

## ***Recommended Readings for Clients***

***Selected by Ottawa Mental Health & Wellness Clinic at Rideau Valley Health Centre***

- How to Control Your Anger Before It Controls You; by Albert Ellis, Ph.D. and Raymond Chip Tafrate, Ph.D.**

“How to Control Your Anger Before It Controls You” is a terrific resource for both professionals and individuals interested in the application of Rational Emotive Behavior Therapy to anger problems. By presenting important reasons and case examples that illustrate the grim costs of anger, readers are persuaded anger reduction will lead to more healthy physical and psychological outcomes.

- How to Control Your Anxiety; by Albert Ellis, Ph.D.**

Helps you control your anxiety in social, job, sex/love, performance, and other situations.

- Overcoming Depression; by Paul A. Hauck, Ph.D.**

How to relieve depression and cope with feelings of rejection, guilt, and self-blame.

- How to Make Yourself Happy and Remarkably Less Disturbable; by Albert Ellis, Ph.D.**

Top-selling guidebook shows you how to overcome your anxiety, depression, or rage, and to be less disturbable when things get difficult.

- How Can I Forgive You? by Janis Abrahms Spring, Ph.D. with Michael Spring**

To forgive that person who has hurt and betrayed us is a difficult decision to make – and even more difficult is to follow through with that decision. Not being able to forgive may result in negative emotional experiences such as anger, frustration, resentment, and depression. “How Can I Forgive You?” introduces a fresh and original approach to take on this challenge. The book begins with an introduction to the forgiveness concept and presents it as a choice, not a requirement. The readers are then taken through the different types of forgiveness and acceptance. This book is a practical guide and companion for your journey to forgiveness.

- Dating, Mating, & Relating; by Albert Ellis, Ph.D. & Robert A. Harper, Ph.D.**

Do you want to improve your relationship? Do you have relationship problems that need to be resolved? Do you wish to learn how to have a deep, health, happy relationship? If you answered yes to any of these questions, “Dating, Mating, and Relating: How to Build a Healthy Relationship” is for you! Using concepts of Rational Emotive Behavior Therapy (REBT), Dr. Ellis and Dr. Harper guide you through the stages and issues of relationships, including improving yourself, learning realistic views of relationships, identifying healthy beliefs about relating to others, communicating, problem-solving, money issues, sex issues, relationships with in-laws, and children.

□ **Overcoming the Rating Game; by Paul A. Hauck, Ph.D.**

It is all too common for individuals to experience a feeling of inferiority. Oftentimes, people refer to this as “low self-esteem.” Feelings of low-self esteem ultimately lead people to experience unhealthy negative emotions (e.g., depression, anxiety, etc.). In this brief and easy to read book, the renowned author Paul A. Hauck reviews how individuals develop feelings of inferiority, and how striving for higher “self-esteem” frequently results in diminished psychological health, rather than positive feelings about the self.

□ **REBT Pocket Companion for Clients; by Windy Dryden, Ph.D.**

“The REBT Pocket Companion for Clients” contains 240 simple and short tips to remind clients of the basic principles of Rational Emotive Behavior Therapy (REBT). Dr. Dryden’s tips revolve around rational and irrational beliefs; goals; and unconditional acceptance of the self, others, and world. The book is designed to be a self-help supplement to assist clients who are engaged in REBT therapy.

□ **A Guide To Rational Living; by Albert Ellis, Ph.D. and Robert A. Harper, Ph.D**

If you have the rigorous honesty necessary to conduct self-analysis, this book can be the most important one you have read. For although it makes no promises, it can help you more than all the other self-help books put together. Rational Emotive Behavioral Therapy can teach any intelligent person how to stop feeling miserable about practically anything.

□ **Helping Yourself with REBT: First Steps for Clients; by Windy Dryden, Ph.D.**

Clear, easy-to-follow guidebook for clients to help themselves in their therapeutic process with an REBT therapist.

**When AA Doesn't Work for You: Rational Steps to Quitting Alcohol; by Albert Ellis, Ph.D. and Emmett Velten Ph.D.**

While Alcoholics Anonymous has undoubtedly been of great help to many individuals who have problems with alcohol, it is not a "cure all", and certainly not the only method for dealing with problem drinking.

**Alcohol: How to Give It Up and Be Glad You Did; by Philip Tate, Ph.D.**

Practical tips for stopping drinking, and being able to continue your gains.