

Books On Growth For Whole Persons And Families

	TOPIC	TITLE	AUTHOR	PUBLISHER	SUBJECT
1	Abusive Relationships - Coping with difficult people	EMOTIONAL BLACKMAIL	Dr. Susan Forward with Donna Frazier	Bantam Books - Transworld Publishers Ltd., 61-63 Uxbridge Road, London W5 5SA	"...Emotional Blackmailers...know our vulnerabilities and our deepest secrets. They are our parents, our partners, our bosses and colleagues, our friends...they use this intimate knowledge to give themselves the pay-off they want: our compliance." The author "presents the anatomy of a relationship damaged by manipulation...provides sound strategies for blackmail targets that will strengthen relationships and break the blackmail cycle for good."
2	Abusive Relationships - Coping with difficult people	PULLING YOUR OWN STRINGS	Dr. Wayne W. Dyer	HarperCollinsPublishers - 10 East 53rd Street, New York, N.Y. 10022	"The author "reveals how we all can prevent ourselves from being victimized by others and begin to operate from a position of power at the center of our own lives....practical plan for developing new attitudes toward the most common sources of victimization and manipulation, such as family members and authority figures in the workplace...shows that by being enthusiastic and flexible, you can find the work that makes you happy."
3	Attention Deficit Hyperactive Disorder	ADD-Friendly Ways to Organize your Life	Judith Kolberg & Kathleen Nadeau	Routledge Taylor & Francis Group 270 Madison Avenue New York, NY 10016	"Kolberg and Nadeau have taken a sympathetic look at the organizing challenges of people with ADD and come up with a bucketful of innovative tips, tools, and strategies specifically geared to the workings of the ADD brain. This book is a must read."
4	Attention Deficit Hyperactive Disorder	DELIVERED FROM DISTRACTION: Getting the most out of life with Attention Deficit Disorder	Drs. Edward Hallowell & John J. Ratey	Touchstone Press - Rockefeller Center, 1230 Avenue of the Americas, New York, NY 10020	"A deeply wise and truly helpful book, written with frankness, humour, and tremendous empathy.....this book brings the reader fully up to date in a rapidly changing field, combining the important information about the science and treatment of ADD with powerful advice about getting through, succeeding in, and enjoying life."
5	Attention Deficit Hyperactive Disorder	DRIVEN TO DISTRACTION: Recognizing and Coping with ADD... (also audio tapes)	Drs. Edward Hallowell & John J. Ratey	Touchstone Press - Rockefeller Center, 1230 Avenue of the Americas, New York, NY 10020	"Are you always losing things? Does your mind wonder and day dream? Do you put off tasks or jobs until the last minute? Help for adults to recognize their problem and get the help they need. Clear information on who has adult ADD, where to get help, what treatments work and how to reduce the problems of ADD. Useful for all ages."
6	Attention Deficit Hyperactive Disorder	FINDING YOUR FOCUS: Practical Strategies for the Everyday Challenges Facing Adults with ADD	Judith Greenbaum & Geraldine Markel	Professional Publishing, McGraw- Hill, Two Penn Plaza, New York, NY 101212298.	"Finding your Focus is a wise and compassionate guide through the labyrinth of everyday life with ADD. This book shows you how to become more focused and organized, arming you with research-based techniques and checklists to help you."

Books On Growth For Whole Persons And Families

	TOPIC	TITLE	AUTHOR	PUBLISHER	SUBJECT
7	Attention Deficit Hyperactive Disorder	PUT YOURSELF IN THEIR SHOES: Understanding Teenagers with Attention Deficit Hyperactivity Disorder	Harvey C. Parker	Specialty Press Inc., 300 Northwest 70th Avenue, Suite 102, Plantation, FL 33317, USA	"Are you always losing things? Does your mind wonder and day dream? Do you put off tasks or jobs until the last minute? Help for adults to recognize their problem and get the help they need. Clear information on who has adult ADD, where to get help, what treatments work and how to reduce the problems of ADD. Useful for all ages."
8	Attention Deficit Hyperactive Disorder	PUTTING ON THE BRAKES - Young people's guide to understanding ADHD	Patricia Quinn & Judith Stern	Magination Press - 19 Union Square West, New York, NY 10003	See title
9	Breaking Harmful Habits	THE NO-NAG, NO-GUILT, DO-IT-YOUR-OWN WAY GUIDE TO QUITTING SMOKING	Tom Ferguson	Random House, Inc. - 201 E 50th St., New York, NY 10022	"A guide to quitting smoking including exercise, stress management and diet."
10	Childhood Abuse and Memories	THE COURAGE TO HEAL WORKBOOK: For Women and Men Survivors of Child Sexual Abuse	Laura Davis	Harper & Row Publishers - 10 East 53rd St., New York, NY 10022	See title
11	Childhood Abuse and Memories	TOXIC PARENTS: Overcoming Their Hurtful Legacy and Reclaiming Your Life	Susan Forward	Bantam Books - 1540 Broadway, New York, NY 10036, USA	See title
12	Childhood Abuse and Memories	UNLOCKING THE SECRETS OF YOUR CHILDHOOD MEMORIES	Kevin Leman & Randy Carlson	Thomas Nelson Publishing - Nelson place at Elm Hill, Nashville, TN 37214	"Teaches how early memories reveal personality traits, how to change negative memories, and make the best ones work for you. "
13	Childhood Abuse and Memories	VERBAL ABUSE: Healing the Hidden Wound	Grace Ketterman	Servant Publications - P. O. Box 8617, Ann Arbor, MI 48107	"Helps victims and abusers stop the vicious cycle, heal wounds and recover self-esteem."
14	Codependence and Addictive Behaviour	BOUNDARIES: When to Say Yes When to Say No to Take Control of Your Life	Dr. Henry Cloud & Dr. John Townsend	Zondervan Publications- Zondervan Corporation, Grand Rapids, Michigan 49530	"How to set boundaries that define who you are and who you are not. How to take control of your life. How to set physical, mental, emotional, and spiritual boundaries with others to avoid being taken advantage of while still being a loving person."
15	Codependence and Addictive Behaviour	CODEPENDENT NO MORE** and CODEPENDENT NO MORE HANDBOOK	Melody Beattie	Harper Collins Publishers - 10 East 53rd St., New York, NY 10022	" An expert guide to achieving serenity for codependents who want to take care of themselves. Do you care so deeply about other people that you've forgotten how to care for yourself? Do you need to control events and people around you because you feel everything around and inside you is out of control? Do you feel responsible for for so much because the people around you feel so responsible for so little? Codependent No More discusses several options to controlling behaviour and helps us understanding that letting go will set us free".
16	Codependence and Addictive Behaviour	HEALING LIFE'S HIDDEN ADDICTIONS	Archibald Hart	Servant Publications - P.O. Box 8617, Ann Arbor, Michigan 48107	"Deals with a variety of less obvious "addictions", e.g. to helping, religion, sex, love, work, food, etc. Aids in understanding and steps to recovery. Very useful."

Books On Growth For Whole Persons And Families

	TOPIC	TITLE	AUTHOR	PUBLISHER	SUBJECT
17	Codependence and Addictive Behaviour	HEALING THE CHILD WITHIN: Discovery and Recovery for Adult Children of Dysfunctional Families	Charles L. Whitfield	Health Communications, Inc., Enterprise Center, 3201 Southwest 15th Street, Deerfield Beach, FL 33442	"Denial of the Child Within and the subsequent emergence of a co-dependent self are particularly common among children and adults who grew up in troubled families". This book "describes the journey of discovery and healing our fears, confusion and unhappiness". "It describes and develops the concept of adult children of troubled or dysfunctional families in general". "Members of Twelve-step Self-help groups and Adult Children Self-help groups will find this book especially useful in their own recovery work, both within and outside of their meetings."
18	Codependence and Addictive Behaviour	LOVE IS A CHOICE**	Robert Hemfelt et al	Thomas Nelson Publishing - Nelson place at Elm Hill, Nashville, TN 37214	"Recovery from co-dependency and childhood trauma. Break the cycle of addictive relationships. Fill the vacuum inside. Choose how to love. Find freedom from co-dependency-for yourself and your children. "
19	Codependence and Addictive Behaviour	LOVE IS A CHOICE WORKBOOK	Robert Hemfelt et al	Thomas Nelson Publishing - Nelson place at Elm Hill, Nashville, TN 37214	"This book uses interactive questions, self-tests,exercis, and journaling that will help you find healing from the pain that created your codepency."
20	Depression & Anxiety	ANXIETY & PANIC ATTACKS*	Robert Handy w/ Pauline Neff	Ballantine Books - Distribution Centre, 400 Hahn Road, Westminster, MD 21157	"A simple, easy-to-follow method for reducing anxiety and panic attacks... You will learn how to: Use your untapped creative powers to help change yourself help change your self-image to feel confidence-not fear. Utilize positive and rational thinking to see yourself and events as they really are."
21	Depression & Anxiety	FEELING GOOD**	David D. Burns	Penguin Books USA, Inc. - 375 Hudson Street, New York, NY 10014	"Highly valuable for.....self esteem, anger, guilt approval and love addiction, workaholism, perfectionism,helplessness and suicidal thoughts."
22	Depression & Anxiety	THE FEELING GOOD HANDBOOK**	David D. Burns	Penguin Books USA, Inc. - 375 Hudson Street, New York, NY 10014	"Clear, practical guidelines for dealing with depression, fears, anxieties, panic attacks, procrastination and for strengthening relationships through better communication."
23	Depression & Anxiety	HOW TO WIN OVER DEPRESSION	Tim LaHaye	Zondervan Publications - Zondervan Corporation, Grand Rapids, MI 49506	"A spiritual guide to coping with depression
24	Depression & Anxiety	OVERCOMING DEPRESSION	Richard Gillett	Dorling Kingsley Publishers - 9 Henrietta Street, London WC2E 8PS, UK	"A wholistic guide to coping with depression and stress. Includes natural methods."
25	Divorce	DIVORCING	Mel Krantzler	St. Martins Press, Inc. - 257 Park Avenue S., New York, NY 10010	"Comprehensive legal and emotional guidance for newly divorced"
26	Divorce	REBUILDING WHEN YOUR RELATIONSHIP ENDS	Bruce Fisher & Robert Alberti	Impact Publishers, Inc. - P.O. Box 6016, Atascadero. California 93423-6016	"A step-by-step program for those going through, or recovering from, a divorce."
27	Domestic Violence	LOVE LIES BLEEDING: When intimacy turns to abuse	Trevor Stammers	Hodder & Stoughton Ltd. - 338 Euston Road, London, NW1 3BH, UK	"Explores such issues as: what forms of spouse abuse occur and why, the effects both on victims and perpetrators, possible means of prevention, the more recently recognised, yet controversial, problem of abuse of male partners by women."
28	Domestic Violence	STOP DOMESTIC VIOLENCE: An action plan for saving lives	Lou Brown et al	St. Martins Press - 175 Fifth Avenue, New York, NY 10010	"Helping victims and those who care to recognise both subtle and severe abuse and how to get out and recover from the trap."

Books On Growth For Whole Persons And Families

	TOPIC	TITLE	AUTHOR	PUBLISHER	SUBJECT
29	Environment	SAVE OUR PLANET: 750 Everyday Ways You Can Help Clean Up The Earth	Diane Maceachern & Lonni Sue Johnson	Dell Publishing Group - 1540 Broadway, New York, NY 10036, USA	"Valuable ideas for a healthy environment. "...Offers simple suggestions on how to conserve the Earth's resources with ideas about organic gardening, saving water, community recycling, and preserving the rainforests."
30	Exercise & Fitness	GETTING IN SHAPE: Workout programs for men and women	Bob Anderson et al/	Shelter Publications - P. O. Box 279, Bolinas, CA 94924	"An easy approach to lifelong fitness involving over 30 workout and fitness programs for men and women to fit any lifestyle, each with the three components of fitness: Stretching, Weightlifting and Moving Exercises."
31	Finances	YOUR FINANCES IN CHANGING TIMES	Larry Burkett	Moody Press - c/o MLM, Chicago, IL 60610	"A complete money guide, offering biblical concepts and practical suggestions for building a sound program for your healthy personal financial affairs."
32	Hobbies	CRAFTS AND HOBBIES	Reader's Digest Staff	Readers Digest - 261 Madison Ave., New York, NY 10016	"Every conceivable craft(form) from quilting to enameling to jewelry--is included in this comprehensive craft reference."
33	Hobbies	FAVORITE HOBBIES AND PASTIMES: A sourcebook of leisure pursuits	Robert S. Munson	American Library Association - 50E Huron Street, Chicago, IL 60611	A "how to" description of 94 leisure time activities. Cost US\$55.00, but useful.
34	Homosexuality: exploring choices	PURSUING SEXUAL WHOLENESS: How Jesus heals the homosexual	Andrew Comsky	Creation House Publishers - 600 Rinehart Road, Lake Mary, FL 32746	"Real help for Christians who struggle with homosexuality and for those who minister to them. "Proven Methods, Effective Results, Firsthand Experiences". Also ask for companion guidebook."
35	Homosexuality : exploring choices	SETTING LOVE IN ORDER: Hope and Healing for the Homosexual	Mario Bergner	Monarch Publications - Broadway House, The Broadway, Crowborough, East Sussex TN6 1HQ	"A former homosexual tells his redemptive story of "healing" and describes his struggle to be free from what he calls "same-sex ambivalence" in a redemptive, biblically sound manner."
36	Life Management	THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE*	Stephen Covey	Simon & Schuster - Rockefeller Center, 1230 Avenue of the Americas, New York, NY 10020 U.S.A.	"A wholistic view to living skills and self-management."
37	Life Management	YES YOU CAN! 1200 Inspiring Ideas for Work, Home and Happiness*	Sam Deep & Lydia Sussman	Addison-Wesley Publishing - 1 Jacob Way, Reading, MA 01867	"A compendium of goals and activities for personal effectiveness, work and family living."
38	Life Skills and Coping with Problems	BORN TO WIN***	Muriel James & Dorothy Jongeward	Addison-Wesley Publishing - 1 Jacob Way, Reading, MA 01867	"This book uses the well- known psychological method called transactional analysis to uncover the roles we unconsciously act out day after day. Its fifty gestalt excercises have helped generation realize how they communicate with others and think about themselves. It will bring out the insight and confidence of a born winner."
39	Life Skills and Coping with Problems	EMOTIONAL INTELLIGENCE - Why it can matter more than IQ	Daniel Goleman	Bantam Books, Inc. - 1540 Broadway, New York, NY 10036	"Taking care of one's emotions. "How to use the "emotional intelligence" of self-awareness, impulse control, persistence, zeal, self motivation, empathy and social deftness to enable intimate relationships, better health and workplace success."

Books On Growth For Whole Persons And Families

	TOPIC	TITLE	AUTHOR	PUBLISHER	SUBJECT
40	Life Skills and Coping with Problems	HEART TO HEART: The Art of Communication	Nancy Van Pelt	Inter-American Division Publishing Association (IADPD) - 1890 N.W. 95th Avenue, Miami, FL 33172, USA	"These communication techniques can be used in relations with family, friends, commerce, work, school and even incidental relationships. Offers general information as well as specific guidelines regarding the stages of an effective and open communication process (especially between men and women). Teaches how to evaluate your own communication patterns and to understand the needs of those in your life."
41	Life Skills and Coping with Problems	MANAGING YOUR MIND: The Mental Fitness Guide***	Gillian Butler & Tony Hope	Oxford University Press, INC. 198 Madison Avenue, New York, NY 10016	"Develop your full potential: Build self-confidence and self esteem, manage your time, overcome anxiety and depression, deal better with your anger, take control of your present future, free yourself of persistent fears and worries, come to terms with loss and trauma."
42	Life Skills and Coping with Problems	PASSAGES*	Gail Sheehy	Bantam Books, Inc. - 666 Fifth Avenue, New York, NY 10103,	"Dealing with the transitions of adult life and how to cope with them. Excellent for all ages."
43	Life Skills and Coping with Problems	SELF-HELP & PSYCHOLOGY MAGAZINE*	Pioneer Dev. Resources	Internet: www.cybertowers.com/selfhelp	Internet resources for most problems
44	Life Skills and Coping with Problems	THAT'S LIFE, 41 CHALLENGES AND HOW TO HANDLE THEM	Tim Connor	Executive Books Publishers - 206 West Allen Street, Mechanicsburg, PA 17055, USA	"...Shares simple ways to manage, overco
45	Life Skills and Coping with Problems	THE HEALTHY CHRISTIAN LIFE: The Minirth-Meier Clinic Bible Study Guide*	Frank Minirth et al	Baker Book House - P. O. Box 6287, Grand Rapids, MI 49516	"Presents a comprehensive and healthy approach to living. The variety of topics covered range from the basic Christian lifestyle to common emotional problems. Areas include growing in relationships, handling mental, emotional and behavioural disorders, growing spiritually and growing emotionally. Each unit features scriptures for individual study, a personal project and additional enrichment assignments."
46	Life Skills and Coping with Problems	HIS NEEDS HER NEEDS: Building an Affair-proof Marriage**	Willard F. Harley. Jr.	Fleming H. Revell a division of Baker Book House - P. O. Box 6287, Grand Rapids, MI 49516	"Discover how identifying and meeting your (and your spouse's) important needs will deepen your love and desire for each other" Needs: Admiration, Affection, An Attractive Spouse, Conversation, Domestic Support, Family Commitment, Financial Support, Honesty and Openness, Recreational Companionship, Sexual Fulfillment."
47	Life Skills and Coping with Problems	WHY AM I AFRAID TO TELL YOU WHO I AM?	John Powell	Tabor Publishing - 25115 Avenue Stanford, Suite 130, Valencia, CA 91355	"Insights on self-awareness, personal growth and interpersonal communication. Good for understanding and dealing with emotions and the "defenses" and "games" common in people with personality difficulties."
48	Losses, Setbacks & Bereavement	HOW TO SURVIVE LOSS OF A LOVE	Melba Colgrove et al	c/o Bantam Books, Inc. - 666 Fifth Avenue, New York, NY 10103,	"Dealing with various losses including male-female relationships."
49	Losses, Setbacks & Bereavement	LIFE IS GOODBYE, LIFE IS HELLO (Second Edition)	Alla Renee Bozarth	ComCare Publishers - 2415 Annapolis Lane, Minneapolis MN 55441, U.S.A.	"Dealing with bereavement, setbacks and other losses."
50	Marriage, Gender & Relationships	10 GREAT DATES TO REVITALIZE YOUR MARRIAGE: The best tips from "Marriage Alive!" Seminars	David & Claudia Arp	Zondervan Publishers - Zondervan Corporation, Grand Rapids, MI 49506	"Dating exercises to enrich all aspects of your marriage."

Books On Growth For Whole Persons And Families

	TOPIC	TITLE	AUTHOR	PUBLISHER	SUBJECT
51	Marriage, Gender & Relationships	A COUPLE'S GUIDE TO COMMUNICATION**	Cliff Notarius et al	Research Press - 2612 North Mattis Avenue, Champaign, IL 61820	"Excellent guide for effective communication, conflict management and building intimacy. Also sexual problems and marriage termination."
52	Marriage, Gender & Relationships	HIGHLY EFFECTIVE MARRIAGE	Nancy Van Pelt	Review & Herald Publishing Association - 55 W. Oak Ridge Drive, Hagerstown, MD 21740, USA	"A well written practical overview of the several emotional, relational, physical and spiritual essentials for a lasting and fulfilling marriage."
53	Marriage, Gender & Relationships	FOR WOMEN ONLY* FOR MEN ONLY	Evelyn R. & J. Allen Petersen	Tyndale House Publishers - 351 Executive Dr., P. O. Box 80, Wheaton, IL 60189-0080	"An excellent guide to gender related coping skills between the secular and the spiritual."
54	Marriage, Gender & Relationships	HOW TO HAVE A HAPPY MARRIAGE: A Step-By-Step Guide to an Enriched Relationship	David & Vera Mace	Abingdon Press - 201 8th Avenue, South Nashville TN 37203 USA	"A practical six week workbook on improving one's marriage relationship."
55	Marriage, Gender & Relationships	MEN ARE FROM MARS, WOMEN ARE FROM VENUS	John Gray	Harper Collins Publishers, Inc. - 10 East 53rd Street, New York, NY 10022	"Marriage and male-female relationships. Valuable for understanding the "opposite" gender."
56	Marriage, Gender & Relationships	MEN WHO CAN'T BE FAITHFUL	Carol Botwin	Warne Books, Inc. - 666 Fifth Avenue, New York, NY 10103	"Offers advice and solutions to male infidelity."
57	Marriage, Gender & Relationships	MEN WHO CAN'T LOVE	Steven Carter & Julia Sokol	Berkely Books, Inc. - 200 Madison Ave., New York, NY 10016	"Teaches to identify commitment-phobic males."
58	Marriage, Gender & Relationships	MEN WHO HATE WOMEN AND THE WOMEN WHO LOVE THEM	Susan Forward & Joan Torres	Bantam Books - 666 Fifth Avenue, New York, NY 10103	"Identifies destructive males and suggests solutions."
59	Marriage, Gender & Relationships	MEN'S WORK - How to Stop the Violence That Tears Our Lives Apart	Paul Kivel	Ballantine Books c/o Random House - Distribution Centre, 400 Hahn Road, Westminster, MD 21157	"A unique program that empowers men with the awareness and the tools they need to end violence."
60	Marriage, Gender & Relationships	THE ACT OF MARRIAGE: The Beauty of Sexual Love	Tim & Beverly LaHaye	Zondervan Publishers - Zondervan Corporation, Grand Rapids, MI 49506	Marital sexuality
61	Marriage, Gender & Relationships	TORN ASUNDER: Recovering from extra-marital affairs	Dave Carder	Moody Press - c/o MLM, Chicago, Illinois 60610	"Overall recovery process from sexual and non-sexual affairs. Includes self evaluations and exercises."
62	Marriage, Gender & Relationships	WHY MEN STRAY, WHY MEN STAY	Susan Kelley	Adams Publishing Group - Box 263, Boston, MA, 02199	"What every woman needs to know about making the commitment last."
63	Marriage, Gender & Relationships	WOMEN MEN LOVE / WOMEN MEN LEAVE	Connell Cowan & Melvin Kinder	Signet Printing c/o NAL Penguin, Inc. - 1633 Broadway, New York, NY 10019	"Gives insights into what makes men want to commit."
64	Marriage, Gender & Relationships	WOMEN WHO LOVE TOO MUCH: When you keep wishing and hoping he'll change	Robin Norwood	Pocket books - Simon & Schuster, 1230 Avenue of the Americas, New York, NY 10020	"Helps women recognize, understand and change the way they love, instead of becoming obsessed with the wrong men - those who are emotionally unavailable, addicted to work, alcohol, other women or men who can't love them back."
65	Marriage, Gender & Relationships	ADDICTION TO LOVE: Overcoming obsession and dependency in relationships*	Susan Peabody	Ten Speed Press - P. O. Box 7123, Berkeley, CA 94707	"Learn how to create a loving and fulfilling relationship in place of an addictive one"
66	Marriage, Gender & Relationships	WOMEN WHO TRY TOO HARD: Breaking the Pleaser Habits	Kevin Leman	Fleming H. Revell Co./Baker Book House - P.O. Box 6287, Grand Rapids, MI 49516, USA	"Learn how to move from no power to NO! POWER!"
67	Natural Health & Nutrition	8 WEEKS TO OPTIMUM HEALTH	Andrew Weil	Alfred Knopf, Inc. c/o Random House - Distribution Centre, 400 Hahn Road, Westminster, MD 21157	"A guided plan for well being and nature healing. Good low cost pocket, nutrition."
68	Natural Health & Nutrition	BACK TO EDEN	Kloss, Jethro	Back to eden Publishing Co. P.O. Box 1439, Loma Linda, CA 92354	"Guide to herbal medicine, natural foods, and home remedies. Includes massage & hydrotherapy and vegetarian recipes. Over 800 pages for US\$80."
69	Natural Health & Nutrition	DELICIOUS JAMAICA! Vegetarian Cuisine	Yconne McCalla-Sobers	Book Publishing Co. - P. O. Box 99, Summertown, TN 38483	"Delicious preparation of healthy meals. Use fish also - baked or steamed."

Books On Growth For Whole Persons And Families

	TOPIC	TITLE	AUTHOR	PUBLISHER	SUBJECT
70	Natural Health & Nutrition	EAT MORE, WEIGH LESS*	Dean Ornish	Harper Paperbacks - 10 East 53rd Street, New York, N.Y. 10022-5299	"...revolutionary program takes a new approach, one scientifically based on the type of food rather than the amount of food. Abundance rather than hunger and deprivation. So you can eat more frequently, eat a greater quantity of food - and still lose weight and keep it off. Simply. Safely. Easily. With 250 delicious recipes...Dr. Ornish's program is...also about learning how to begin healing emotional pain, loneliness, and isolation."
71	Natural Health & Nutrition	FOODS THAT HARM, FOODS THAT HEAL: An A-Z guide to safe and healthy eating*	Reader's Digest	Reader's Digest Association Ltd. - 215 Redfern Avenue, Westmount, Quebec, H3Z 2V9	"An excellent guide to nutritional and other healthy habits. How to use foods to lower risk and to aid recovery from several illnesses. Specific commentaries on most foods we eat."
72	Natural Health & Nutrition	GETTING WELL AGAIN	Stephanie Matthew-Simonton et al	Bantam Books, Inc. - 666 Fifth Avenue, New York, NY 10103.	"Dealing with CANCER and other serious illnesses through a whole person approach."
73	Natural Health & Nutrition	GROW 15 HERBS FOR THE KITCHEN, No. 61	Gardenway Editors	Storey Books - 210 Mass MoCA Way, North Adams, MA, 01247, USA	Useful for easy access from your garden.
74	Natural Health & Nutrition	JAMAICAN HERBS: NUTRITIONAL & MEDICINAL VALUES	Diane Robertson	Jamaican Herbs - P. O. Box 978, Kingston 8, Jamaica	Local herbal remedies and healthy nutrition - a brief guide
75	Natural Health & Nutrition	NATURAL HEALTH, NATURAL MEDICINE*	Andrew Weil	Houghton Mifflin Co. - 215 Park Avenue South, New York, NY 10003	"A comprehensive manual for wellness and self care." Excellent coverage of preventive maintenance, specific prevention of 'the killers' and basic natural treatments and home remedies for common ailments."
76	Natural Health & Nutrition	PRESCRIPTION FOR NUTRITIONAL HEALING*	James & Phyllis Balch	Avery Publishing Group - 120 Hold Broadway, New Hyde Park, NY 11040	"A comprehensive guide for nutritional, herbal and other natural treatment of various complaints. Excellent companion to " Back to Eden"
77	Natural Health & Nutrition	PREVENTION MAGAZINE*		Rodale Press, Inc. - P. O. Box 7319, Red Oak, IA 51591-0319	"Up-to-date information on most aspects of keeping healthy."
78	Natural Health & Nutrition	PROGRAM FOR REVERSING HEART DISEASE	Dean Ornish	The Ballantine Publishing Group - 201 East 50th Street, New York, NY 10022	"Heart disease can be halted or even reversed simply by changing your lifestyle. .. The program takes you beyond the purely physical side of health care to include the psychological, emotional, and spiritual aspects so vital to healing." Useful also for preventing stroke, osteoporosis, diabetes, hypertension, obesity, premature aging, etc. Practical information and recipes for low fat vegetarian eating."
79	Natural Health & Nutrition	SIMPLE WAYS TO WELLNESS: A workbook for self-healing	Louise Taylor	Charles E. Tuttle Co., Inc. - 153 Milk Street, Boston, MA 02109	"Acupressure, color therapy, affirmations & imagery. Includes guidelines to spirituality and prayer."
80	Natural Health & Nutrition	THE COMPLETE BOOK OF MASSAGE	Clare Maxwell-Hudson	Random House, Inc. - 201 E 50th St., New York, NY 10022	"Self massage, therapeutic massage, childbirth. Includes aromatherapy, reflexology and acupressure."
81	Parenting	PARENT SURVIVAL TRAINING**	Marvin Silverman & David Lustig	c/o Melvin Powers, Wilshire Book Co., 12015 Sherman Road, North Hollywood, CA 91605	Excellent guide to effective parenting
82	Parenting	THE PARENTHOOD WEB		Internet: www.parenthoodweb.com	"Resources on parenting and pregnancy for parents and prospective parents."

Books On Growth For Whole Persons And Families

	TOPIC	TITLE	AUTHOR	PUBLISHER	SUBJECT
83	Parenting	TO ADOLESCENTS AND PARENTS	Julian Melgosa	Editorial Safeliz S.L. - Aravaca, 8, 28040 Madrid, Spain	"Begins with the causes which have effected the present 'generation gap'. Using a psychological and sociological scientific base, Melgosa offers practical advice to overcome this distancing. A human facet is offered which must be cultivated to achieve a new lifestyle which favours more balanced, happier people and families."
84	Parenting	TOUGH LOVE	David & Phyllis York et al	Bantam Books - 666 Fifth Ave., New York, N.Y. 10103	"Self-help strategies to move beyond disappointment and guilt to deal assertively (not aggressively) and lovingly by taking a stand, demanding co-operation, tackling peer pressure and working with other parents to give young persons a source of direction and support."
85	Personality Problems	SKILLS TRAINING FOR TREATING BORDERLINE PERSONALITY DISORDER*	Marsha Lineham	The Guilford Press - 72 Spring Street, New York, NY 10012	"Step-by-step guide for teaching skills necessary to cope with the disorder."
86	Personality Problems	SPIRIT-CONTROLLED TEMPERAMENT: Strength for every weakness.	Tim LaHaye	Tyndale House Publishers - 351 Executive Dr., P. O. Box 80, Wheaton, IL 60189-0080	Dealing with personality problems
87	Self-Esteem & Assertiveness	SELF ESTEEM: A Proven Program of Cognitive Techniques for Assessing, Improving, and Maintaining Your Self-Esteem	Matthew McKay	New Harbinger Publications - 5674 Shattuck Avenue, Oakland, CA 94609, USA	"Offering a step-by-step program for build
88	Self-Esteem & Assertiveness	WHEN I SAY NO, I FEEL GUILTY	Manuel J. Smith	Bantam Books, Inc. - 666 Fifth Avenue, New York, NY 10103.	"A simple and effective program for assertiveness. it deals with the theory and practice of systematic assertive therapy. It seeks to help give a better understanding of what often happens when we feel at a loss in coping with one another...and what we can do about it."
89	Single Lifestyle	BEING SINGLE IN A COUPLE'S WORLD: How to be happily single while looking for love.	Xavier Amador & Judith Kiersky	Simon & Schuster - Rockefeller Center, 1230 Avenue of the Americas, New York, NY 10020	"A careful look at the obstacles that cause singles the most pain, as well as practical advise on how not to buy into the hurtful biases about singlehood, and how to move forward with rich and rewarding single lives."
90	Spiritual Healing	CHRISTIAN HEALING: A practical and comprehensive guide*	Mark Pearson	Hodder & Stoughton Ltd. - 338 Euston Rd, London NW1 3BH, UK	"A practical and comprehensive guide to understanding spiritual healing. Includes healthy lifestyles and how to identify New Age and occult healing."
91	Spiritual Healing	THE PRAYER THAT HEALS: Praying for healing in the family	Francis MacNutt	Hodder & Stoughton Ltd. - 338 Euston Rd, London NW1 3BH, UK	"A simple guide for praying for the healing of family members and self."
92	Spirituality	A COMPACT GUIDE TO THE CHRISTIAN LIFE**	K.C Hinckley	NavPress, P.O Box 35001, Colorado Springs, CO 80935.	"An instant source of information on Chris
93	Spirituality	COME PRAY WITH ME: Prayer Group Guide	Camps Farthest Out, Inc.	Camps Farthest Out, Inc. - 475 Cleveland Ave. N., St. Paul, MN 55104	"Suggestions for participation in prayer groups for healing and support - a brief guide."
94	Spirituality	THE JOY OF LISTENING TO GOD*	Joyce Huggett	Intervarsity Press - 430 Plaza Dr., Westmont, IL 60559	"A comprehensive practical book on ways to pray, silent meditation, how God speaks to us and on listening to God. Useful for deepening one's spirituality."
95	Spirituality	THE PERSONAL PROMISE POCKETBOOK		Harold Shaw Publishers - P. O. Box 567, Wheaton, IL 60188	"Topical compilation of over 800 of God's promises and purposes - includes helps for personal day-by-day application."
96	Spirituality	THE SPIRITUAL WARRIOR'S PRAYER GUIDE*	Quin Shearer & Ruthanne Garlock	Servant Publications - P. O. Box 8617, Ann Arbor, MI 48107	"Guidelines and scripture references for praying as an individual and in groups about life's problems."

Books On Growth For Whole Persons And Families

	TOPIC	TITLE	AUTHOR	PUBLISHER	SUBJECT
97	Stress and Burnout	BEATING BURNOUT: Balanced living for busy people - How to beat burnout, before burnout	Frank Minirth et al	Budget Book Services, Inc. - 386 Park Ave. S., New York, NY 10016	Also see title. Helpful for work stress, workaholics and other persons who push themselves too much.
98	Stress and Burnout	KICKING YOUR STRESS HABIT*: A do-it-yourself guide for coping with stress	Donald Tubesing	Whole Person Associates, Inc. - P. O. Box 3151, Duluth, MN 55803	"A do-it-yourself basic guide with self help exercises and guide to journaling."
99	Stress and Burnout	LESS STRESS!*	Julian Melgosa	Editorial Safeliz S.L. - Aravaca, 8, 28040 Madrid, Spain	"Very detailed and well illustrated. Including several methods for mind, body, spirit and relationships. For all ages."
100	Wholeness / Wellness	SEEKING YOUR HEALTHY BALANCE: A do-it yourself guide to Whole Person well-being**	Donald Tubesing & Nancy Loving Tubesing	Whole Person Associates, Inc. - P. O. Box 3151, Duluth, MN 55803	"A personal resource, a wellness text: jug
101	Wholeness / Wellness	FIT FOR LIFE II: Living Health, the Complete Health Program	Harvey & Marilyn Diamond	Warner Books - P. O. Box 690, New York, NY 10019	"The art of healthful living. Includes a physical exercise program, yoga and detoxification."
102	Wholeness / Wellness	HEALTHY LIVING SERIES	Mennonite Mutual Aid	Mennonite Mutual Aid - 1110 North Main Street, PO Box 483, Goshen, IN 46527	"A set of booklets which target all aspects of wholeness. An excellent global introduction to achieving wellness in most areas of one's life. It is being suggested that the set be purchased as a unit in order to achieve best results."
103	Wholeness and integrative healing - A Christian approach	CARING FOR THE WHOLE PERSON*	E. Anthony Allen	Whole Person Resource Centre - 8 Durham Avenue, Kingston 6, Jamaica	"Understanding Whole Person Health and its relationship to the Christian life style. Includes guidelines to spirituality and prayer."
104	Wholeness and integrative healing - A Christian approach	THE DOCTOR AND THE WORD - Discover God's pathway to healing for you and your family*	Reginald Cherry	Creation House Publishers - 600 Rinehart Road, Lake Mary, FL 32746	"A practical guide to Christian Wholistic Healing: Healing through pathways of medicine, prayer, scripture, diet, and exercise. Preventing various diseases through diet."