disordered Eating:

- Intuitive Eating by Evelyn Tribole & Elyse Resch
- The Intuitive Eating Workbook: 10 Principles for Nourishing a Healthy Relationship with Food by Evelyn Tribole & Elyse Resch
- Anti-Diet by Christy Harrison
- Unapologetic Eating by Alissa Rumsey
- More Than a Body by Lexie & Lindsay Kite

General Mental Health:

- Change Your Brain, Change Your Life by Daniel Amen
- What Happened to You? By Bruce Perry & Oprah Winfrey

Grief & Loss:

- Its OK that You're Not OK by Megan Devine

Parenting:

- Raising a Secure Child by Kent Hoffman, Glen Cooper, and Bert Powell
- The Explosive Child by Ross Greene

Relationships:

- Attached: The New Science of Adult Attachment and How it Can Help You Find and Keep Love by Amir Levine & Rachel Heller
- The Set Boundaries Workbook: Practical Exercises for Understanding your Needs and Setting Healthy Limits by Nedra Tawwab

Substance Use

- In the Realm of Hungry Ghosts: Close Encounters with Addiction by Gabor Mate

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Free Apps (For iPhone or Android users)



Mindshift CBT



Headspace



Insight Timer



Woebot



PTSD Coach Canada