

## WiRC Library List -last updated September 2010

WiRC has endeavoured to group the books of the library into categories by topics. Some books are difficult to define and have been categorised at our discretion. WiRC does not take responsibility for any poor categorisation. The categories are

- Careers and lifestyle**
- Domestic violence**
- Education**
- Feminism and women's stories**
- Financial matters**
- Health**
- Loss and grief**
- Parenting**
- Relationships**
- Reference (not for loan)**
- Self development/Personal growth**
- Tapes, DVDs & CDs**

If you know the name of the **author** or **title** of the book and want to know if we have it, click on Edit, go to Find, type the information, press Enter and then click on Find Next.

To search for books or videos on a **subject**, click on Edit, go to Find, type the word, press Enter and then click on Find Next.

### CAREERS and LIFESTYLE

CL 1

**Passages : Predictable Crises of Adult Life/** Gail Sheehy

**1976** ISBN 0553271067

Adult life goes through personality, lifestyle, and sexual changes during our 20's, 30's, 40's, and beyond. Finding independence, establishing relationships, goal-setting, midlife crisis, and ageing are discussed.

CL 2

**Beyond Certainty: The Changing Worlds of Organisations/** Charles Handy

**1995** SBN 0091791537

A series of essays exploring the changing world of work, corporate thinking, employment opportunities, and planning for the future by employees and employers.

CL 4

**The Money Motivator/** Paul Hanna

**1999** SBN 0140281010

A little pocket book offering quick tips for success with personal finances.

CL 5

**The Sociology of Housework/** Ann Oakley

**1974** ISBN 0855200731

The traditional view that women 'work' outside the home but not inside it is challenged by a novel approach to women's role in the family. Housework is analysed as a job, analogous to any other kind of work. Sexism, images of housework, domesticity and social class, housework conditions, self-esteem and social links, division of labour within a family and feelings about housework are explored

CL 6

**The Half-Open Door : Sixteen Modern Australian Women Look at Professional Life and Achievement/** edited by Patricia Grimshaw and Lynne Strahan

**1982** ISBN 0868060496

Women in art, law, literature, music, teaching and medicine discuss their lives, their families and their careers. They talk about the pressures exerted by religion, education, sexuality and domestic life and about the men who have helped or hindered them.

CL 7

**The 9 to 5 Guide to Combating Sexual Harassment /The National Association of Working Women /** Ellen Bravo and Ellen Cassedy

**1992** ISBN 0471575763

Suggestions for recognising, confronting, and resolving sexual harassment in the workplace. For both employees and employers.

CL 8

**Interviewing Skills/** Tim Hindle

**1992** ISBN 075130526X

Preparing for, conducting and analysing a job interview from the employer's point of view.

CL 9

**Creating a Successful Resume/** Max A Eggert

**1997** ISBN 07318064

To ensure a good first impression, a resume should clearly explain your skills, achievements, and experiences, which are relevant to your potential employer. Dos and don'ts, examples and covering letters are explained.

CL 11

**My wife, My Daughter and Poor Maryann/** Beverley Kingston

**1975** ISBN 0170052125

The nature of work, economic oppression of women, their unrecognised and unpaid work, and their responsibilities for housework in Australia from the 1860s to the 1930s is investigated.

CL 12

**In Her Own Name: A History of Women in South Australia from 1836/** Helen Jones

**1994** ISBN 1862543216 Revised edition

A political and legal history of women's changing status in South Australia is illustrated by accounts of personalities, issues and events which led to their changing status. Women's work, family roles, and suffrage are explored.

CL 13

**Stepping Up : How Women Become Successful, and How You Can Join Them/** Di Hathaway

**1992** ISBN 0646070371

The experiences of ordinary women and the techniques they offer in public speaking, media management, leadership, negotiating, child care, sexual harassment and office politics will help you achieve your goals in the workplace.

CL 14

**The Working Mother's Handbook** / Marianne Latham

**1995** ISBN 1863737545

Australian women are often juggling two lives—a paid position in the workforce and an unpaid position in the home. Leaving and returning to the work force, options for part-time or casual work, childcare, coping with emergencies and family responsibilities, getting support, and understanding your rights and opportunities are illustrated by stories.

CL 15

**The Career Guide for Creative and Unconventional People/** Carol Eikleberry

**1995** ISBN 0898157579

CL 16

**Zen and the Art of Making a Living : A practical guide to creative career design/**

Laurence G Boldt

**1992** ISBN 014019469X Revised edition

After identifying work that will be deeply satisfying and discovering what you really want to do, the practical, active steps to finding or creating that work are explained.

CL 18

**Another Country: navigating the emotional terrain of our elders** / Mary Pipher

**1999** ISBN 1864710322

This book is a practical and positive guide to the journey into old age, another country for both our parents and ourselves, and is illustrated by stories of real children, parents, and grandparents,

CL 19

**Leaflets in the Life of my Mother** / Marjorie E McInnes

**1990** ISBN 0140060022

The life story of Edith Louise Graber, 1985-1987, of Melbourne, is told through diaries, photographs and her daughter's reminiscences.

CL 20

**Double Time : Women in Victoria - 150 years** / edited by Marilyn Lake and Farley

Kelly

**1985** ISBN 0140060023

A new perspective on Australian history covering the place of women, their relationships between public and private, their paid and unpaid work, party politics and sexual politics as told through the stories of more than fifty women living in Victoria.

CL 21

**Understanding the Mid-Life Crisis** / Peter O'Connor

**1981** ISBN 0725103744

The period between the ages thirty-five and forty-five is a time of crisis for many men, a time when feelings of frustration and personal inadequacy may surface and strains in marriage may be felt.

CL 22

**When Work Doesn't Work Anymore: Women, Work and Identity**/ Elizabeth Perle McKenna

**1997** ISBN 0733604986

Women have a complex relationship with their work and may need to change the way they work or face divided and unbalanced lives. Ways to identify values, reclaim identities, and define success are offered.

CL 23

**The Promise and the Price : The Struggle for Equal Opportunity in Women's Employment**/ Clare Burton

**1991** ISBN 0044422865

This book highlights the struggle women continue to face in overcoming organisational bias and achieving the fair and effective implementation of EEO programs.

CL 24

**Readymade Job Search** / Lyn Williams

**2000** ISBN 0 7494 3322 1

Provides a wide selection of job search letters that can be adapted to cover a variety of situations

CL 25

**NLP [Neuro Linguistic Programming] at Work: The Difference that Makes a Difference in Business** / Sue Knight

**1998** ISBN 1857880706

Those who 'get by' in the way they communicate, motivate, influence, negotiate, lead, empower and manage their own self-development can be changed into those who excel by using Neuro Linguistic Programming techniques.

CL 26

**The Gentle Revolution : Men and Women at Work - What Goes Wrong and How to Fix It** / Helena Cornelius

**1998** ISBN 0731805712

The dynamics of puzzling behaviour in others in our workplace are explained by masculine and feminine differences. Understanding the reasons for workplace hassles and using different ways of responding to them enables men and women to value and to enjoy working together.

CL 27

**Competing For the Future**/ Gary Hamel and C K Prahalad

**1994** ISBN 0875847161

Future industry leaders should develop approaches to company strategy, competition and organization which use resources effectively and ensure market share.

CL 28

**Applying for Jobs and Winning at Interviews/** George Stern

**1998** ISBN 0646348574

Everything you need to know about the written and oral stages of getting a job.

CL 29

**Beyond the Glass Ceiling : Women Leaders in Education/** Mary Ryan

**1993** ISBN 1863711686

Seven Australian women who have become high achievers through commitment, perseverance and faith in themselves show how to break through the 'glass ceiling' of women's position in society.

CL 30

**Counting for Nothing: What Men Value and What Women are Worth/** Marilyn Waring

**1998** ISBN 0044423365

The patriarchal nature of economics ignores the contribution that women's unpaid productive and reproductive work makes in every country in the world. A feminist perspective of economics might put value the well-being of the whole community and of the environment.

CL 32

**Unemployment Forever? Or a Support Income System and Work for All/** Allan

McDonald

**1995** ISBN 0646259105

Universal income support and its wide-ranging benefits are explained. It is possible to have such a system without higher income taxation and without the need for nearly one third of Australia's population being dependant in some way on social welfare benefits.

CL 33

**Parting Company : How to Survive the Loss of a Job and Find Another**

**Successfully /** William J Morin and James C Cabrera

**1991** ISBN 0156710471 2<sup>nd</sup> edition

Contains practical advice on negotiating the best severance package, considering career options, marketing yourself, interview techniques, and starting a new job.

CL 34

**The Career Choice Guide /** Dr Bob Bisdee

**1987** ISBN 0140103236

A realistic approach to employment for school leavers, graduates and job seekers.

CL 35

**Sisters in Suits : Women and Public Policy in Australia/** Marian Sawyer

**1990** ISBN 0046100210

Australian feminists came to work through government by creating bureaucratic machinery and achieved their goals of greater opportunity and support for women

CL 36

**The Equality Myth: A Guide for Women Who Want to Make a Difference in the World of Business and for Men who are Ready to Change /** Kerry Chater and Roma

Gaster

**1995** ISBN 1863738304

By building on their different strengths and qualities, women and men can have a mutually profitable business world. Shared values, diversity, creativity, cooperation and open communication are illustrated with exercises and stories.

CL 38

**Reaching for Stars : Reflections on a Journey Through Life and Living** / Janine Shepherd

**1998** ISBN 0091839866

After the cross-country skiing champion Janine Shepherd had an accident, which left her a paraplegic, she decided to learn to fly and got her commercial pilot's licence and then her instructor's permit. She is an inspirational speaker and writer.

CL 39

**Voices of the Survivors: Powerful and Moving Stories from Survivors of Sexual Assault** / Patricia Easteal

**1994** ISBN 1875559248

Responses of women who have survived rape and sexual abuse.

CL 40

**What Colour is Your Parachute? : A Practical Manual for Job-Hunters and Career-Changers**/ Richard Nelson Bolles

**1996** ISBN 0898158443

Practical exercises assist with identifying your skills and what kind of organization or people you want to work with and what rewards you expect. It contains coaching on resume writing and interview techniques. There are tips for the impatient job hunter, job-hunting on the Internet and changing careers without going back to school.

CL 43

**The Lifetime Career Manager: New Strategies for a New Era**/ James C Cabrera and Charles F Albrecht

**1995** ISBN 1558504397

Individuals can take control of their career and move it in the direction they want to go by understanding their career goals, job skills and by articulating specific accomplishments. They can recognise danger signals, avoid career crises and make the best decisions.

CL 44

**Awaken your Business Creativity: Turn your potential into profit** / Cyndi Kaplan

**1995** ISBN1864290307

Thirty inspiring achievers demonstrate easy to use techniques to promote creativity in the business world.

CL 45

**Life after debt: Resurrecting your financial future**/ Annie Holden and Jeannie Sheppard

**1999** ISBN 0732259886

Understanding effective money management and using strategies for finding a way out of debt will help those who are deep in financial crisis. The ten recommended steps outlined are: take responsibility, communicate with the people to whom you owe money, stop spending, expect to grieve, take heart, learn lessons, improve your relationship with money, put your house in order, revalue your life, and simplify and liquidate.

CL 46

**People Styles at Work: Making bad relationships good and good relationships**

**better/** Robert Bolton and Dorothy Grover Bolton

**1996** ISBN 0814477232

A practical way to handle people differences on the job and to capitalize on the diversity of behaviour styles in the workplace.

CL 47

**101 Great Answers to the Toughest Interview Questions/** Ron Fry

**2000** ISBN 156414464X 4<sup>th</sup> edition

Winning answers to questions likely to be asked at job interviews.

CL 48

**Working in Community Services: Management and practice /** Michael Wearing

**1998** ISBN 1864487224

The relationship between community service workers and their clients can be improved by understanding the history of welfare practice, the roles of government versus non-government agencies, and what role emotions and perceptions play in daily interactions. For students and professionals in social work, community work, social policy and public administration.

CL 49

**Delivering 'Knock your Socks off' Service /** Kristin Anderson and Ron Zemke

**1998** ISBN 0814479707 Revised edition

The kind of service that makes a positive, lasting impression on your customers-takes more than simple courtesy. It is reliable, responsive, reassuring, empathetic and tangible. Ways of achieving this and problem-solving techniques are explained

CL 50

**Working at Home While the Kids are There, Too /** Lorraine Hoff Oberlin

**1997** ISBN 1564143058

Ways of combining a career and children through a home-based business are explained.

CL 51

**The Women's Power Handbook/** Joan Kirner and Moira Rayner

**1999** ISBN 067887773

This book will help you to work out what you want, communicate your need, get others to work with you, and advance your cause. It explains personal tactics, skills for all situations, managing meetings, workplace matters, and community activism.

CL 52

**What Colour is Your Parachute: A practical manual for job-hunters and career-changers/** Richard Nelson Bolles

**1996** ISBN 0898157587

Practical exercises assist with identifying your skills and what kind of organization or people you want to work with and what rewards you expect. It contains coaching on resume writing and interview techniques. There are tips for the impatient job hunter, job-hunting on the Internet and changing careers without going back to school.

CL 53

**What Colour is Your Parachute: A practical manual for job-hunters and career-**

**changers/** Richard Nelson Bolles

**2005** ISBN 0898157587 Updated

Practical exercises assist with identifying your skills and what kind of organization or people you want to work with and what rewards you expect. It contains coaching on resume writing and interview techniques. There are tips for the impatient job hunter, job-hunting on the Internet and changing careers without going back to school.

CL 54

**How to Write to Selection Criteria** / Dr Ann Villiers

**2000** ISBN 0646254987

Covers understanding the system of job filling, improving job applications, understanding advertisements, obtaining more information, addressing selection criteria, helping get referees' reports, preparing for interviews, taking action for self-improvement, looking at the employer's perspective and a case study example.

CL 55

**Growing Into Wisdom: Change and transformation at midlife/** Juliet Batten

**2000** ISBN 1877178578

Midlife brings changes in priorities for career, lifestyle, and relationships, necessitates dealing with loss and change, offers the accepting life as a journey, allows expanding spirituality, redefines identity, enables the seeing of positives in ageing, acknowledges the need for and giving support, allows the expressing the creative self, and enables the achieving and passing on of wisdom.

CL 56

**Before and After Retirement/** Peter Cerexhe

**2000** ISBN 0947277706 2nd edition

Planning for your future security and happiness is easier if undertaken with the right attitudes, and with knowledge of your financial options, health concerns, accommodation options, leisure activities, travel and legal affairs are explored.

CL 59

**Juicy Tomatoes: Plain truths, dumb lies, and sisterly advice about life after 50/**

Susan Swartz

**2000** ISBN 1572242175

Humorous stories from women who have experienced middle age, body changes, menopause, relationships, life changes and self analysis during ageing.

CL 60

**Ageing Disgracefully : A grown-up girl's guide to her best years/** Joan Sauers

**2000** ISBN 0 091 83944 0

More than 300 fun tips on absolutely everything - how to get the most of the rest of your life.

CL 61

**Write It: Right It** / ACT Consumer Affairs Bureau

**1996** ISBN 186331225

Explanations of consumer rights, pro-forma letters, advice on making and handling complaints for both consumers and traders. Included are examples of letters relating to car repairs, rental properties and lay-by cancellations.

CL 62

**Woman Work Child** / Jodie Beveniste

**1998** ISBN 0 7318 0666 2

Fourteen women talk about attempting, in different ways, to find balance between family responsibilities and work.

CL 63

CL 64

CL 65

**The Path to Success** / Compiled by Sandy Forster

**2008** ISBN 978 0 9752490 6 2

A compilation of inspirational and motivational ideas and tools you need to make changes that will allow you to create the success you desire.

CL 66

**Information About Sex Discrimination** / Sex Discrimination Unit, Human Rights and Equal Opportunity Commission

**1999**

Workplace case studies dealing with pregnancy, sexual harassment, sex discrimination, family responsibilities and victimisation.

CL 67

**The Beginner's Guide to Retirement**/ Michael Longhurst

**2000** ISBN 073361048X

After talking to over 200 Australian retirees, the author provides advice on relationships with partners and family, skills in conflict resolution, maintaining financial stability, dealing with issues such as loss, and living a full and happy life in retirement with minimal stress, boredom and health problems.

CL 68

**How to Address Selection Criteria: Improving your chances of being short-listed for a job**/ Ann D Villiers

**2000** ISBN 0957792409

Covers understanding the system of job filling, improving job applications, understanding advertisements, obtaining more information, addressing selection criteria, helping get referees' reports, preparing for interviews, taking action for self-improvement, looking at the employer's perspective and a case study example.

CL 69

**The Good Girls Guide to Negotiating**/ Leslie Whitaker and Elizabeth Austin

**2001** ISBN 0 7126 7085 8

This book emphasises how women can play to their strengths: listening astutely, interpreting body language, empathy and relationship building. Areas such as conflict avoidance, where women are not strong, are analysed in full to help women recognise, control and use them to their advantage.

CL 70

**I Don't Need A Baby To Be Who I Am** / Joan Brady

**1998** ISBN 0 671 00980 x

Thoughts and affirmations on a fulfilling life.

CL 71

**A Certain Age: Women Growing Older** / Marilyn Poole & Susan Feldman

**1999** ISBN 1 86448 996 0

Explores the public and private worlds of older women...challenging the emphasis on declining health.

CL 72

**Changing Course** / Kaye Healey

**2002** ISBN 0947277862

Successful retirement depends on sound financial planning and psychological readiness to move through a period of great and potential upheaval.

CL 73

**Before and After Retirement** / Peter Cerexhe

**2000** ISBN 0947277706

Clearly outlines financial issues such as superannuation, investments, government pensions and benefits; and lifestyle issues including health cover, health, housing, attorney, business, volunteering, education and travel.

CL 74

**Double Lives**/ Cat Gander in Association with W.I.S.E. (Workers in Sex Employment)

**1993** ISBN 0664158821

The ordinary, extraordinary lives of sex workers. These 'stories' provide insights into the personal and professional lives of the workers.

CL 75

**Leaving Home**/ Samantha Koch with David Koch

**2003** ISBN 1865087068

Full of practical tips for making a stress-free transition from living at home.

CL 76

**Living Alone & Loving It**/ Barbara Feldon

**2003** ISBN 0733617115

Secrets for coping with the practical and emotional aspects of solo life.

CL 77

**Secret Women's Business** / Patsy Rowe

**2003** ISBN 1741100097

From the dating game to the mating game – even to the hating game of divorce and picking yourself back up off the floor – covers every base and provides the sort of advice that your grandmother would be proud of, and includes interviews with vintage women.

CL 78

**Wifework** / Susan Maushart

**2002** ISBN 1877008184

Examines with devastating honesty how hard women will work to keep a marriage running, and looks fearlessly at the cost of children when they decide to stop

CL 79

**Organizing from the Inside Out** / Julie Morgenstern

**2002** ISBN 073361350

How to organise workloads and prioritise. Balancing business and family life.

CL 80

**Maketime: The survival guide for women with too much to do**/ Pamela Allardice

**2004** ISBN 1 74114 150 8

An instruction book for women living in the real world. Learn to be better equipped and start to enjoy your self, your work and your family.

CL 81

**The Girls Guide to Work and Life: How to create the life you want** / Donna Lee Brien and Tess Brady

**2004** ISBN 1 74117 202 4

Using real women's stories, The girls guide to work and life sets out easy-to-follow steps that put the 'you' back into 'your' career.

CL 82

**What's Next? Women Redefining their Dreams in the Prime of Life**/ Rena Pederson with Dr Lee Smith

**2002** ISBN 0 399 52578 1

Through stories of women this book captures the dilemma that many women face in midlife and to confront their concerns and take action.

CL 83

**Leaving the Rat race to get a life**/ Philomena Tan

**2003** ISBN 0 7314 0096 8

A book that explores lifestyle career changes and a practical map to guide people through a sea change.

CL 84

**Nice Girls Don't Get the Corner Office**/ Lois P. Frankel

**2004** ISBN 0 446 69577 7

Unconscious mistakes women make that sabotage their careers.

CL 85

**Working with monsters**/ John Clarke

**2005** ISBN 1 74051 154 9

How to identify and protect yourself from the workplace psychopath.

CL 86

**Women's Business, Women's Health**/ Amanda Ellis

**2002** ISBN 74051 134 4

Create the life you want at work and in business.

CL 87

**Working Mum's Handbook**/ Carol Smillie with Eileen Fursland

**2003** ISBN 0 7535 0746 3

The work-life balance, getting organised, choosing childcare, maternity leave and pay, tax credits.

CL 88

**The Declutter Workbook/** Mary Lambert

**2004** ISBN 1 903116 88 0

101 steps to transform your life.

CL 89

**Do What You Love, The Money Will Follow/** Marsha Sinetar

**1987** ISBN 0 440 50160 1

Discovering your right livelihood.

CL 90

**Oh Happy, Happy days! /** Graham L Ascough

**2002** ISBN 1 86350 392 7

Planning for retirement, a step by step guide for couples or individuals wanting to retire from their paid employment. Recommended for anyone desiring their most mature years to be their very best years.

CL 91

**You, Inc/** John McGrath

**2003** ISBN 0 7322 7636 5

A guide for anyone seeking to redesign themselves for a smarter future. Real and achievable steps to attain clarity and reach your potential.

CL 92

**You Go Girlfriend /** Maureen Frank

**2005** ISBN 0 646 45104 9

This book will help guide you through a variety of difficult issues for the working woman, including career issues, childcare and how to survive being a working mum.

CL 93

**The Art of Persuasion /** Juliet Erickson

**2004** ISBN 0 340 83030 1

Juliet Erickson has worked with corporations around the world to help them achieve their goals. She will help you successfully achieve many workplace goals.

CL 94

**Addressing Selection Criteria: Complete Reference /** Irene Goudie

**2006** ISBN 0 9757201 8 X

This book provides practical and useful steps for people to take when writing applications and preparing for interviews.

CL 95

**Switched On: Conversations with Influential Women in the Australian Media/**

Catherine Hanger

**2006** ISBN 1 74031 129 9

Looks at the way the media has changed in this country since the 1960s and the roles women have played in shaping the way we watch television, buy magazines, read newspapers and buy goods based on clever advertising.

CL 96

**Built like A Woman: Planning, Building, Surviving /** Sandra Broman

**2004** ISBN 1 74045 390 5

Sandra Broman draws on her own experiences as an owner-builder to give you tips on planning, building and renovating from a woman's perspective.

CL 97

**The Invisible Heart: Economics and Family Values** / Nancy Folbre

**2001** ISBN 1 56584 655 9

An exploration of societies' problem of balancing economic pursuits with care for others.

CL 98

**See Jane Lead** / Lois P. Frankel

**2007** ISBN 978 0 446 58159 2

Filled with practical advice and examples of successful female leaders, this book reveals the most effective ways women can lead in the business world, the home or beyond – using their natural capabilities.

CL 99

**Love Your Work** / Maggie Hamilton

**2004** ISBN 0 670 04186 6

A guide to implement techniques for: overcoming manic work patterns, handling constant changes and cutbacks, coping with retrenchments and takeovers, thriving in a challenging work culture, tackling your boss, being a good boss, dealing with customer and workmate conflicts, managing a career change and breathing new life into your home, your passions and your friendships.

CL 100

**Perfect Phrases for the Perfect Interview** / Carole Martin

**2005** ISBN 0 07 144982 5

Provides ready to use responses for a variety of interview scenarios. Includes a reference guide to: break the ice and make a winning impression, emphasize your skills, experience and style, handle tough questions with ease, communicate your salary and career goals.

CL 101

**Women's Business** / Maureen Noonan

**2006** ISBN 1 920681 14 0

An Australian easy to follow handbook that shows you how to stay in charge of the legal issues that you will face daily in your business. Includes a list of key reference materials and website addresses.

CL 102

**Job Search That Works** / Rick Lamplugh

1991 ISBN 1 56052 105 8

Using supporting graphics and exercises the author offers practical advice for job searching and boosting self esteem.

CL 103

**Strategic Resumes** / Marci Mahoney

1992 ISBN 1 56052 129 5

Resume writing skills with a strong self-empowerment message to help the reader learn the process of self-identification and skills needed to reach their goals.



DV 3

**All About Rape** / Canberra Rape Crisis Centre

**1987**

Booklet contains information about rape and sexual assault of men, women and children: myths, counselling, emotional responses, effect of rape on relationships, information for partners and friends, medical issues, legal matters (reporting a rape, court processes), sexual assault services, refuges and accommodation contacts in ACT.

DV 4

**The Survivor's Guide to Sex : How to Have an Empowered Sex Life After Child Sexual Abuse** / Staci Haines

**1999** ISBN 1573440795

Women (heterosexual, bisexual, lesbian, partnered or single) who have been abused can recover sexually. Topics such as pleasure and desire, dissociation, embodied sex, consent and boundaries, triggers, explicit sex information, and emotional healing and intimacy are discussed.

DV 5

**Surviving Rape : a handbook about rape for survivors, family, friends and workers** / Sydney Rape Crisis Centre

**1995** Third edition fully revised. ISBN 094720542X

The myths about rape are exposed and questions are answered about sexual assault services, medical treatment (including HIV/AIDS support), legal rights, reporting of rape, rape and Aboriginal and Torres Strait Islander women, telling family and friends, safety and self defence, and compensation . Also includes sections on child rape and sexual assault, and rape in war and as torture.

DV 6

**Child Sexual Abuse Within the Family** / edited by Ruth Porter

**1984** ISBN 042279290X

Intended for medical professionals, counsellors, probation officers, teachers, youth workers, legal professionals and police who are involved in the management of sexually abused children and their families. Covers definitions, risk factors, family characteristics, generational sexual abuse, effects, management (investigation, legal issues, counselling, treatment), and prevention (education, self-help groups). Includes case studies.

DV 7

**Healing the Shame that Binds You** / John Bradshaw

**1988** ISBN 0932194869

Shame is the core problem in our compulsions, co-dependencies, addictions and the drive to super-achieve, resulting in the breakdown in the family system and an inability to go forward with our lives. Definition and solutions to 'toxic' shame such as affirmations, visualizations, listening to 'inner voices' and feelings, and guided meditations are outlined.

DV 8

**Surviving Sexual Abuse** / Elizabeth Kelly

**1995** ISBN 1875531785

Contains an overview of child sexual abuse, an exploration of strategies to limit damage

and speed recovery for adult survivors (men as well as women). Family reaction and partner support are also mentioned.

DV 9 (2 copies A & B)

**You Can't Say That to Me : stopping the pain of verbal abuse - an 8 step program /**  
Suzette Haden Elgin

**1995** ISBN 0471003999

By analysing the conflict demonstrated by scenarios of verbal abuse, the patterns can be recognised and specific language techniques that avoid escalating arguments and break the cycle of abuse can be employed. Includes questionnaires and diaries that help analyse abusive situations, evaluate responses, and track progress.

DV 10

**Crimes of Violence : Australian response to rape and child sexual assault /** edited  
by Jan Breckenridge and Moira Carmody

**1992** ISBN 1863732020

The book provides information about rape and child sexual assault (incest) and documents the historical attitudes underpinning Australian social attitudes. Contains guidelines for sexual assault counselling, organising support groups and addressing the specific needs of those in rural areas, those suffering sexual abuse associated with drug and alcohol abuse, and those suffering sexual assault in Aboriginal and ethnic communities and those with disabilities.

DV 11

**The Courage to Heal Workbook : for women and men survivors of child sexual abuse /** Laura Davis

**1990** ISBN 0060964375

By using writing or artistic expression, survivors of childhood sexual abuse can resolve their emotional responses and move on.

DV 12 (2 copies A & B)

**Ghosts in the Bedroom : a guide for partners of incest survivors /** Ken Graber

**1988** ISBN 155874116X

Although the impact of incest or sexual abuse can destroy relationships and test long-standing commitments, the information in this book may be the key to holding your relationship together through the journey to recovery.

DV 13

**Facts on Rape /** The Brisbane Rape Crisis Collective

**1990**

Myths about rape, what to do after being raped, emotional responses by victims, family and friends, , legal issues and investigations, medical issues, how to support a rape survivor, political aspects of rape, empowerment and support organizations are outlined.

DV 14

**The Obsidian Mirror : an adult healing from incest /** Louise M Wischild

**1993** 2<sup>nd</sup> edition ISBN 1878067397

An adult survivor of childhood incest tells her story of passing from fear and grief to rage and resolve and then to a spiritual reawakening and reclamation of herself.

DV 15

**Betrayal of Innocence : incest and its devastation** / Susan Forward and Craig Buck  
**1988** ISBN 014011002X

This book explores the traumatic effects of incest and analyses its causes and consequences on every member of a family.

DV 16 2 Copies

**Even in the Best of Homes : violence in the family** / Jocelyne A Scutt  
**1990** ISBN 0949646350

The family in law, child abuse (violence, neglect and sexual abuse), domestic violence, rape, and murder, and the responses of family, friends, police, courts, women's refuges to domestic violence are recounted and ways of ending crime in the family and political solutions are proposed.

DV 17

**[Hells] Belles Letters : lines from the homefront** / Homefront Belles Australia in conjunction with the Incest Centre

**1990** ISBN 0646005138

Stories and poems by abused women.

DV 18

**Working for Change : the movement against domestic violence** / Heather McGregor and Andrew Hopkins

**1991** ISBN 1863730192

Focuses on the establishment of the Domestic Violence Crisis Service in Canberra in 1988 and its delivery and effects on the legal system and social change.

DV 19

**Model Domestic Violence Laws : report** / Domestic Violence Legislation Working Group

**1999** ISBN 0642209650

Definitions of domestic violence, domestic violence orders (police response, protection applications, court powers and procedures, protection orders), external protection orders, police functions and powers, appeals, service or applications and orders, offences and arrests are reviewed and best practice legislation is recommended.

DV 20

**The Abusive Personality : violence and control in intimate relationships** / Donald G Dutton

**1998** ISBN 1572303700

Male abusers may have underlying personality defects and symptoms of trauma from their early childhood.

DV 22

**Survival and Beyond : an anthology of stories by victims of crime and a victim's resource guide** / edited by Barbara Giuliano

**1998** ISBN 0646363638

Parents and siblings of children accidentally or criminally killed, accident victims themselves, victims of physical and sexual abuse, victims of crime and domestic violence, tell their stories.

DV 23

**Blood on Whose Hands? : the killing of women and children in domestic homicides** / Women's Coalition Against Family Violence [Victoria]

1994 ISBN 064617924

Confronts the realities of fatal domestic violence. Reveals the fears of the victims, exposes the power of perpetrators, and questions the inadequate response of society and the Australian legal system.

DV 24

**Facing the Unthinkable : a survival guide for mothers whose children have been sexually abused** / Marie-Pierre Cleret et al

1990 ISBN 0958949727

Mothers of incest victims cope with the needs of their child, their own responses and the reactions of family and friends while dealing with the loss of trust in a partner or relative (the usual perpetrator) and this book discusses where to go for help, what to expect, and how to get support. Two mothers' stories are recounted.

DV 25 (also R 54)

**Too Good to Leave – Too Bad to Stay: a step-by-step guide to help you decide whether to stay in or get out of your relationship** / Mira Kirshenbaum

1996 ISBN 0140267387

After answering questions and analysing the relationship, guidelines on deciding whether to continue or to leave a partner can be followed. Case studies illustrate the process and outcome.

DV 26

**Voices of the Survivors : powerful and moving stories from survivors of sexual assault** / Patricia Easteal

1994 ISBN 1875559248

The responses of Australian women to a survey about rape and sexual abuse carried out in 1992 are retold. The myths about rape and accounts of incest and assault by husbands, estranged partners, dates and boyfriends, acquaintances, bosses, doctors, priests, and other professionals, and strangers are told.

DV 27

**The Presence of the Past : Male Violence in the Family** / Jan Horsfall

1991 ISBN 0044423268

Investigates patriarchal structures and practices such as law, the social security/tax system, the employment/unemployment/wage system and male ideologies embedded in professional practices, which can set a climate for domestic violence. Examines power relations in marriage, father-son relations, and men with high dependency needs, and makes suggestions for the way ahead.

DV 28

**Ending men's violence against their partners : one road to peace** / Richard A Stordeur and Richard Stille

1989 ISBN 0803935005

Focuses on counselling for men who are violent against their partners rather than investigating the roots of domestic violence. Divided into theoretical aspects of assault and assaulters, first contacts and crisis intervention, assessment, treatment using groups, and issues for counsellors. Includes case studies.

DV 29

**Breaking free from domestic violence** / Jerry Brinegar

**1992** ISBN 089638263X

Briefly reviews the history and causes of family violence, examines several types of abuse (physical, sexual and emotional abuse and also destruction of property, abuse of pets and sociocultural abuse), and outlines how to stop it and make marriage and parenting work. For perpetrators, women, children, old people, siblings and students.

DV 30

**Free yourself from an abusive relationship : 7 steps to taking back your life /**

Andrea Lissette and Richard Kraus

**2000** ISBN 0897932579

A practical plan which involves recognising abusive behaviour, learning about abusers and victims, preparing for emergencies, getting help after a crisis, making the decision to stay or leave, learning to heal and rebuild, and remaining abuse-free.

DV 31

**Surviving rape : a handbook to help women become aware of the reality of rape /**

Sydney Rape Crisis Centre

**1990** 2nd edition fully revised ISBN 0947205144

The myths about rape are exposed and questions are answered about sexual assault services, medical treatment, legal rights, reporting of rape, rape and Aboriginal and Torres Strait Islander women, telling family and friends, safety and self defence and compensation .

Updated 3<sup>rd</sup> edition DV 5.

DV 32

**The Verbally Abusive Man: Can He change? /** Patricia Evans

**2006** ISBN 1 59337 653 7

A guide to deciding whether to stay or go and what to do when it is. Combines practical applications and the latest clinical research.

DV 33

**It's my life now : starting over after an abusive relationship or domestic violence /**

Meg Kennedy Dugan and Robert R. Hock

**2000** ISBN 0415923581

Guidance and support for the emotional and practical needs of women who have left an abusive relationship are offered. Emotional pain, feelings of loss, and self-esteem problems are discussed and the temptation to go back to the abuser is addressed. Child care, financial matters, personal safety and legal problems (USA) are mentioned. 'Self-exploration' exercises and activities for personal growth are included.

DV 34

**Is domestic violence too close to home : a kit for rural women /** Loddon Mallee

Women's Health for Office of the Status of Women

**1997**

[also titled National rural domestic violence kit at

<http://www.osw.dpvc.gov.au/content/rural/ruralwom.htm> ]

12 pamphlets in kit titled

**Violence?**

**Risks for women – a check list**

**Steps you can take**  
**Planning to be safe**  
**Services that can help**  
**Why does she stay / Local services**  
**Country women – strong women**  
**You are important**  
**What about the kids?**  
**Can the law help you?**  
**Helping hands – friends, family, community**  
**The law in your state.**

Covers types of domestic violence, identification of domestic violence, an action plan, difficulties of leaving, community attitudes, women's rights, children's reactions, legal matters, helping a friend in need, and emergency contact telephone numbers.

DV 35

**Controlling People** / Patricia Evans

**2002** ISBN 1 58062 569 X

A guide to help recognise, understand and deal with people who try to control others.

DV 36

**The Verbally Abusive Relationship** / Patricia Evans

**1992** ISBN 1 55850 582 2 second edition

Explores the damaging effects of verbal abuse on the family, and offers insight and recommendations to therapists and those who seek therapeutic support.

DV 37

**But He Says He Loves Me** / Dina L McMillan

**2007** ISBN 978 1 74175 196 3

How to avoid being trapped in a manipulative relationship, how it happens, how to recognise it and what you can do about it.

DV 38

**The way forward : children, young people and domestic violence** / [proceedings of conference sponsored by Partnerships Against Domestic Violence Program, held in Melbourne 26-27 April 2000]

**2000** ISBN 0642705607

DV 39 3 copies

**Real Rape Real Pain** / Patricia Eastal and Louise Ormond- Plummer

**1996** ISBN 1 876462 43 4

This book, by and for survivors, aims to help readers understand the trauma of an attack by an intimate partner. Covers rights, boundaries, prevention and healing and challenges both the silence and social myths about what 'real' rape is.

DV 40

**Power and Control** / Sandra Horley

**2000** ISBN 0091884322

Why charming men can make dangerous lovers.

DV 41

**Verbal Abuse – Survivors Speak Out** / Patricia Evans

**1993** ISBN 1 55850 304 8

Survivors of verbal abuse speak about their experiences on relationships and recovery. With insights and analysis by the author. Useful information for victims/survivors of verbal abuse, their families and community professionals.

DV 42

**To Be an Anchor In The Storm** / Susan Brewster

**1997** ISBN 1580050379

A practical guide for families and friends of abused women.

DV 43

**Why Does He Do That?** / Lindy Bancroft

**2002** ISBN 0 425 19165 6

An informative book on the subject of abusive, angry and controlling men. Includes information on the early warning signs, abusive personality types, the role of drugs and alcohol, what can and can't be fixed and how to get out of a relationship safely.

DV 44

**Enough** / Patricia Hughes

**2004** ISBN 1 876756 40 3

Patricia Hughes' personal account of surviving an abusive relationship.

DV 45

**Don't Pick on Me** / Rosemary Stones

**1988** ISBN: 1853401595

A discussion in to why some people bully, why others are bullied and what can be done to change things.

DV 46

**Triumph Over Darkness** / Wendy Ann Wood

**1988** ISBN: 0941831868

A collection of prose addressing various aspects of abuse, including ritualistic abuse, multiple personality disorder as well as providing insight on the stages of healing. Provides an understanding of recovery as predictable process and see that healing is possible.

DV 47

**Surviving the Legal System** / Dr S Caroline Taylor

**2004** ISBN: 095807377-5

An Australian handbook for adult & child sexual assault survivors & their supporters. Helps survivors prepare for the procedures, strategies and tactics that Defence Barristers often use in sexual offence trials. It is also the inspiring story of the author who experienced a sexual offence trial first-hand and challenged the legal system by exposing it's inadequacies.

DV 48

**Hurting and Healing** / Gloria Wade

**2001** ISBN 1 84333 095 4

Provides an understanding about the impact of sexual abuse and rape and includes strategies in how to overcome the trauma.

DV 49

**How Long Does it Hurt?** / Cynthia L. Mather with Kristina E. Debye

**2004** ISBN 0 7879 7569 9

A guide to recovering from Incest and sexual abuse for teenagers, their friends, and their families.

DV 50

**Back Off Bully** / Mark Dobson

**2002** ISBN 1 86471 053 3

A crash course in stopping bullies.

DV 51

**No Safe Place, The Legacy of Family Violence/** Christina Crawford

**1994** ISBN 0 88268 184 2

This book talks about violence within the family and the devastating effects it has on children.

DV 52

**Breaking the Cycle of Abuse/** Beverly Engel

**2005** ISBN 0 471 65775 1

This book is a beacon of hope for women and men who fear that they will pass the abuse they have suffered on to their children, partners or employees. Humane and compassionate but also clear and down to earth, this is a wonderful contribution to the literature of healing.

DV 53

**Not Under Bondage** / Barbara Roberts

**2008** ISBN 9780980355345

Written by a survivor of domestic violence, this book is for Christian victims of marital abuse who believe they must choose between two unpleasant alternatives: endure abuse, or face condemnation by God and the church for disobeying the Bible. Careful examination of the scriptures and scholarly research shows how the Bible sets victims of abuse free from bondage and guilt.

DV 54

**The Emotionally Abusive Relationship: how to stop being abused and how to stop abusing** / Beverly Engel

**2002** ISBN 0471212970

Whether you suspect you are being emotionally abused, fear that you might be emotionally abusing your partner, or think that both you and your partner are emotionally abusing each other, this book is for you.

DV 55

**Why Does He Do That? Inside the minds of angry and controlling men** / Lundy Bancroft

**2002** ISBN 978-0-425-19165-1

In this book, a counsellor who specialises in working with abusive men show you how to improve, survive, or leave an abusive relationship.

DV 56

**Father Daughter Rape** / Elizabeth Ward

**1984** ISBN 0 7043 3924 2

Combines a series of personal accounts by women with research and analysis. For women who have been sexually abused, their families and the professionals who work with them.

DV 57

**But he Says He Loves Me** / Dina L McMillan

**2007** ISBN 978 1 74175 196 3

Shows how to identify and get out of a relationship with an emotionally abusive or manipulative man.

DV 58

**But I love Him - Protecting Your Teen Daughter from Controlling, Abusive Dating Relationships.** / Jill Murray

**2000** ISBN 0 06 095729 8

Describes how parents can talk to their daughters about dating and the elements of a healthy relationship. Details the risks and warning signs of potentially abusive relationships.

DV 59

**Before It's Too Late - Helping Women in Controlling or Abusive Relationships /**

Robert J Ackerman

1995 ISBN 55874 345 6

Answers questions for and about women who are in controlling or abusive relationships. Includes self-assessment tests to help women identify high risk men and their own high risk behaviours.

DV 60

**Reality Checks - Lifelines for People Caught in Abusive Relationships /** Lynn

Melville

**2005** ISBN 09760600 4 3

A collection of excerpts from 'Boomerang Love-Getting Unhooked from Abusive Borderline Relationships' which chronicles the author's personal experiences from crippling depression to exuberant expression and living life again.

DV 61

**In Love and In Danger** / Barrie Levy

**2003** ISBN 10 1 58005 187 1

A teen's guide to breaking free from abusive relationships. Helps teens and parents understand abusive dating situations, decide how to deal with them and learn how to get help.

DV 62

**Take Back Your Life** / Janja Lalach and Madeleine Tobias

**2006** ISBN 10 0 9720021 5 4

Cult victims and those who have experienced abusive relationships can suffer from fear, confusion, low self esteem and post traumatic stress. Explains the seductive draw that leads people into such situations and provides information for assessing what happened and how to get back on track.

DV 63

**Let Yourself Go** / Judy Foster

**2009** ISBN 978 1 4502 0112 4

Uses biblical quotes and the author's personal experience to encourage and empower women to break free from abusive relationships.

DV 64

**Dangerous Dating** / Patricia Riddle Gaddis

**2000** ISBN 978 0 87788 713

Most violent relationships begin with a date. Offers parents counsellors and pastors a guide for helping teens and young women avoid or break out of abusive dating relationships. Included is a tool for girls to assess their own relationships.

## EDUCATION

E 1

**Narrative therapy and community work : a conference collection** / Dulwich Centre Publications

**1999** ISBN 0958667888

Stories about loss of Aboriginal family members, understanding illness, developing relationships, Filipina domestic violence survivors, Vietnamese adopted children, the state care system, gay and lesbian 'coming out', harassment and violence at school, spirituality and counselling, troubles in therapy networks, drug abuse, women's mental health issues, family therapy, HIV discrimination, and Jewish heritage all with caring as a common theme.

E 2

**Working more creatively with groups** / Jarlath F Benson

**1997** ISBN 0415075874

Looks at planning and leading the group successfully, intervening skilfully, allowing the various group experiences to occur, and recognising the natural rhythms of collective interaction.

E 3

**Talking it out : a guide to groups for abused women** / Ginny NiCarty, Karen Merriam and Sandra Coffman

**1984** ISBN 0931188245

Counsellors can be more effective in working with women in abusive relationships when the needs of women of colour, disabled women, recovering alcoholics, teenagers, religious women and lesbians are addressed.

E 4

**Read me a story : parents, teachers and children as partners in literacy learning** / Julie Spreadbury

**1995** ISBN 0947277544

Practical suggestions are offered for parents and teachers to work together with children

to foster not only literacy and learning but also a genuine love of books.

E 5

**Bridging cultures** / Anne Campbell

**1995** ISBN 0858894599

Eight fictional stories about interacting with those from a different cultural background.

E 6

**Group processes / an introduction to group dynamics** / Joseph Luft

**1984** 3rd edition ISBN 0874845424

Explores basic issues and dilemmas fundamental to all groups, such as group development, leadership, communication, group effectiveness, and conflict.

E 7

**Making groups work : rethinking practice** / Joan Benjamin, Judith Bessant and Rob Watts

**1997** ISBN 1864483040

Some of the key issues in group work are outlined: the role of groups and the history of group work, group politics, and how groups can help promote social change.

E 8

**The skills of helping individuals, families and groups** / Lawrence Shulman

**1992** Third edition ISBN 0875813631

Defines the practice of social work, working with individuals, families and groups, and using the system.

E 9

**100 ways to enhance self-concept in the classroom : a handbook for teachers, counselors, and group leaders** / Jack Canfield and Harold Clive Wells

**1994** ISBN 0205154158

Contains self-esteem activities, suggestions for creating an open, caring environment, and promoting learning, as well as how to adapt activities to fit today's culturally diverse classrooms.

E 10

**Understanding multiculturalism and Australian identity** / Andrew C Theophanous

**1995** ISBN 1875335048

Multiculturalism has much in common with fundamental elements of the more traditional Australian identity of fairness and equality. It promotes respect for cultural diversity and unifying principles, social justice, universal values of humanity. Contemporary issues of access and equity policies, role of education and national language policy, role of the media and the arts, the relationship between multiculturalism and foreign policy, and the possibility of embedding the principles of multiculturalism and social justice into law.

E 11

**Who, me lead a group?** / Jean Illsley Clarke

**1984** ISBN 0866837248

Preparing to lead informal groups, support groups, adult learning groups, and planning groups and also organising meetings, is easier when the objectives, facilitation and closure are understood.

E 12

**Democracy in small groups : participation, decision making and communication /**

John Gastil

**1993** ISBN 0865712743

The full range of democratic processes including consensus, majority rule, proportional outcomes and leaderless democracy are surveyed to help readers choose the one most appropriate to their group.

E 13

**Group techniques /** Gerald Cory et al

**1992** Second edition ISBN 0534162487

Leaders can learn how to develop and use different techniques in group work.

E 14

**Managing people in changing times : coping with change in the workplace : a practical guide /** Robert Burns

**1993** ISBN 1863733566

Economic, social and technological changes in the business and industrial environment are leading to organisational changes, but managers and staff can cope with the psychological and emotional effects of stress, redundancy and relocation if provided with the skills.

E 15

**The Family Court book /** Family Court of Australia

**1999** ISBN 0731152034

The services and procedures of the Family Court of Australia are outlined. Separation and divorce, dispute resolution services, services for Aboriginal and Torres Strait Islanders and ethnic communities, matters affecting children, and financial matters including financial support are explained.

E 16

**Working together : a practical guide to collaborative decision making /** Bob Montgomery

**1986** ISBN 0170067505

Collaborative decision making, -also known as industrial democracy or worker participation, -can help to increase job satisfaction, productivity, efficiency, motivation, reduce job stress, and improve industrial relations. Communication, anger management, conflict resolution, assertiveness, problem solving, evaluating decision making, and ideas for job redesign are outlined.

E 17

**House working : the un-superperson's guide to sharing the load /** Hazel Edwards

**1984** ISBN 0859242552

'Houseworking' tells humorously about changing family attitudes to housework.

E 18

**Joining together : group theory and group skills /** David W Johnson and Frank P Johnson **1987** 3<sup>rd</sup> edition ISBN 0135104882

Group interaction can be promoted by understanding group dynamics, leadership, decision making, group goals and goal structures, communication within groups, controversy and creativity, conflicts of interest, and the use of power. Leading learning

and discussion groups, leading growth and counselling groups, team building, and appreciating the psychological benefits of group membership are covered.

E 19

**Guide to meetings :a handy reference manual for members of clubs and societies**  
/ Nick Renton

**1990** Fifth edition ISBN 0455210047

Covers all aspects of meetings procedure including stages of a meeting, chairing a meeting, motions, amendments, procedural motions, points of order, voting methods, shareholders' meetings, standing orders, and also agendas, minutes, and gender neutral language.

E 20

**The only thing that matters : bringing the power of the customer into the centre of your business** / Karl Albrecht

**1993** ISBN 088730639X

Customer service now means that everyone in an organisation creates or adds value for the customer or someone serving the customer.

E 21

**Moments of truth** / Jan Carlzon

**1987** ISBN 0063120976

The author explains how to set a strategy, how to restructure an organisation so customer needs take priority, how to motivate and communicate with "frontline" employees who deal most closely with customers, and how to become partners with the board of directors and the union.

E 22

**Using groups to help people** / Dorothy Stock Whitaker

**1992** ISBN 0415042836

Clinical psychologists, social workers, psychiatrists, youth workers, psychiatric nurses and others who plan and conduct small groups should make decisions about the purpose of the group and set tasks, understand dynamics and resolve problems, and review outcomes.

E 23

**Sexuality** / Jeffrey Weeks

**1986** ISBN 0415039541

The meaning and expression of human sexuality is influenced by social conditioning and is related to concerns about family, kinship and household organization.

E 24

**Coping with violence : a guide for the human services** / Vaughan Bowie

**1989** ISBN 1875170014

This guide teaches practical, commonsense principles for the prevention and diffusion of violence against human service workers in a variety of institutional and community based settings.

E 25

**Community Work or Social Change** / Rosamund Thorpe and Judy Petruchenia

**1985** ISBN 0 7100 9986 X

Contributions from various writers illustrating a range of different approaches to community work and social action.

E 26 (also SD 73)

**Listen to me, listen to you** / Anne Kotzman

**1989** ISBN 0140122184

Practical ideas and skills to help improve self-esteem and communication are offered.

E 27

**The Internet for women** / Rye Senjen and Jane Guthrey

**1996** ISBN 1875559523

The role of gender, anonymity, privacy, and security issues for women using the Internet are examined. Tools for information searching are discussed.. Services as e-mail, electronic conferencing, bulletin boards and how to get connected (access, cost, hardware needed, modems and setting up an account with a provider) are explained.

E 28

**The rough guide to the internet** / Angus J. Kennedy

**2000** ISBN 1 85828 551 8

Step-by-step instructions on everything you'll need to know from choosing an Internet provider to building your own Web site.

E 29

**Microsoft office 97 for windows for dummies/** Wallace Wang and Roger C. Parker

**1988** ISBN 0 7645 0050 3

E 30

**The Language of Choice Theory** / W. &C. Glasser

**1988** ISBN 0 06 095323 3

Through examples, the principles of choice theory come alive.

E 31

**How to Use the Internet** / Women Tasmania

**1988** ISBN 0 72464906 9

An information booklet for women.

E 32

**Put it in Writing** / Margaret White

**2000** ISBN 0947277625

Contains 120 well-considered , cool and commanding letters, written by a lawyer, that are designed to get the response that you want.

E 33

**Organizing and Participating in Meetings/** Judith Leigh

**2002** ISBN 0198666284

Includes how to: get the most out of meetings; take minutes, prepare and present papers, set agendas; take part in telephone, video and online conferences.

E 34

**Using the Internet Smarter and Faster/** Brooke Broadbe

**2000** ISBN 0 7494 3324 8

A guide on how to surf the net and build up skills.

E 35

**Best answers to the 201 most frequently asked interview questions/** Matthew DeLuca

**1998** ISBN 0 07 016357 X

A hands on approach that focuses on the dynamics of the interview.

E 36

**Finding your Voice/** Mary Atkins

**2002** ISBN 0 73440667 3

A comprehensive step-by-step approach to learn how to become an effective speaker, covering a range of public speaking challenges.

E 37

**Before a Presentation /** Patrick Forsyth

**1999** ISBN 0 7494 2359 5

Aims to help to prepare quickly and easily, and to deliver a better presentation

E38

**Collaborative Conflict Management /** Robyn Claremont and Louise Davies

**2002** ISBN 1 86302 832 3

The processes in this book can be applied widely: in the workplace, in organisations, in a range of community groups, both formal and informal, even in family business and succession planning.

E 39

**Body Language/Susan Quilliam**

**1995** ISBN 1 84442 675 0

Actions speak louder than words! This book will show the reader how to use and understand body language to help achieve greater professional and social success.

E 40

**The Little Red Yellow Black Book: An Introduction to Indigenous Australia /**

AIATSIS with Bruce Pascoe

**2008** ISBN 0-85575-615-2

This book is the perfect starting point for those who want to know about Australia's rich Indigenous cultures, but don't know where to begin.

E 41

**Identifying and Avoiding Abusive and Violent Relationships – Years 11-12 Education Resource Pack.**

Australian Government

This Education Resource (with DVD) is designed as a preventative education tool to communicate directly with young people so they may identify and avoid abusive and violent relationships.

## **FEMINISM and WOMEN'S STORIES**

F 1

**Stolen Women : Reclaiming Our Sexuality, Taking Back Our Lives** / Gail Elizabeth Wyatt

**1997** ISBN 0471297178

The myths and stereotypes of African-American women's sexuality are explored.

F 2

**What is Feminism, Anyway : Understanding Contemporary Feminism** / Chris Beasley

**1999** ISBN 1864484373

From liberal feminism to queer theory, the author provides clear explanations of the many types of feminism.

F 3

**Women's Worth : Pay Equity and Job Evaluation in Australia** / Clare Burton et al  
**1987** ISBN 0644060603

Recommendations are made for changing the ways the work of women is perceived, described and evaluated particularly in the context of Equal Opportunity and Affirmative Action [EEO] programs.

F 4

**Don't Take Your Love to Town** / Ruby Langford

**1988** ISBN 0140111735

Ruby Langford was born at Box Ridge Mission, Coraki, NSW in 1934 and her story is of the changing ways of life in Aboriginal communities - rural and urban; the disintegration of traditional lifestyles and the sustaining energy that has come from renewal of Aboriginal culture in recent years.

F 5

**The Condition of the People : Social Welfare in Australia 1900-1975** / Ronald Mendelsohn

**1979** ISBN 0868611131

The history of Australian social welfare measures (standards of living and quality of life, poverty and deprivation, charity and voluntary action, workers and employment, vulnerable groups including Aboriginal people, women, children, aged people and people with disabilities, income security, health, housing, and education and training) and how these measures relate to the daily life of Australians compared with the efforts of similar countries are analysed.

F 6

**Keeping the Peace** / Lynne Jones editor

**1983** ISBN 0 7043 3901 3

A collection of stories from the history of the women's peace movement. Includes practical information and resources for women interested in initiating new actions for peace.

F 7

**We are Bosses Our-selves : the Status and Role of Aboriginal Women Today** /

edited by Fay Gale

**1983** ISBN 0855751398

Aboriginal women were, and still are, the social and economic equals of men in their society and played active roles in the decision-making of their groups. Five different views of the general role of Aboriginal women today are presented, the significance of Aboriginal women in the fight for land rights is outlined, and contemporary issues which are important to Aboriginal women (including health, education, employment and family history) are explained.

F 8

**Women and the Law** / Jocelyne A. Scutt

**1990** ISBN 0455209847

At the turn of the century, women were refused the right to practice law by Australian courts and legislature. Law and courts discriminated against women in other ways both in private and public spheres. This book traces the roots of that discrimination and the efforts of women (and a few men) to eliminate such prejudice.

F 9

**I always wanted to be a tap dancer : women with disabilities** / edited by Annee Lawrence

**1989** ISBN 0730563987

Twelve women write of their lives in relation to their disabilities.

F 10

**Ducks on the Pond** / Anne Summers

**2000** ISBN 0 14 027808 7

The authors story encompasses the conformity of the 1950's, the political radicalism and the rock music of the 1960's, the sexual revolution, women's liberation and the Whitlam phenomenon of the 1970's.

F 11

**Shoulder to shoulder : a documentary** / Midge MacKenzie

**1975** ISBN 01400409350

Stories of the militant suffragettes and the struggle for the right of women to vote.

F 12

**Mothering against the odds : diverse voices of contemporary mothers** / edited by Cynthia Garcia Coll et al

**1998** ISBN 1572303395

We all know what a "good mother" looks like on television and in the popular imagination: Typically she is white, heterosexual, and married, and devotes herself full-time to childcare. But increasing numbers of women who mother today do not fit this narrow traditional image, and their different experiences of mothering are often maligned, misunderstood, or ignored.

F 13

**Worth her salt : women at work in Australia** / edited by Margaret Bevege, Margaret James, Carmel Shute

**1982** ISBN 086806002X

The lives of Australian women and their struggle for social change in the area of employment are presented.

F 14

**Australia's founding mothers** / Helen Heney

**1978** ISBN 0170050912

The significance of the part played by women in early Australian history is documented.

F 15

**Silk and calico : class, gender and the vote** / Betty Searle

**1988** ISBN 0868063096

The book focuses on the ideas and activities of three Australian feminists – Lilian Locke, working women's champion and Vida Goldstein, pioneer of women's right to enter parliament and Rose Scott, NSW suffragette. In doing so, it is both a history of the first wave women's movement in Australia and an important study of gender and class in feminist politics.

F 16

**In pursuit of justice : Australian women and the law 1788-1979** / edited by Judy

MacKinolty et al

**1979** ISBN 090809446

Twenty-two essays about Australian women and the legal system from convict days to anti-discrimination legislation in the 1970s are outlined, and issues of 'hidden' rules for women, economic hardship, and women's rights are explored.

F 17

**The politics of women's studies** / Rita Helling

**1981** ISBN 095941570X

This textbook covers material for a women's studies course (covering education, communication skills, 'the perfect women', assertiveness, women's groups, employment, problem-solving and planning, social expectations, relationships with men, health, sexuality and feminism) and analyses the philosophy and practice of the women's movement.

F 18

**Leading women : tactics for making the difference** / Eva Cox

**1996** ISBN 0091830702

In the book the author challenges all Australian women - and men - who are dissatisfied with their present political leaders to initiate change and become leaders themselves.

F 19

F 20

F 21

**On the edge : women's experiences of Queensland** / edited by Gail Reekie

**1994** ISBN 0702224618

The history of women in Queensland brings together feminism and regionalism and touches on themes such as ruralism, the frontier, isolation and distance, and settlement in the tropics.

F22

**Colonial Eve : sources on women in Australia 1788-1914** / edited by Ruth Teale

**1978** ISBN 019550545X

This book presents a fascinating, moving and sometimes comical glimpse of the other half of Australia's history between 1788 and 1914.

F 23

F 24

**The politics of housework** / Ellen Malos

**1980** ISBN 0850313279

The various ways that housework is managed – shared or rotated, wages for unpaid labour, and even deconstructing family life – are investigated to see which liberates women from the assumption that only women do the housework and look after the children.

F 25

**Feminist readings - feminists reading** / Sara Mills and Lynne Pearce

**1996** 2nd edition ISBN 0133753956

Feminist thinking as it relates to literary criticism is explored and issues of sexual politics, authentic realism, gynocriticism, Marxist feminist criticism, biological criticism, French criticism are covered. Post-colonial feminist theory and lesbian theory are included.

F 26

**Affirmative action and sex discrimination** / Chris Ronalds

**1991** Updated 2nd edition ISBN 0949138088

This handbook is an essential reference book for women, women's organisations, employers, trade unions and other interested in the impact of these laws, their content and their interpretation.

F 27

**Women faith and fetes : essays in the history of women and the church in**

**Australia** / edited by Sabine Willis

**1977** ISBN 0859240665

The history of women and the Church in Australia and also the influence of the Church and its teaching on women in Australian society are illustrated by stories of how women have answered the challenges of their own Christian faith in their times.

F 28

**Getting equal : the history of Australian feminism** / Marilyn Lake

**1999** ISBN 186508137X

The book provides new understandings of women's activism and new perspectives on Australian politics: it shows that feminists were leading theorists of citizenship and the welfare state and outspoken advocates of Aboriginal rights and international law. But the goal of equality has also proved problematic: participating in the world on men's terms has reinforced the masculine standard as the norm.

F 29

**Bisexuality : identity, politics and partnerships** / Dulwich Centre [USA]

**1999** ISSN 14411091

Dulwich Centre journal 1999 no. 1 has articles divided into two sections – 'Exploring issues of identity' and 'Crossing the divide : experiences of building bridges'. They cover

political, transgender, partnership, and violence issues, and responses from the gay, lesbian and straight world,

F 30

**It is no secret : the story of a stolen child** / Donna Meehan

**2000** ISBN 0091839947

An Aboriginal girl adopted by a white couple when she was five found her birth family and healed her feelings of confusion and loss.

F 31

**Faces of feminism** / Olive Banks

**1981** ISBN 0855202610

This is an original and illuminating history of modern feminism in Britain and the USA from the early nineteenth century to the present day.

F 32

**Independent women : creating our lives, living our visions** / Debra Sands Miller

**1998** ISBN 1885171250

Profiling over seventy women of all ages and occupations, the author takes a look at what independence means to women today and how their lives are transformed by self sufficiency that includes a network of relationships.

F 33

**Are you somebody?** / Nuala O'Faolain

**1996** ISBN 0340728868

The author is a well known Irish journalist and this is her story of being raised in Dublin by an alcoholic mother and a charming, feckless father and then deals with her own desperate search for truth, love and knowledge.

F 34

**Bureaucrats, technocrats, femocrats : essays on the contemporary Australian state** / Anna Yeatman

**1990** ISBN 0044421036

This collection of essays in political sociology and Australian public administration deals with issues of State intervention, democracy, and social movements such as the women's movement, multiculturalism, gay rights and environment activism.

F 35

**Men and sexual politics : towards a pro-feminist practice** / Bob Pease

**1997** ISBN 0958667802

This book outlines the author's personal and political path through many of the questions and dilemmas that men face in attempting to come to terms with issues of gender. It is shared in the hope that it will stimulate discussion and contribute to ongoing community attempts to address issues of gender injustice.

F 36

**Women - shaping and sharing the future : the new National Agenda for Women**

**1993-2000** / Office of the Status of Women

**1993** ISBN 0644286806

Government plans for women's issues to the year 2000.

F 37

F 38

**When I am an old woman I shall wear purple** / edited by Sandra Haldeman Martz

**1991** ISBN 0868245178

A collection of writings and photographs evokes the beauty, humour, and courage of women living in their later years and tells of the endearing moments of joy - and passion - to be found in the rich and varied world of midlife and beyond.

F 39

**Forgiveness and other acts of love : finding true value in your life** / Stephanie Dowrick

**1997** ISBN 0670873608

The author has re-examined the six great humane virtues - courage, fidelity, restraint, generosity, tolerance and forgiveness - brought them completely up to date. At a time when most belief systems seem exhausted or irrelevant, she shows how these qualities, far from being dull or constraining, have immensely far-reaching personal and social benefits.

F 40

**A God who looks like me : discovering a woman-affirming spirituality** / Patricia Lynn Reilly

**1995** ISBN 0345402332

In this book, the personal memories of women of all ages and lifestyles are inter-woven with the collective story of women buried in the Hebrew Scriptures and the Christian Bible.

F 41

**There's more to life than sex and money : 103 inspirational stories to give your life new meaning** / Sue Calwell and Daniel Johnson

**1997** ISBN 0140263594

Life changing events in women's lives are illustrated in stories about openness, self-knowledge and belief, giving of yourself, changing priorities, loving life and learning from life.

F 42

**The goddess within : a guide to the eternal myths that shape women' lives** /

Jennifer Barker Woolger and Roger J Woolger

**1990** ISBN 0712639349

Women played a powerful and important role in many ancient religions and civilisations and in this book 'goddess psychology' is used to enlighten and inspire women to control and transform their lives.

F 43

**Feminists fatale : the changing face of Australian feminism** / Jan Bowen

**1998** ISBN 073225860X

The seventeen women interviewed in this book display a vast range of experiences and viewpoints about feminism in Australia.

F 44

**A woman's place : women and politics in Australia** / Marian Sawer and Marian

Simms

**1993** ISBN 1863731695

The book examines the definitions of politics which have rendered women and women's concerns invisible, and looks at the role played by women in all aspects of the political process.

F 45

**The world moves slowly : a documentary history of Australian women** / Beverley Kingston

**1977** ISBN 0726947024

This book is a collection of documents illustrating the diversity of women's experience in Australian history. Where possible women's own observations and comments have been used.

F 46

**From a camel to the moon** / edited by Leonie Christopherson

**1999** ISBN 0646387022

An anthology of memories, poems and stories written by older women and published for the International Year of Older Persons.

F 47

**Letters from a fainthearted feminist** / introduced by Jill Tweedie

**1982** ISBN 0330269089

This funny book about the women's movement takes the form of a one-sided correspondence.

F 48

**The search for the beloved : journeys in mythology and sacred psychology** / Jean Houston

**1987** ISBN 0874774764

The nature of spiritual yearning is explored and ways to facilitate the quest for enlightenment are suggested.

F 49

**Icons, saints and divas : intimate conversations with women who changed the world** / Susan Mitchell

**1997** ISBN 0733225731X

Post-war feminist writers Erica Jong, Phyllis Chesler, Robin Morgan, Marilyn French, Gloria Stenhem, Betty Frieden, Naomi Wolf, Alice Walker, Kate Millet, Susan Faludi and Germaine Greer talk about their lives and their work.

F 50

**If I had my life to live over I would pick more daisies** / edited by Sandra Haldeman Martz

**1992** ISBN 0868245186

Through stories, poems, and photographs we see how women's alternatives are both extended and limited by personal belief systems, ethnic and cultural identity, class and economic status, age, and gender.

F 51

**Silken cords : beyond 'Dear Kate'** / Kate Samperi et al

**1999** ISBN 0091836964

This book tell the stories of four women, Kate Samperi, her daughter and her two grand-daughters. Compelling, entertaining and moving, these stories span three generations of family in a sharply honest exploration of blood ties and identity.

F 52

**Sister girl : the writings of Aboriginal activist and historian Jackie Huggins** / Jackie Huggins

**1998** ISBN 0702228400

The book examines many topics, including community action, political commitment, the tradition and value of oral history, and government intervention in Aboriginal lives.

F 53

**The skeptical feminist : discovering the virgin, mother and crone** / Barbara G. Walker

**1987** ISBN 0062509357

Patriarchal religion, patriarchal convention and social conditioning should be rejected and the validity of feminist religion embraced.

F 54

**De-institutionalising women : an ethnographic study of institutional closure** / Kelley Johnson

**1998** ISBN 0521625696

This book explores the lives of twenty-one women living in a locked unit within a large institution for people with intellectual disabilities and examines the impact of de-institutionalisation on them, their families and their carers.

F 55

**Home grown anthology** / Majura Women's Group

**1992** ISBN 0646142348

Stories from a Canberra women's writing group.

F 56

**The sexual gerrymander** / Jocelyne A Scutt

**1994** ISBN 1875559167

Women face a social and political gerrymander or disempowering in the areas of work, power and public recognition, and in the realms of domestic violence, rape, pornography, prostitution or structural sexism.

F 57

**Trust the women : women in the Federal Parliament** / Ann Millar

**1993** ISBN 0642195234

Commemorating the fiftieth anniversary of the advent of women to the Australian Federal Parliament in 1943, this is a fascinating account of the fifty-nine women who have been members of the Parliament since that time.

F 58

reality of life for women with disabilities.

F 59 & 59A

**The beauty myth** / Naomi Wolf

**1990** ISBN 0099861909

The relationship between female beauty and female liberation is examined.

F 60

**Caring words : life experiences in caring and coping** / Eunice Coffey et al

**1993** ISBN 0646160656

A group of seven people, aged from late twenties to late seventies, either caring for themselves or a loved one, come together to discover each other in the course of their common interest in writing.

F 61

**Beauty and the beast : woman, ape and evolution** / Carole Jahme

**2000** ISBN 1860494757

Women primatologists have made great contributions to the study of ape behaviour which can be applied to human beings.

F 62

**No more frogs, no more princess: women making creative choices at midlife** / [edited by] Joanne F Vickers and Barbara L. Thomas

**1993** ISBN 0895946254

Twenty biographies and stories of American women in their forties and fifties tell of looking within themselves to discover new directions for their lives and specifically dealing with health problems and death of parents, changing relationships, taking responsibility, gaining vitality, finding identity, making career changes, and renewing spirituality.

F 63

**Put your whole self in : a group of women, their moving stories, a healing pool** / Meme McDonald

**1992** ISBN 0140168184

The stories of these older women, in and away from the swimming pool, are told with tenderness and simplicity.

F 64

**Glorious age : growing older gloriously** / Jocelyne A Scutt

**1993** ISBN 1875658033

Twenty two 'wise women' who are growing older talk of their lives and their contribution to society and families in areas of politics, work, and the lives of others.

F 65

**Birth without doctors : conversations with traditional midwives** / Jacqueline Vincent-Priya

**1991** ISBN 1853830933

Most women giving birth in rural communities throughout the Third World cannot enjoy the "benefits" of modern medical assistance. They are usually too expensive and too far away. This book is the result of journeys and conversations between the author, traditional midwives and mothers which took place over several years in Malaysia and Indonesia.

F 66

**Herstory : women in Western Australian history** / Women's Advisory Council

**1985** ISBN 0730902633

A history of some Western Australian women and how they are related to politics and law, the family, health, religion, education, work, and leisure from the Dreamtime to the present.

F 67

**“It must be that time of the month “ and other lies that drive women crazy /**

Georgia Witkin

**1995** ISBN 0140251464

Fourteen most commonly believed stereotypes about women (issues of self-esteem, menopausal changes, career aspirations, sexual desire, body image, emotional lability, mechanical aptitude, mothering, susceptibility to illness, assertiveness, romance, marriage, financial incompetence, ageing denial) are countered.

F 68

**Less than equal : women and the Australian legal system /** Patricia Easteal ( 2 copies)

**2000** ISBN 0 409 31666 0

This book examines the interaction between women and the law through a cultural holistic framework. Dr Easteal identifies various 'lenses' or 'mirrors' within our culture that affect how women fare in their contact with the Australian legal system. It is geared towards students, lawyers as well as the general public. Individual chapters focus on women's interactions with the courts, tribunals, police and prisons as defendants, victims, plaintiffs, and practitioners.

F 69

**Crossing the barriers : Filipino women stories : an anthology of migration /**

Marlene Agmata-Tucker (editor)

This book is a compilation of the life stories of the outstanding Filipino-Australian women nominated to the 2001 FAWA (Filipino-Australian Women Achievement) Awards in the ACT and Capital Region. Their stories speak of the challenges they encountered in their effort to integrate themselves into their adopted country. It is hoped that their stories will inspire not only the present generation of migrants but those who, in the future, will come to share the task of enriching a vibrant multicultural Australia.

F 70

**Splitting the World Open. Taller Poppies and Me. /** Susan Mitchell

**2000** ISBN 1 86508 413 1

Looks back on two decades of successful women, asking questions about what they have achieved individually and collectively, publicly and privately.

F 71

**Crossing to Avalon /** Jean Shinoda Bolen

**1994** ISBN 0062502727

A Woman's Midlife quest for the grail and the goddess.

F 72

**Damned Whores and God's Police /** Anne Summers

**2001** ISBN 0140288767

Women's lives in Australia – a new edition of the classic work. A compelling account of how Australian culture has limited women's participation in their own society.

F 73

**Black Chicks Talking** / Leah Purcell

**2002** ISBN 0733610706

Sets out to overturn the old stereotypes and showcase ten spirited young black women making their mark in contemporary Australia.

F 74

**The Change.** Women, Ageing and the Menopause / Germaine Greer / 1991 / ISBN 0 241 13312 2

“The purpose of this book is to demonstrate that women are at least as interesting as men, and that ageing women are at least as interesting as younger women.”

F 75

**My Place** / Sally Morgan

**1993** ISBN 0 949206 31 8

Autobiography of three generations of Aboriginal women.

F 76

**Against the Wind** / Glenda Bates

**2003** ISBN 1 74027 208 0

Adoptees and relinquishing mothers. 1920's – 1960's Yorkshire England.

F 77

**Girlosophy** / Anthea Paul

**2003** ISBN 1 74114 077 3

Interpersonal relations. Life skills guides for young women.

F 78

**The End of Equality: work, babies and women's choices in 21<sup>st</sup> century Australia/**

Anne Summers/

**2003** ISBN 1 74051 287 1

Examines the diverse realities of Australian women at the start of the 21<sup>st</sup> century. A social, economic and political analysis echoing the voices and experiences of Australian women of all ages and backgrounds.

F 79

**Australian Women** /Norma Grieve & Ailsa Burns

**1997** ISBN 0195535030

Contemporary feminist thought.

F 80

**Weaving a Double Cloth/** Myra Jean Bourke, Susanne Holzknicht & Anni Barlett

**2001** ISBN 1740760182

Stories of Asian-Pacific women in Australia.

F 81

**The complete Book of Great Australian Women** / Susanna De Vries

**2002** ISBN 073227804

Thirty six significant women reflecting the changing role of women in Australia from pioneering days to the present.

F 82

**Talking like a TOORA Woman** / Elena Rosenman

**2003** ISBN 064 6430 53 X

A story of TOORA Inc in the words of the women who live it.

F 83

**Oh no, we forgot to have children/** Deirdre Macken

**2005** ISBN 1 74114 477 9

A book that explores the issue of fertility and how can we put children back on the agenda without sacrificing all the freedoms that women have gained.

F 84

**Working with the stories of women's lives/** Dulwich Centre Publications

**2001** ISBN 09577929 3

A collection of stories from a diversity of women about their own lives and the women with whom they work. Chapters include: ways of understanding gender relations; talking about birthing stories; the implications of the stolen generations of Indigenous women's lives; overcoming the effects of sexual abuse; women's experiences of migration; the stories of lesbian lives; working with older women and many more.

F 85

**Working From the Inside/** Marian Sawyer and Abigail Groves

**1994** ISBN 0644 35240 6

Twenty years of the Office of the Status of Women

F 86

**Among the Carrion Crows/** Dame Edith Lyons

**1972** ISBN 1 86302 597 9

An autobiography by the first woman to enter the Australian House of Representatives and to become a Member of Cabinet.

F 87

**Oxford Australian Feminism/** edited by Barbara Caine

**1998** ISBN 0 19 553818 8

A comprehensive reference guide to feminist involvement in Australian society, government, politics and culture

F 88

**Everyone Needs Cleaners, Eh!/** Rose Costelloe and Liz Murphy

**1997** ISBN 0 646 32670 8

Tells the story of migrant women cleaners through poems, anecdotes and interviews.

F 89

**Take 40/** Leanne Mercer

**2003** ISBN 0 7329 1167 2

*Good Morning Australia's* executive producer, Leanne Mercer, talks to 40 women about their lives and ideas for turning 40. This book also shares ideas for looking and feeling good, along with advice on careers, dating, marriage and having a baby at 40.

F 90

**I Knew A Woman/** Courtney Davis

**2001** ISBN 0 375 50418 4

This book is an extraordinary blend of memoir, fiction and clinical detail. The author dignifies the female body by shedding light on the complex psychological lives of females whose hormones peak and plummet.

F 91

**Fire with Fire : The new female power and how it will change the 21st century /**

Naomi Wolf

**1993** ISBN 070 1 60853

The feminist movement has enabled women to gain more political ground than ever before but successful women are afraid to speak up on women's issues for fear of being marginalised, while others are afraid of being "economically silenced". A blueprint for a revitalised, positive and inclusive brand of feminism is explained

F 92

**Fight Like a Girl: How to be a Fearless Feminist /** Megan Seely

**2007** ISBN 978 0 8147

Offers a fearless vision for future feminism, with an eye toward what it takes to create actual change.

F 93

Doris Women's Refuge

**2003** ISBN 978 0 646 48337 5

A 30-year history of Doris Women's Refuge. A Canberra refuge for women and children escaping domestic violence.

F 94

**Celebrations! Sinhalese and Sri Lankan Women in Canberra /** Badra Karunaratna

**2008** ISBN 9780646476568

A collection of testimonies and memories of the lives of Sri Lankan and Sinhalese migrant women in Canberra and ACT region.

F 95

**Princesses and Pornstars-Sex Power Identity /** Emily Maguire

**2008** ISBN 9781921351310

With a mix of personal story, interview, analysis and polemic the author asks: What happened to women's rights in the era of porn and botox? What role models do women have beyond princesses and pornstars? What does the modesty movement have in common with raunch culture?

F 96

**Between the Lines: stories of 11 women /** compiled by Barbara Baikie

**2008** ISBN 978-0-646-49664-1

These stories reveal the unifying themes in the lives of women everywhere within the often narrow boundaries mapped out for them.

F97

**Encyclopaedia of Feminism /** Lisa Tuttle

**1986** ISBN 0 09 944900 5

The organisations that have protected and advanced the rights of women, influential

events in women's history, slogans, books, ideas and the feminists themselves are described from a feminist viewpoint.

F98

**Australian Women** – Feminist Perspectives / Norma Grieve and Patricia Grimshaw  
1981 ISBN 0 19 554293 2

Explores the position of women in Australian society from a broad range of perspectives.

F99

**Women of Ideas** – And What Men Have Done to Them / Dale Spender  
1982 ISBN 0 7448 0003 X

A well researched, holistic history of feminist political theory in the English speaking world.

F100

**The Pankhursts** / Martin Pugh  
2002 ISBN

A history of the suffragette heroines, Emmiline Pankhurst and her daughters, in Victorian England.

F101

**Women Race and Class** / Angela Davis  
1982 ISBN 0 7043 3892 0

Passion and scholarship are brought together to analyse the differences and the similarities between the experiences of black and white women.

F102

**On Lies Secrets and Silence** / Adrienne Rich  
1980 ISBN 0 86068 156 4

A collection of prose pieces and writings which investigate literature, politics, women's history and culture.

F103

**Of Woman Born** – Motherhood as Experience and Institution / Adrienne Rich  
1977 ISBN 0 86068 031 2

Drawing on medicine, anthropology psychology and literature, the author explores the contradictory pleasures and pains of motherhood.

F104

**Gyn/Ecology The Metaethics of Radical Feminism** / Mary Daly  
1979 ISBN 0 7043 3850 5

The writings of a revolutionary feminist. A scholarly look at global patriarchal violence to women.

F105

**Pure Lust** – Elemental Feminist Philosophy / Mary Daly  
1984 ISBN 0 7043 2847 X

The female lust for change. The author encourages the reader to break out of the guilt and fear which entraps women and exhorts women to the "Courage to Sin".

F 106

**Beyond God the Father** / Mary Daly

**1973** ISBN 0 7043 3993 5

An analysis of the oppression of women over the last 3,000 years from Genesis to the writings of contemporary theologians. The author exposes "the misogyny at the core of the Judaeo-Christian religion."

F 107

**Power and Sex** / Scilla Elworthy

**2002** ISBN 1 84333 251 5

A melding of Eastern philosophy, tribal culture from the Third World, Japanese and Chinese tradition and yoga in a discussion of how women can discover the power within themselves in a new era of feminism.

F 108

**Making Women Count** / Marian Sawyer - 2 copies

**2008** ISBN 978 086840 943

A history of the Women's Electoral Lobby in Australia, drawing on extensive archival, survey and media evidence.

F 109

**Between the Lines** / Barbara Bakie - Editor with foreword by Virginia Haussegger

**2008** ISBN 978 0 646 49664 1

Stories by 11 Canberra women from a variety of cultural backgrounds. Reveals the unifying lives of women within the often narrow boundaries mapped out for them.

F110

**A Work in Progress** / Mary Hutchison and Merrindahl Andrew

**2009** ISBN 978 0 646 52427 6

The history of the YMCA of Canberra from 1929 to 2009.

## **FINANCIAL MATTERS**

FM 1

**Money talk : finance and investment terms for busy people** / Edna Carew

**1999** ISBN 186508087X

Brief definitions of the words used in finance and investment.

FM 2

**Ageing and money : Australia's retirement revolution** / Diana Olsberg

**1997** ISBN1864480475

Compulsory occupational superannuation is explained for employees in Australia (particularly women) and also for decision-makers in the superannuation funds, the investment and finance sectors, employers, trade unions and government departments.

FM 3

**Super simple superannuation** / Barbara Smith and ED Koken

**1998** ISBN 1875857664

Basic information and superannuation issues for employees, employers, the self-employed, high income earners, couples and women and considerations when leaving a

job and in retirement.

FM 4

**Building wealth in changing times** / Jan Somers

**1994** ISBN 0646192000

Planning for a secure financial retirement is outlined by superannuation including a “do-it-yourself” super scheme and investing in property.

FM 5

**Your Retirement** / Anita Bell

**2004** ISBN 978 1 74166 485 0

How to Plan, save and superannuate for financial independence in retirement.

FM 6

**Your GST questions answered** / Peter Switzer

2nd edition ISBN 1740092449

This book contains exactly what the title promises and more! This new edition is completely updated to include current GST information with added tips for small business.

FM 7

**The 9 steps to financial freedom : practical and spiritual steps so you can stop worrying** / Suze Orman

Australian edition

Managing money is much more than a matter of balancing cheque books or juggling credit cards bills. Many of us know what we ought to be doing with our money but don't know where to start. The author shows you how to break through your financial anxieties and take power over your money.

FM 8

**Women and shares in Australia / how to start buying shares and secure your financial future** / Robyn Murtagh

**2000** ISBN 1865033960

The aim of this easy-to-read book is to teach you about the fundamentals of investing, so you can take charge of your own financial future.

FM 9

FM 10

FM 11

FM 12

FM 13

**Nice Girls Don't Get Rich** – Australian Edition / Lois P Frankel

**2005** ISBN 0 446 69769 9

Gives you the financial savvy to change negative behaviours, make smart money choices, and embrace the life you want.

FM 14

FM 15

FM 16

FM 17

FM 21

**Your mortgage and how to pay it off in five years : by someone who did it in three**  
/ Anita Bell

**2001** Revised edition ISBN 1740510909

Practical advice on how to save the deposit, how to secure the right loan, how to find the right house or flat at the right price, how to budget and how to pay off the loan in the quickest way.

FM 22

**Real estate mistakes : how to avoid them, how to save money and live happily ever after ...** / by Neil Jenman

**2000** ISBN 0958651728

Divided into three parts: **buying** a home (money, purchasing, dealing with agents), **selling** a home (choosing an agent, negotiating, paying an agent, methods of sale (including auctions, multi-listing and private sales), presentation of your home, open inspections, advertising and marketing, and possible problems) and finally a discussion of **ethics** in real estate.

FM 23

FM 24

**Financial freedom ... starting now! : an action guide** / Hans Jacobi

**2001** ISBN 1876818093

Explains values, beliefs and behaviours which support wealth creation and tells how to take control of your finances, Contains exercises and action steps for changing your attitude to financial planning.

FM 25

**The money motivator** / Paul Hanna

**1999** ISBN 0140281010

A little pocket book offering quick tips for success with personal finances.

FM 26

**Understanding Shares / Robyn Murtagh**

**2003** ISBN 1 86503 570 x

A woman's guide to the Australian sharemarket including perils, ethical investing, investment clubs, how companies are run, how to get the best from your superannuation fund.

FM 27

**Earning Money From Home** / Derryn Heilbuth

**2001** ISBN 0947277870

Ideas and advice on starting a home-based business, including real life case studies from all around Australia.

FM 28

**My Money, Myself** / Anne Ingram & Peggy O'Donnell

2002 ISBN 094727796x

Hands on basic financial planning for women of all ages.

FM 29

**Buyer Beware** / Terry Ryder

2001 ISBN 1876627891

Beware the Auction system, marketing shams, timeshare industry, exaggerated investment returns, the dream of home ownership.

FM 30

**Your Mortgage**. How to pay it off in Five Years / Anita Bell

2004 ISBN 1740510909

In simple no-nonsense steps, Anita shows how to save the deposit, how to secure the right loan, how to find the right house or flat, how to get it at the right price and how to make it all yours.

FM 31

**Get That Home Deposit** / Peter Cerexhe

2003 ISBN 1865087424

Practical, sound advice on the tricks and traps encountered in raising a home deposit.

FM 32

**Think Yourself Rich** / Sharon Maxwell Magnus

2003 ISBN 0091894654

Simple exercises, quizzes and tips from the rich. Aims to help the reader to learn to develop the mind of a millionaire and join the ranks of the wealthy.

FM 33

**Surviving and Thriving** / Care Inc Financial Counselling Service / 2000

A resource kit for people on low incomes within the ACT and surrounding districts.

FM 34

**Shares your questions answered** / Peter Switzer / 2002 / 1 74009 238 4

A guide to understanding how to make your money work for you in the stock exchange. Plan your financial future.

FM 35

**Couple & Money** / James Walker

2003 ISBN 0330364200

An insight in how to approach money in a relationship.

FM 36

**Superannuation – Choice of funds – It's your money, it's your choice**/ Barbara Smith & Dr Ed Koken / 1999/ 1 87585796 6

Written in simplistic words to better understand issues such as fund and investment options, retirement and all the implications. A book for employers and employees.

FM 37

**Women Talking Money** / Leslie Falkiner-Rose/

**2003** 0 73140024 0

Over 100 women of all ages interviewed about their about fears, perceptions and managing money. The book talks about how to tackle financial issues and how to identify resources available to women.

FM 38

**A Beginners Guide to Small Business in Australia** / Lance Chambers/

**2002** 0 70163726 9

This book guides you through business plans, increasing profitability, financial management, accounting, staff training and many other facets of small business.

FM 39

**Do it yourself Superannuation**/ Austin Donnelly and Barbara Smith/ 2002/

0 70163690 4

A comprehensive and practical guide to setting up and managing your own personal superannuation fund. It explains legal and accounting requirements, investment options, how to set policy and strategies and the advantages and disadvantages.

FM 40

**The Woman's Money Book**/ Vivienne James/ 2003/ 1 74114131

This book provides women with sensible advice on how to take charge of their finances. Advice ranges from stress-free ways to budgeting and saving, minimising debt, investments and planning for the future. The author Vivienne James is the Executive Vice President of BT Financial Group, with 20 years of experience.

FM 41

**Do it Yourself – Retirement Planning**/ Barbara Smith and Dr Ed Koken/2003

0 70163771 4

A guide to creating your own wealth through careful retirement planning. The aim is to maximise your after tax income and increasing your net wealth. The book includes worksheets that will enable you to personalise your DIY retirement plan, as well as providing you with the knowledge to put it to practice.

FM 42

**Raising Kids without breaking the bank**/ Stella Tarakson

**2005** ISBN 1 74114 190 7

Aims to provide ways to make financial aspects of parenthood easier without compromising the health and the happiness of the child.

FM 43

**The Girl's Guide to Real Estate**/ Tess Brady & Donna Lee Brien

2002 ISBN 1 86508 883 8

A practical guide for women wanting to organise their financial future.

FM 44

**The Sink or Swim Money Program**/ John E Whitcomb

**2000** ISBN 0 7318 1146 1

A six step plan for teaching your teenager financial responsibility

FM 45

**Making Money**/Paul Clitheroe

**1995** ISBN 0 670 88700 5

The author presents the whole issue of money and how to make it grow, in one user-friendly volume.

FM 46

**Good Advice**/Austin Donnelly

**1998** ISBN 1 875857 83 4

A guide for investors and advisers.

FM 47

**Smart Couples' Guide to Money**/Gay Curtis with Simone Tregagle

**2004** ISBN 0 7314 0202 2

This book is a guide for couples who want to establish financial goals.

FM 48

**Nice Girls don't Get Rich: 75 Avoidable Mistakes Women Make with Money** /

Lois P Frankel

**2005** ISBN 0-446-57709-X

Dr Frankel isolates the messages about money given to little girls that little boys *never* hear, then provides tips to help you take control of your finances.

FM 49

**Why Saving is Like Dieting and Budgets Don't Work** / Susan Jackson

**2004** ISBN 0-9752313-0-8

Looks at the realities of money management in the modern world and provides practical advice and strategies for busy people with busy lives.

FM 50

**What Every Women Should Know About Her Partners Money** / Shelby White, Lynne Spender

**1994** ISBN 0 340 62190 7

An exploration and commentary on women's attitudes to money. Offers basic information about managing money and financial planning for the future.

FM 51

**The Credit Trap** / Margaret Roberts

**1991** ISBN 0 949646 12 1

An Australian book offering practical advice to financially overcommitted families.

FM 52

**Making Money** / Paul Clitheroe

**1997** ISBN 0 670 87636 4

A leading financial advisor gives his strategies for making the most of your money.

FM 53

**Your Family Your Money - 30 Day Challenge** / Analaura and Wilson Luna

**2009** ISBN 9780980628418

A "detox" program for money management which addresses attitudes and beliefs about money and getting the reader into the shape needed to change their financial situation.

## **HEALTH**

H 1

**Menopause - make it easy** / Kendra Sundquist

**1992** ISBN 187553105X

Contains information about myths, stages and symptoms of menopause and therapies including HRT [hormone replacement therapy], calcium, and other healthy living regimes.

H 2

**Journey to wholeness** / Barbara Marie Brewster

**1992** ISBN 0962860816

A personal journey of the author's life coping with Multiple Sclerosis.

H 3

**Up the duff** / Kaz Cooke

**1999** ISBN 0670882895

The real guide to pregnancy. Kaz Cooke gives you the up-to-date lowdown on pregnancy, birth and coping when you first get home. No bossy-boots rules, just lots of cartoons and the soundest, sanest wittiest advice you'll ever get.

H 4

**Cancer doesn't have to hurt : how to conquer the pain caused by cancer and cancer treatment** / Pamela J Haylock and Carol P Curtiss

**1996** ISBN 0897932137

Patients and their families can take control of the treatment for the pain of cancer by communicating with doctors, understanding the options for medication and surgery, and for other methods of pain relief including massage, exercise, visual imagery and music therapy. The specific needs of children, the elderly, and people with other health and emotional problems beside cancer, are addressed

H 5

**Pain, illness, self-esteem, survival** / Harold Peak

**1991**

For those who suffer illness and their relatives. Produced in response to a request to have available a simple way for patients to gain some insight into the very complex problems which face the sick, as well as the relatives and friends dealing with sickness.

H 6

**The silver years : practical advice for a rewarding later life** / Ainslie Meares

**1988** ISBN 0864361157

A series of articles (and poems) explores the changes associated with retirement,

loneliness, coping with stress, personal and family relationships and the quality of life experienced by older people.

H 7

**The Healthsharing reader** / Healthsharing Women

**1990** ISBN 0044421540

Women speak about health. This book acknowledges the truth and importance of women's lives and the effect of health on women's daily living.

H 8

**Women and sex** / Anne Hooper

**1986** ISBN 0859695174

This book is for women who know something has gone wrong with their sexual response and fear that this is affecting the quality of their emotional life. It covers all age groups.

H 9

**Why me? : the real-life guide to infertility** / Lorraine Brown

**1998** ISBN 0731806875

Explains assisted reproductive technologies (IVF [in vitro fertilization], artificial insemination and others including alternative therapies) for the treatment of infertility and explains the problems, experiences and issues for successful and unsuccessful patients.

H 10

**Sharing the load : what to do when someone you love is depressed** / Gwendoline Smith

**1996** ISBN 086806629X

Explains psychiatric therapy, medications, alternative therapies, and spiritual counselling of carers, mothers with post-natal depression (and fathers), and adolescents suffering from depression and offers guidance for families and friends.

H 11

**HRT : is it for me?** / Raelene Allen

ISBN 1875531769

All your questions answered about hormone replacement therapy.

H 12

**Every girl** / Dr Derek Llewellyn-Jones and Suzanne Abraham

ISBN 0195507819 New 3rd edition

Emphasises the importance of a healthy lifestyle. It includes extensive new material on eating disorders, sexually transmitted diseases, sexual assault, psychological problems, drugs, and exercise disorders.

H 13

**Birth After Caesarean - Unlimited Possibilities [BACUP]** / edited by Coralie Daniels

ISBN 0646322613

Stories to encourage and inspire.

H 14

**Sex for life** / Dr Gary Aaron

**1999** ISBN 1864365285

Men's health issues. Covers the basics from anatomy and common physical causes of

impotence to the latest treatments including vascular surgery and Viagra.

H 15 (2 copies A & B)

**Out of the blues : a new approach to helping women overcome depression** / Zita Annette Weber

**2000** ISBN 1875574379

Ideas and theories about depression are presented and stories of women who share their experiences of depression as a result of relationship problems and loss, and their ways of coping are told.

H 17

**Overcoming anxiety, panic, and depression : new ways to regain your confidence**

/ James Gardner and Arthur H Bell

**2000** ISBN 1564144356

Understanding the physiological connections, genetic inheritance and external influences on the mental disorders of anxiety, panic attacks, and depression and also understanding the assessment and conventional and alternative treatments available can help with the journey to recovery.

H 18

**The last taboo** / Suzane Fabian

**1986** ISBN 0140087400

Suicide among children and adolescents.

H 19

**The baby machine** / edited by Jocelyne A Scutt

**1990** ISBN 1854250531

Reproductive technology and the commercialisation of motherhood.

H 20 (2 copies A & B)

**Fat is a feminist issue : how to lose weight permanently – without dieting** / Susie Orbach

**1988** ISBN 0099388308

Eating problems such as compulsive eating, bulimia and anorexia can be overcome by addressing body-image issues, understanding the emotional reasons for eating disorders, and learning how to stabilize weight.

H 21

**Adult children of alcoholics** / Janet Geringer Woititz

**1990** Expanded edition ISBN 1558741127

Adult children of dysfunctional families affected by alcoholism are encouraged to remember their childhood experiences, evaluate their present circumstances, break the cycle of abnormal behaviour patterns, and consider their own children.

H 22

**Test-tube women : what future for motherhood?** / edited by Rita Arditti, Renate Duelli Klein and Shelley Minden

**1989** 2<sup>nd</sup> edition ISBN 0044404298

Women are the target of reproductive technology but who really benefits? The social issues of reproductive rights, exploitation, research implications, surrogacy, motherhood choices, abortion, sex selection, reproduction for people with disabilities, hazards of

childbearing, single and lesbian mothers, and feminist issues are discussed.

H 23

**The blue day book : a lesson in cheering yourself up** / Bradley Trevor Greive

**2000** ISBN 0091842050

H 24

**Virtually yours : your guide to finding love in cyberspace** / Teresa Mannix

**2000** ISBN 1876120008

Internet dating, useful web sites, and chat room conventions and hazards are explained, and the author's experiences with five spicy cyber dates are recounted.

H 25

**Giving away the grog : Aboriginal accounts of drinking and not drinking** / collected and edited by Maggi Brady

**1998** ISBN 064445458X

Aboriginal people tell of becoming problem drinkers, of social pressures, of alcohol-related behaviour, of reasons for abstaining from alcohol, of support and difficulties and political aspects of drinking.

See also H 53 '**The grog book**'

H 26

**Making peace with food** / Susan Kano

ISBN 0934011850

H 27

**Mid-life - it's okay** / Diane Bennett and Deirdre Degeling

ISBN 1862560390

A friendly book that debunks the myths of menopause and tells you how to ensure health and happiness in the middle years and beyond. A positive guide for every woman.

H 28

**Strong women, strong bones : everything you need to know to prevent, treat and beat osteoporosis** / Miriam E Nelson

**2000** ISBN 0734401345

H 29

**Women's trouble** / Ruth Trickey and Kaz Cooke

**1998** ISBN 1864486945

Kaz Cooke has got together with Ruth Trickey, a respected herbalist and natural therapist to produce this book on "women's troubles". As expected –it is fun to read yet sensible and thorough and helps you make your own decisions about treatment. It explains the self-care, natural therapies and medical solutions for a huge range of 'women's troubles'.

H 30

**I'd change my life if I had more time : a practical guide to making dreams come true** / Doreen Virtue

**1996** ISBN 1561703214

By changing our life priorities, we can access more free time, streamline our schedules,

receive loving support from family and friends, boost our self-confidence, reduce our fear of failure, increase our intuitive powers, and lead richer lives.

H 31

**Australian women at the Olympic Games** / Dennis H. Phillips

1996 2<sup>nd</sup> edition ISBN 0864178018

Celebrates the achievements of Australian women athletes at the Olympic Games from 1912 to 1996.

H 32

**Why M.E.? [Myalgic encephalomyelitis or Chronic fatigue syndrome] : a guide to combating post-viral illness** / Belinda Dawes and Damien Downing

1994 ISBN 0586206663

Diagnosis, and ways to help recovery (diet, allergy desensitisation, Candida and parasite infection control, emotional factors, lifestyle changes, and family relationships and support, and moving to another environment) are discussed.

H 33

**Taking responsibility : self-reliance and the accountable life** / Nathaniel Branden

1997 ISBN 0684832488

Mature adults take responsibility for their physical, emotional, intellectual and spiritual lives and understand the boundaries of this responsibility.

H 34

**Nutrition for life** / Catherine Saxelby

ISBN 1864980575

H 35

**The new 'Our bodies, ourselves' : a health book by and for women** / Angela Phillips and Jill Rakusen

1989 2<sup>nd</sup> British edition ISBN 0140138749

This large book on women's health is divided into seven sections: **Taking care of ourselves** (body image, sexuality and reproduction, diet, drugs, exercise, alternative medicine, mental health, occupational health, and violence), **Relationships and sexuality** (heterosexual, lesbian, problems), **Controlling our fertility** (contraception, pregnancy diagnosis, abortion), **Childbearing** (pregnancy, childbirth and after, infertility and miscarriage), **Women growing older, Some common and uncommon medical and health problems** (gynaecological and urinary problems, breast diseases, cancer, life threatening illnesses, and medical tests, procedures and operations), **Women and the medical system** (politics, change, and international awareness).

H 36

**Second start : challenge and change in mid-life** / Hazel Edwards

1987 ISBN 0140093389

Explores responses to planned and unplanned changes in lifestyle of men and women in midlife.

H 37 (2 copies A & B)

**Early breast cancer : a consumer's guide** / Mark Ragg for National Health and Medical Research Council (Australia)

**1995** ISBN 0642233810

Breast cancer statistics, diagnosis, tests, and treatments with common questions answered. **Updated version** titled '**All about early breast cancer**' **1996** ISBN 0958673233 available at <http://www.nbcc.org.au/pages/info/resource/nbccpubs/earlybc/contents.htm>

H 38

**Contraception : a user's handbook** / Anne Szarewski

**1998** 2<sup>nd</sup> edition ISBN0192861956

Covers the advantages and drawbacks of contraceptive ways of avoiding or spacing pregnancies such as hormonal methods (the Pill, injections, and implants), IUDs, barrier methods (diaphragms and condoms), natural family planning, emergency contraception, contraception during breastfeeding or when growing older, the 'male pill', and permanent contraception methods such as sterilization and vasectomy.

H 39

**Repetitive strain injury** / Emil Pascarelli and Deborah Quilter

**1994** ISBN 0471595330

A computer user's guide to OOS (Occupational Overuse Syndrome).

H 40

**Men's health : how men can live longer and fuller lives** / Ronald S Laura

**1998** ISBN 0731806239

Covers minor and major health problems affecting men including headaches, heart disease, smoking, tuberculosis, sports injuries, joint diseases, ME [Myalgic encephalomyelitis or chronic fatigue syndrome], side effects of medicine, stomach ulcers, flatulence, haemorrhoids, snoring and sleep disorders, skin cancer, ageing, baldness, cosmetic surgery, penile enhancement, penis diseases and malfunctions, impotence, circumcision, testicular varicose veins, and vasectomy.

H 41

**Alzheimer's Disease** / Paul S Aisen et al

**1997** ISBN 187341336X

Questions and answers about Alzheimer's Disease (dementia).

H 42

**From surviving to thriving** / Andrew Fuller

**1998** ISBN 0864312776

Promoting mental health in young people.

H 43

**Coping with breast cancer** / Robert H Phillips and Paula Goldstein

**1998** ISBN 0895298589

A practical guide to understanding, treating, and living with breast cancer, this book covers the normal breast, definition of breast cancer, its diagnosis, treatment, and emotional responses, lifestyle changes, and relationship changes for women who contract it.

H 44

**Getting them sober : volume 1 : action guide** / Toby Rice Drews

**1983** ISBN 0882705598

Suggestions for writing about and activities with expected results for partners and families of alcoholics.

H 45

**Nightmares that sing** / Marjorie Messenger

**1995** ISBN 0867863609

A mother's story about her son who suffered from schizophrenia.

H 46

**Colour me beautiful : discover your natural beauty through colour** / Carole Jackson

**1980** ISBN 0949773565

This is more than a beauty book. It will reveal the secret of your personal "colour" season and will show you the thirty colours in which you look best.

H 47

**Stress Management : a comprehensive guide to wellness** / Edward Charlesworth and RonaldG Nathan

**1982** ISBN 0345327349

Helps you identify the specific areas of stress in your life-family, work, social, emotional- and offers proven techniques for dealing with every one of them.

H 48

**Real gorgeous : the truth about body and beauty** / Kaz Cooke

**1997** ISBN 1864482265

Delivers no-nonsense information about size, shape, self-esteem and cellulite scam.

H 49

**Menopause : a positive approach using natural therapies** / Nancy Beckham

**1995** ISBN 0670906352

The advantages and disadvantages of hormone replacement therapy (HRT) and its alternatives such as natural plant oestrogens, diet and calcium intake, osteoporosis, exercise, sexuality, and emotional problems which might be expected at menopause are discussed.

H 50

**Living with anxiety : a practical research-based plan for managing anxiety problems** / Bob Montgomery and Laurel Morris

**1992** ISBN 0850914256

General anxiety, panic and agoraphobia, phobias, social phobias, post-traumatic stress problems and obsessive-compulsive problems are covered.

H 51

**Women at the change : the intelligent woman's guide to menopause** / Madonna Sophia Compton

**1998** ISBN 1567181716

The physical, psychological and emotional changes that a woman can expect at menopause are explained and the myths, literature, symptom relief methods such as hormone replacement therapy (HRT) and natural therapies, and other health matters are investigated.

H 52

**Snippets on sanity** / Marilyn Landau

**1997** ISBN 1876259167

Marilyn Landau's brief commentaries on mental health issues aim to show that, if given proper treatment, people with mental illness can lead reasonably normal lives.

H 53

**The grog book : strengthening indigenous community action on alcohol** / Maggie Brady

**1998** ISBN 0642367299

Aboriginal and Torres Strait Islander people are provided with ideas and strategies for managing alcohol abuse in their communities. The history of alcohol use in Australia, the effects of alcohol, how to engage the community, prevention, awareness and training issues, controlled drinking and policy issues, managing violence and problem behaviour, licensing laws, services for people with problem drinking, and Aboriginal language words for alcohol are covered.

See also H 25 '**Giving away the grog**'

H 54

**Clued up too : helping young people with drug issues** / Christine Burrows

**1994** ISBN 0858090430

Provides clear, practical information for therapists and parents about alcohol and drug use by young people.

H 55

**Accepting ourselves and others : a journey into recovery from addictive and compulsive behaviours for gays, lesbians and bisexuals** / Sheppard B Kominars and Kathryn D Kominars

**1996** Revised edition ISBN 1568381204

Addresses major recovery issues such as alternative models of addiction, the use of professional therapists, the use of medication, switching addictions, and HIV-positive and HIV-negative concerns and outlines a 12-step workbook approach for behaviour modification. Includes material for therapists.

H 56

**The A-Z of women's health** / Derek Llewellyn-Jones

**1983**

A comprehensive reference book of concise information about women's health matters.

H 57

**The book of massage : the complete step-by-step guide to Eastern and Western techniques** / Lucinda Lidell et al

**1984** ISBN 0852233086

Three different techniques of massage (basic, shiatsu and reflexology) are taught by description, illustration and photographs. Prenatal massage and massage for babies, older people, and athletes and also self-massage are covered. Body reading can indicate problem areas.

H 58

**Fat is a feminist issue 2** / Susie Orbach

**1984** New revised edition ISBN 009934260X

Understanding the meaning of food in a woman's life and learning how to distinguish

between physiological and emotional hunger and how to respond appropriately is outlined with psychological exercises. Also has material for self-help groups.

H 59

**Overcoming overeating : conquer your obsession with food** / Jane R Hirschmann and Carol H Munter

**1988** ISBN 0434981435

If you count yourself among the people who feel compelled to eat even though you're not hungry, this book is for you.

H 60

**Master stress/** Malcolm Newell

**1995** ISBN 0949142166

This simple book provides a simple remedy - you can end the ravages of stress in your life by understanding what is happening to you and how you can change your lifestyle.

H 61

**You and stress : a guide to successful living** / Bob Montgomery and Lynette Evans

**1986** ISBN 0170061663

Relaxation, improved communication, assertiveness, recreation and exercise, insomnia reduction, better problem solving and time management, managed depression, loneliness, and job redesign can help reduce disabling stress.

H 62

**The relaxation response** / Herbert Benson

**1975** ISBN 0380006766

A simple meditative technique that has helped millions to cope with fatigue, anxiety and stress.

H 63 (2 Copies)

**Ourselves Growing Older : Women Ageing with Knowledge and Power** / edited by Jean Shapiro

**1989** British edition ISBN 0006373704

This discussion of the physical and emotional health of women aged over 35 includes ageing and well-being, body image, contraception, childbearing, sexuality and the menopause, the medical system, common illnesses such as hypertension, diabetes, hysterectomy, osteoporosis, arthritis and cancer, housing, employment and retirement, and financial matters.

H 64

**Love your disease - it's keeping you healthy** / John Harrison

**1986** ISBN 0207153205

Why do we suffer from illness? Do we prevent our own recovery? Can we heal ourselves?

H 65

**All about breasts** / Kerrie Lee

**1993** ISBN 1875531289

All about breastfeeding, keeping your breasts looking good, breast self examination and other tests, cosmetic surgery, coping with cancer.

H 66

**Losing weight after pregnancy : a step-by-step guide to postpartum fitness /**

Elisabeth Bing and Libby Colman

**1994** ISBN 1562828118

Covers self-image, exercise, diet and emotional responses after childbirth.

H 67

**Food /** Susan Powter

**1995** ISBN 0671892258

Learn how to turn food from the enemy into something you enjoy again. Get your family to eat right, shop easier and prepare lower-fat meals, without missing a thing, make the right great-tasting food choices, free from fear or guilt.

H 68

**Positive under pressure : how to be calm and effective when the heat is on /** Gael

Lindenfield and Dr Malcolm Vandenburg

**2000** ISBN 0722538170

Learn to understand and control your early warning signs of stress, achieve and maintain 'flow' state, say 'no' assertively, ask for your needs to be met, think positively, and relax yourself with a set of techniques you can use anytime, anywhere.

H 69

**I'm not in the mood : what every woman should know about improving her libido /**

Judith Reichman

**1999** ISBN 0688172253

A gynaecologist helps women to solve different sexual problems, providing a timely antidote for women experiencing a decrease of sexual desire and enjoyment.

H 70

**Stress free living /** Trevor Powell

**2000** ISBN 0751308382

The danger signs of stress, the sources of stress (including relationships, employment, health problems, bereavement, financial difficulties and caring for the elderly) and life skills to deal with stress are discussed and illustrated. Assertiveness, managing time, rational thinking, improving relationships and self-care are covered.

H 71

**ACT children's oncology service directory /** ACT Cancer Society

**1998**

Contact details for counselling services, educational services, equipment and medical services, family support services, health, medical, nursing and hospital care services, organisations providing bereavement services, organisations providing financial assistance, organisations providing practical support, services in Sydney, services for people from culturally and linguistically diverse backgrounds [NESB], support and social support organisations. For parents of children with cancer.

H 72

**Directory of services for people with a mental illness and their families in the ACT /** ACT Mental Health Services and Mental Health Resource (ACT)

**1998** 4th edition

Contains information and contact details for ACT government health departments and

programs, accommodation, advocacy and lobby groups, child and family services, complaints, counsellors, crisis services, employment, legal matters, leisure activities, hospitals, psychiatrists, support, and training and education,

H 73

**Talking sexual health : a parent's guide** / Judith Jones, Anne Mitchell and Jenny Walsh

**1999** ISBN 064239394X

Adolescence and the physical, psychological and emotional changes, areas of concern, communication, sexual identification, STDs and safe sex, contraception and pregnancy, alcohol, drugs and sex, partnership with school.

H 74

**Early breast cancer : a consumer's guide** / Mark Ragg for National Health and Medical Research Council (Australia)

ISBN 0642233810

Breast cancer statistics, diagnosis, tests, and treatments with common questions answered. **Updated version** titled 'All about early breast cancer' **1996** ISBN 0958673233 available at

<http://www.nbcc.org.au/pages/info/resource/nbccpubs/earlybc/contents.html>

H 75

**Child Health and Development Service parent information booklet** / CHADS **1998**

Details of what the Early Intervention Service can provide for children who have delays in their development.

H 76

**Pregnancy care** / NSW Health Department

ISBN 0731005619 2nd edition

Planning and progress of pregnancy, checking for birth defects, antenatal care, practical matters, common complaints, complications in pregnancy, childbirth, coping at home.

Also at

[http://www.health.nsw.gov.au/health-public-affairs/mhcs/publications/Pregnancy\\_and\\_post\\_natal.html](http://www.health.nsw.gov.au/health-public-affairs/mhcs/publications/Pregnancy_and_post_natal.html)

H 77

**The invisible alcoholics : women and alcohol** / Marian Sandmaier

**1992** 2<sup>nd</sup> edition ISBN 0830638431

Gives information on women's drinking patterns and problems including legal issues and examines new research that challenge prevailing stereotypes of alcoholic women.

Interviews illustrate the influence of attitudes and lifestyles on women's alcohol abuse.

H 78

**The courage to care : the impact of cancer on the family** / Susanne Baxandall and Prasuna Reddy

**1993** ISBN 1863550364

Family carers for people with cancer were asked to focus on three stages: at diagnosis, during medical treatment (important events) and after completion of treatment. The carers were caring for a life partner, a child or a parent. Communication, assertiveness and strategies for coping with change are illustrated by stories from 26 Australian carers.

H 79

**Miscarriage : what every woman needs to know : a positive new approach /** Lesley Regan

**2001** Revised edition ISBN 0752837575

Covers definition, incidence, causes, recurrence, association with infertility, tests and treatments, and the emotional effects of miscarriage and preparing for another pregnancy.

H 80

**Stick figure : a diary of my former self /** Lori Gottlieb

**2000** ISBN 073361423X

The author retells her story as an 11-year old and discusses the social pressures, parental expectations, and images of bodily perfection which led to her suffering from anorexia.

H 81

**First steps to Alexander Technique /** Chris Raff

**2001** ISBN 1864761210

The Alexander Technique of body awareness and movement can lead to less pain and body restriction and easier performance of daily activities.

H 82

**My left breast : how breast cancer transformed my life /**Barbara Joss with Libby Harkness

**1999** ISBN 187641152X

An autobiographical account of breast cancer diagnosis, surgery, chemotherapy treatment, emotional responses, and breast reconstruction from an Australian businesswoman. Also includes doctor's opinions and men's responses as a partner.

H 83

**The good sleep guide : 10 steps to better sleep and how to break the worry cycle /** Timothy J. Sharp

**2001** ISBN 0140298215

A healthy lifestyle (diet, exercise, relaxation and emotional well-being) helps with sleep disorders such as insomnia (difficulty falling asleep or staying asleep), abnormal behaviour while asleep (sleep walking, teeth grinding and nightmares), and medical disorders. Illustrated by fictional characters.

H 84

**The puberty book : a guide for children and teenagers /** Wendy Darvill and Kelsey Powell

**1998** Revised edition ISBN 0733609503

Covers the changes of puberty, sex and sexuality, health, relationships, pregnancy and birth by way of questions and answers in simple language.

H 85

**When Someone You Love Has a Mental Illness /** Rebecca Woolis

**1992** ISBN 0 87477 695 3

A handbook for family friends and caregivers.

H 85B

**Menopause/** researched by Dr Linda Wellberry and Marilyn Jenkins

**2001** produced by Family Planning ACT

An informative booklet on the changes and symptoms which may occur during menopause with information on both hormone replacement therapy and natural therapies. It also covers topics such as diet, exercise, sexuality and taking care of yourself.

H 86

**Depression / AMA**

**1998** ISBN 1 74033 1060

Symptoms, tests, diagnosis, self-help, lifestyle.

H 87

**Depression Lifting the Cloud / Dr Christine Read**

**2000** ISBN 1 875531 440

Major depression, dysthymia, manic depression, medication, psychotherapy, self-help.

H 88

**The Depression Workbook / M E Copeland**

**1992** ISBN 879237 32 6

A guide for living with depression and manic depression.

H 89

**Every Woman's Book on Menopause and the Hormone Replacement Controversy /**

Teoh Eng Soon and Kristine Teoh

**1999** ISBN 981 232 073 3

Today's woman has more options for a lifestyle filled with activity, good health and femininity.

H 90

**Sunshine on My Shoulders / Jan Sparks and Suzanne Pinder**

**1999** ISBN 0 7329 1018 8

A Woman's victory over agoraphobia.

H 91

**Making Mummy Better / Denise Scott**

**1999** ISBN 0 86786 315 3

A child's experience of post natal depression.

H 92

**A Blessing Not a Curse / Jane Bennett**

**2002** ISBN 1863513000

A mother- daughter guide to the transition from child to woman.

H 93

**Tell Me I'm Here / Anne Deveson**

**1998** ISBN 0140272577

The compelling story of a teenager who turns into a fearful and tormented young man, and the heart-rending story of a mother facing the realisation that her child is going mad.

H 94

**Calm Eating** / Dr Rick Kausman

**1999** ISBN1865087262

This book focuses on your attitudes (not your weight or body shape) to help you learn how to have a healthy and happy relationship with food.

H 95

**Menopause** / Family Planning ACT

**2001**

Researched by Dr Linda Welberry and Merilyn Jenkins

H 96

**Treat Yourself Right – Information for women with HIV & AIDS** / Positive Women Victoria

**2001** ISBN 187646099

H 98

**Power Over Panic** / Bronwyn Fox

**2000** ISBN 1740094875

Freedom from Panic & Anxiety related disorders. At the core of the book is a drug-free, simple and creative five-step method based on meditation and a mindfulness cognition technique.

H 99

**Who will I be When I Die?** / Christine Boden

**1999** ISBN 1863717331

The author was diagnosed with Alzheimer's at 46 years. This is the emotional, physical and spiritual journey in the three years since.

H 100

**Stop Walking On Eggshells** / Paul Mason & Randi Kreger

**1998** ISBN 157224108X

Taking your life back when someone you love has borderline personality disorder.

H 101

**Making Babies** / Warwick Carter

**2006** ISBN 10 1 7412 1685 0

A guide to fertility and conception providing clear information about the reproductive system, with separate sections for women, men and couples.

H102

**Women's Encounters With The Mental Health Establishment, Escaping The Yellow Wallpaper** / Edited By Elayne Clift

**2002** ISBN 0789015463

This Anthology gives voice to today's women so that their own encounters with the mental health establishment can be heard and learned from.

H102 B

**Women's Encounters With The Mental Health Establishment, Escaping The Yellow Wallpaper** / Edited By Elayne Clift

**2002** ISBN 0789015463

This Anthology gives voice to today's women so that their own encounters with the mental health establishment can be heard and learned from.

H 103

**Preventative Medicine: Reducing the Burden of Disease** / Edited by Dr Anthony F. Mariani

**2002** ISBN 0975016504

This publication reviews the common medical conditions prevalent in our community, with a particular emphasis on illness prevention.

H 104

**With A Little Help. Choosing and Assessing Mental Health Therapists** / Dr Deborah Saltman /

1996 / ISBN 0 947277

Includes comments from consumers about their experiences with mental health care and interviews with service providers.

H 105

**Know Yourself, Heal Yourself** / Edmund Harold /

1994 / ISBN 0 670 90644 1

For lay person and healer who wish to have a greater understanding of themselves in body, mind and spirit.

H 106

**The SANE Guide to Staying Alive** / Sane Australia /

2003 / ISBN 1 875182 54 3

A guide for people with a mental illness who have suicidal thoughts.

H 107

**Australian Drugs info file** / Dr. Miriam Stoppard /

**2000** / ISBN 1 86466 443 7 /

Up to date information on the dangers of drugs warning signs to look out for and when to ask for help.

H 108

**Living with IT A Survivor's guide to Panic attacks** / Bev Aisbett /

**2003** ISBN 0 207 18040 7

Bev Aisbett a survivor of Panic Syndrome tells how to recognise and symptoms. Provides needed reassurance and support.

H 109

**Pregnancy, Childbirth & the Newborn** / Dr. Jonathon Morris /

**2001** ISBN 1 8651 5700 7

A complete guide for Australian women and addresses all the important issues regarding pregnancy, birth and the newborn. 190 photographs and illustrations.

H 110

**Beating the blues: a self-help approach to overcoming depression**/ Susan Tanner

and Jillian Ball/

**1991/ISBN 0 646 36622 X**

Using questionnaires, self-tests and case studies this book offers a step-by-step program for overcoming depression.

H 111

**Taming the Black Dog: a guide to overcoming depression/** Bev Aisbett/

**2000 ISBN 0 7322 6757 9**

Modelled on the authors Living with IT, this book provides information and practical tips on managing depression.

H 112

**Menopause/** Dr Miriam Stoppard/

**2001 /ISBN 1 74033 360 8**

An Australian guide to maintaining health, well-being and managing your life during menopause.

H 113

**Depression: The way out of your prison/Dorothy Rowe/**

**2003/ISBN 1-58391-286-X**

This book allows us to understand our depression which matches our experience and which enables us to take charge of our life and change it. Depression is an unwanted consequence of how we see ourselves and by the world. This book is for depressed people, their family and friends, and for all professionals and non-professionals who work with depressed people.

H 114

**Sometimes I act crazy. Living with Borderline Personality Disorder/** Jerold J.

Kreisman, M.D., and Hal Straus/

**2004/ISBN 0-471-22286-0**

This book is a great source of hope and practical advice for BPD sufferers and those who love them. This book offers proven techniques that help you manage mood swings, understand treatment options, improve self-esteem and control destructive impulses.

H 115

**Aging with Grace: The nun study and the science of old age/David Snowdon**

**2001/ISBN 1-84115-292-7**

This book combines cutting edge research on the brain with the poignant and inspiring stories of a group of nuns. Aging with grace shows that old age does not have to mean an inevitable slide into illness and disability; rather it can be a time of promise and productivity.

H 116

**Coping Well: Positive ways to deal with life-challenging disease/Rubin Battino**

**2003/ISBN 1 876451 43 2**

Coping well provides valuable support for anyone facing a serious illness, equipping both the sufferer and the carer with the resources required in such a difficult time. The book provides a holistic approach to healing, integrating psychological, spiritual and emotional dimensions.

H 117

**Managing Menopause**/By the editors of Prevention

**2001**/ISBN 1 57954 234 4

More than 100 home remedies for conquering symptoms and facing the future with confidence.

H 118

**My life as a side effect**/ Milissa Deitz

**2004** ISBN 1 74057 031 3

A personal insight towards diagnosis, acceptance and management of depression. Includes testimonials of sufferers, interviews with medical professionals and information from support groups, including facts and strategies for dealing with depression on a daily basis.

H 119

**Overcoming Anorexia Nervosa** / Christopher Freeman

**2002** ISBN 1 85487 969 3

A self-help guide using Cognitive Behavioural Techniques to overcome anorexia by changing negative patterns of thoughts.

H 120

**The ultimate weight solution**/ Dr Phil McGraw

**2003** ISBN 0 7432 3232 1

Strategies in how to identify the reasons for negative eating habits.

H 121

**Help Yourself – Move out of Depression and Anxiety**/Helga A.H. Rowe

**2000** ISBN 0 86431 348 9

A practical 12 step self-help program filled with effective strategies for change. Includes goal setting, positive self-talk and letting go.

H 122

**Bosom Buddies**/ Gaye Croft

**2002** ISBN 0 7344 0330 5

Uplifting stories of breast cancer survival.

H 123

**Body Talk: A Power Guide for Girls**/Elizabeth Reid Boyd and Abigail Bray

**2005** ISBN 0 7336 1860 X

If you are tired of being talked about, judged, ignored or silenced, then this book is for you!

H 124

**Alternative Treatments for Arthritis**/Dorothy Foltz-Gray

**2005** ISBN 0 912423 47 1

This book gives provides information on alternative treatments for arthritis, including glucosamine, acupuncture, reiki – just to name a few.

H 125

**What Your Doctor May Not Tell You about Menopause/** John R. Lee & Virginia Hopkins

**1996** 0 446 671 44 4

An easy to follow, non-prescription hormone balance program. Describes the benefits of natural progesterone for menopausal women.

H 126

**Women Who Hurt Themselves/Dusty Miller**

**2005** ISBN 0 465 04587 1

This powerful and compassionate book focuses on women who harm themselves through eating disorders, self mutilation, compulsive cosmetic surgeries and other forms of chronic injury to the body.

H 127

**The Alzheimer's Handbook /** Professor Gerry Bennett and Dr Mark Jones

**2001** ISBN 0 09 185738 4

This book gives sufferers and their carers helpful information regarding diagnosis, treatment and care.

H 128

**Alternative Therapies for Pregnancy and Birth /** Pat Thomas

**2001** ISBN 1 84333 713 4

This book helps to explain the benefits of a wide range of alternative treatments that can be used along with conventional medicine, to help women make the best choice for them.

H 129

**Breaking The Bonds/** Dorothy Rowe

**1991** ISBN 0 00 637565 0

This book brings together 25 years of research about depression and how every one of us can take charge of our life to find the way to happiness, hope and freedom.

H 130

**How to Recover form Anorexia and other Eating Disorders /** Melinda Hutchings

**2000** ISBN 0 86806 706 7

A practical step-by-step guide through the process of recovery from anorexia and other related eating disorders.

H 131

**Strong Women, Strong Hearts /** Miriam E Nelson

**2005** ISBN 0 7344 0827 7

A comprehensive guide, with current advice on diet, exercise, stress reduction, and other key strategies for preventing and reversing heart disease in women.

H 132

**The Whole Lesbian Sex Book /** Felice Newman

**2004** ISBN 1 57344 199 6 2<sup>nd</sup> Edition

A complete, all questions answered, guide/manual to lesbian and bisexual sexuality.

H 133

**Dying for a Cure** / Rebekah Beddoe

**2007** ISBN 978 1 74166 478 2

A memoir of antidepressants and misdiagnosis showing that the inappropriate use of antidepressants constitutes a major health risk.

H 134

**When Someone you Love is Addicted to Alcohol or Drugs** / Jim Maclaine

**2001** ISBN 1 86325 275 4

A guide, which provides advice and proven strategies that can help you reach out to someone you love and make a difference.

H 135

**It Will Never Happen to Me** / Claudia Black

**2001** ISBN 1 56838 798 9

A book for adult children of alcoholics. Helps the reader to acknowledge and overcome childhood survival roles that lead to self-defeating, destructive behaviours in adulthood.

H 136

**Transgenders and Intersexuals** / Lois May

**2005** ISBN 1 921037 07 5

A sexologist explores the latest findings, transgenders and intersexuals contribute their personal stories and police and activists tell their efforts to battle prejudice and discrimination directed at this small but important group of people.

H 137

**Trauma and Addiction** / Tian Dayton

**2000** ISBN 1 55874 751 6

Explores how unresolved childhood trauma is a primary cause of addiction and relapse. Describes an effective and compassionate method that leads to resolution and healing.

H 138

**You Can Heal Your Life** / Louise L. Hay

**2007** ISBN 10 1 4019 1209 5

The authors key message is "If we are willing to do the mental work, almost everything can be healed" She explains how limiting beliefs and ideas are often the cause of illness, and shows how you can change your thinking and improve the quality of your life.

H 139

**Women Sex and Addiction** / Charlotte Davis Kasl, Ph.D.

**1989** ISBN 0 06 097321 8

A book for those who want to understand and heal co-dependency, sex and romance addiction in women.

H 140

**Diagnosis Schizophrenia** / Rachel Miller & Susan E. Mason

**2002** ISBN 0 231 12624 7

Stories people who have been diagnosed with schizophrenia can relate to. Includes advice on how it feels, what to do and how to stay healthy and offers reassurance that there is life after diagnosis.

H 150

**Getting Better Bit(e) by Bit(e)** / Ulrike Schmidt & Janet Treasure

**2004** ISBN 0 86377 322 2

A survival kit for sufferers of bulimia nervosa and other binge eating disorders. The basics of these eating disorders are explained in clear and simple language.

H 151

**Obsessive Compulsive Disorders** / Steven Levenkron

**1991** ISBN 0 446 39348 7

Treating and understanding crippling habits. A guide of a psychotherapist's experiences which provides guidance for therapists and information for OCD sufferers and their families.

H 152

**Living with Your Looks** / Roberta Honigman & David J. Castle

**2007** ISBN 978 1 920694 95 1

A therapeutic expose of the evolutionary, historical, cultural and social influences on what we consider to be attractive.

H 153

**Beyond Burnout to Balance** / Gael Drum

**2006** ISBN 0 9579156 3 2

Strategies, techniques and a simple approach to the process of self – healing. Create a healthy, long lasting and positive environment which is conducive to wellbeing.

H 154

**Stronger Bones** / Editors of Prevention

**2000** ISBN 1 57954 209 3

Tips to stop osteoporosis and reverse bone loss that can affect every woman over thirty.

H 155

**Tired of not Sleeping?** / Dr Sandra Cabot & Nancy Beckham

**2005** ISBN 0 9757436 0 0

Up to date information and a holistic program for a good night's sleep.

H 156

**The Wisdom of Menopause** / Dr Christiane Northop

**2008** ISBN 978 0 7499 2214 6

Examines the connection between menopause and emotions, discusses HRT, alternative supplements and how the body adjusts naturally to changing hormones, explains how to rebalance metabolic shifts and shows how to prevent long term health problems.

H 157

**Working with Voices – Victim to Victor II** / Karen Taylor, Ron Coleman and Paul Baker

**2000** ISBN 0 9548103 2 5

A recovery planning tool for people diagnosed with a mental illness, particularly those who hear voices, to help them overcome mental distress.

H 158

**Working to Recovery– Victim to Victor III** / Karen Taylor, Ron Coleman and Paul Baker

**2000** ISBN 0 9548103 4 1

Follows on from “Working with Voices” A recovery planning tool for people diagnosed with a mental illness, particularly those who hear voices, to help them overcome mental distress.

H 159a and H 159b (2 copies)

**Taking Care of Yourself and Your Family: a Resource Book for Good Mental Health** / John Ashfield

**2004** ISBN 1 921008 49 0

Provides valuable advice and reflects the most current mental health issues that rural health services and rural people themselves have identified.

H 160

**Natural Medicine for Women** / Susan and Julian Scott

**1991** ISBN 0 73180183 0

Gentle, drug free remedies for many ailments which affect women.

H 162

**Dieting Makes you Fat** / Geoffry Cannon and Hetty Einzig

**1983** ISBN 0 7126 0118 X

Explains in simple language why dieting is self defeating and bad for you and how you can achieve lasting health through the right combination of sensible eating and exercise.

H 163 2 copies

**When Eating is Everything** / Julian Ball, Phyllis Butow and Fiona Place

**1993** ISBN 0 86824 439

Explores how eating patterns are influenced by relationships and how women feel about themselves. Using case studies this book deals with mild eating problems as well as bulimia and anorexia nervosa.

H 164

**Fat is a Family Affair** / Judi Hollis Ph.D.

**1985** ISBN 0 89486 263 4

Discusses the families involvement in eating disorders and offers a process of recovery.

H 165

**Everybody’s Guide to Natural Sleep** / Phillip Goldberg and Daniel Kaufman

**1990** ISBN 0 87477-570-1

A drug free approach to overcoming insomnia and other sleep disorders.

H 166

**Taking Care of Yourself and Your Family** / John Ashfield

**2009** ISBN 1 921601 34 7

An easy to understand resource book for good mental health with sound information and self help guidelines about depression, anxiety and related drug and alcohol problems.

H 167

**Fat and Furious** – Women with Food Obsession / Judi Hollis PH.D.

**1995** ISBN 0 09 183090 7

The author examines the connection between unresolved anger and food obsession. For women who have had a troubled relationship with food and would like to learn how to accept their bodies.

H 168

**The Ultimate Guide to Sex and Disability** / Miriam Kaufman, Cory Silverberg and Fran Odette

**2007** ISBN 978 157344 304 3

A book for all ages and sexual identities which covers a wide span of disabilities. Information to help create a sex life for all.

H 169

**Alzheimers A-Z** / Jytte Lokvig, John D Becker

**2004** ISBN 1 57224 395 3

An alphabetically organised guide to help the reader creatively solve everyday problems while still validating their loved ones and providing them with rewarding day-to-day experiences.

H 170

**What Your Doctor May Not Tell You About Menopause** / John R Lee and Virginia Hopkins

**2004** ISBN978 0 446 69142 0

Based on current research this book provides a plan for restoring hormonal balance in menopausal women, using bioidentical hormones, including natural progesterone.

H 171

**Women of Silence** / Grace Adamson

**2003** ISBN 0 9545480 0 0

This book addresses the strong emotional components associated with breast cancer, the power of relationships, medical issues, the role of carers and women's personal stories.

H 172

**Men Inside Out** / Ian Cuthbertson and Greg Callaghan

**2003** ISBN 1 920705 09 0

Contains useful information about significant men's health issues. Divided into four sections, it looks at men's sexual, mental, physical and general health.

H 173

**Peace of Mind** / Ian Gawler

**2002** ISBN 0 85572 167 7

This book helps the reader to learn and use meditation to generate peace of mind

## LOSS and GRIEF

LG 1

**Life after loss : a personal guide dealing with death, divorce, job change and relocation** / Bob Deits

**1992** ISBN 1555610498

Here is a positive, sensitive approach for successful recovery from painful loss, including the death of a loved one or friend, divorce, relocation, job loss, retirement, major surgery or onset of chronic illness.

LG 2 (2 copies A & B)

**The abortion myth : feminism, morality and the hard choices women make** / Leslie Cannold

**1998** ISBN 1864485221

Women answer some of the ethical dilemmas associated with abortion.

LG 4

**Helping children cope with separation and loss** / Claudia Jewett Jarrat

LG 5

**Don't wait until I die to send me flowers : book 2 - self help : helping yourself recover from loss and grief** / Evie Hodge

**1996** ISBN 0646290053

Grief has many different causes but is usually related to a loss of some kind. Among others this can include the loss of a relationship, business or a home, death of a loved person and disablement or serious illness. Many of the effects of grief however, are similar as is the path to recovery.

LG 6

**Widow's journey : a return to the loving self** / Xenia Rose

**1990** ISBN 0805018379

Drawing on her own experience and on those of many other widows, Xenia Rose has written a wise and reassuring book that will help widows survive one of life's most painful times.

LG 7 2 Copies

**On Death and Dying** / Elisabeth Kubler-Ross

**1973** ISBN 0422754900

The fear of death, attitudes towards death and dying, the stages of emotional response, maintaining hope, family issues, interviews with terminally ill patients, attitudes of the caring professions and palliative care are discussed in this classic.

LG 8

**Suddenly single!** / Hal Larson and Susan Larson

**1993** 2<sup>nd</sup> edition ISBN 1879904098

Thoughts on dealing with the stages of grief, (shock, denial, anger and guilt, withdrawal, and healing) after death, divorce, separation, or break-up.

LG 9

**Allies in healing : when the person you love was sexually abused as a child** / Laura Davis

**1991** ISBN 0060968834

Based on in-depth interviews and her workshops for partners across the country, Laura Davis offers practical advice and encouragement to all partners - girlfriends, boyfriends, spouses, and lovers - trying to support the survivors in their lives while tending to their own needs along the way.

LG 10

**Rest assured : a legal guide to wills, estates and funerals** / Redfern Legal Centre Publishing

**1995** Revised edition ISBN 0947205349

Contains answers to common questions associated with wills, estates and funerals and has samples

LG 11

**Death is of vital importance : on life, death, and life after death** / Elisabeth Kubler-Ross

**1995** ISBN 0882681869

Stories of death and dying, healing and life.

LG 12

**After suicide : help for the bereaved** / Dr Sheila Clark

**1995** ISBN 0855722622

People bereaved by suicide will feel validated, supported and informed about resources which may help when their need is the greatest.

LG 13

**Abortion and afterwards** / Vanessa Davies

**1995** ISBN 1853980188

Avoiding any moral debate, this book provides comprehensive information on medical, legal and practical aspects from the discovery and confirmation of the pregnancy, through the decision making process, and with a particular emphasis on the emotional aftermath.

LG 14

**Journey through loss and grief : a personal account of loss** / Lyn Drummond

**1997** ISBN 1876259272

The author tells how she coped with the sudden death of her husband and with the subsequent loss of her job.

LG 15

**For women who grieve : twelve steps to life after the death of your partner** /

Tangea Tansley

**1995** ISBN 0850916676

A path to recovery from the grief of losing a partner is outlined.

LG 16

**If you can't understand me, just love me** / Elaine Peddy

1991 ISBN 0646034812

This book tells of Elaine and her children's personal tragedy and learning to live again.

LG 17

**Something I've never felt before : how teenagers cope with grief** / Doris Zagdanski

1990 ISBN 0855721995

Written for young people between 12 and 21 years this book deals with grief and coping, acceptance and support from friends, parents, and teachers.

LG 18

**Life after loss** / Bridget Pluis

1998 ISBN 0733609090

It's not always the major traumas such as the death of a loved one or the destruction of our home that bring with them grief of loss. "Letting go" of a child about to be wed, or moving to a new city - events usually regarded as milestones to be celebrated - often leave people feeling bereft, lonely and sad.

LG 19

**When your partner dies** / Mary Mortimer

1991 ISBN 0868064181

Written from her own experience of losing two partners (from sudden illness and assisted death), the author addresses issues of grief, practical matters, and emotional and health problems for bereaved partners.

LG 20

**Good grief rituals : tools for healing** / Elaine Childs-Gowell

1992 ISBN 0882681184

This book provides a set of skills for anyone who has experienced a loss of any kind in their life.

LG 21

**The grief of our children** / Dianne McKissock

1998 ISBN 0733306799

This book explores the grief of children of all ages and highlights specific aspects of grief at each stage of psychosocial development.

LG 22 (2 copies A & B)

**No time for goodbyes : coping with sorrow, anger and injustice after a tragic death**

/ Janice Harris Lord

1991 4<sup>th</sup> edition ISBN 0934793409

Gives hope and useful suggestions to survivors grieving for a loved one (child, sibling, partner, or partner) who has been killed or who has committed suicide. Anniversaries, spiritual matters, counselling, legal matters, and financial matters are also covered.

LG 23

**A good death : a guide for patients and carers facing terminal illness at home** /

Elizabeth Lee

1995 Australian edition ISBN 0949142255

This practical guide is for patients who are dying and for those who are caring for them.

LG 24

**A silent love : personal stories of coming to terms with miscarriage** / Adrienne Ryan

**2000** ISBN 0140291644

For too long now, people who have suffered miscarriage, stillbirth or neonatal death have been made to feel they shouldn't talk about it. As a result, their grief has often been compounded by guilt, shame, and sometimes anger. This collection of real life stories gives voice to that grief, and considers the medical, social and personal issues involved

LG 25

**The journey from abandonment to healing** / Susan Anderson

**2000** ISBN 0732268982

Designed to help with the survival and recovery from abandonment and the loss of love, the five stages of shattering, withdrawal, internalising, rage and lifting of hope are described and exercises for managing the pain and building a new life are outlined.

LG 26

**The child within : surviving the shattered dreams of motherhood** / Linda Fiske

**2001** ISBN 0855723181

Women tell of their journeys through the despair of infertility or the grief of the loss of a child through miscarriage, illness or accident. They may start to hate their bodies or their partners, but if they acknowledge their feelings and own their pain they can eventually open themselves to the possibilities of life after infertility. Useful for counsellors also.

LG 27

**What to Do When Someone Dies** / Stella Tarakson

**2001** ISBN 0947277749

A guide to practical arrangements that have to be made after a death.

LG 28

**Henry** / Sue Wilkinson

**2000**

Dedicated to the memory of our beautiful baby boy 3.9.98 – 16.9.98

LG 29

**Safe Passage** / Molly Fumia

**2003** ISBN 1573249017

Words to help the grieving. Offers a compassionate, understanding companion for the difficult yet transformative journey from the grief and heartache of loss to the hope and possibility of love eternal.

LG 30

**Rituals for Life, Love & Loss** / Dorothy McRae-McMahon / 2003 / 9 781920 727024

Provides spiritual rituals and meditations for the modern world. From naming a child & blessing a home to the sadness of ending a marriage & a simple funeral.

LG 31

**Healing a Spouse's Grieving Heart**/Alan D.Wolfelt, PH.D.

ISBN 2003/1-879-651-37-8

100 practical ideas after your husband or wife dies. Compassionate advice and simple activities for widows and widowers.

LG 32

**When the Bough Breaks:After the Death of a Son or Daughter**/Judith R. Bernstein

**1997** ISBN 0 8362 5282 9

This book offers bereaved parents the comfort of learning how others have coped with the loss of a child. With honesty and empathy, it acknowledges that no family ever "recovers" from this tragedy, but rather adapts to a life irretrievably altered.

LG 33

**No Middle Name – A mother talks about youth suicide** / Tilly Brasch

**2005** ISBN 187681 9901

A story of every parent's worse nightmare – the death of their child. The reader will look closely at the author's son who was let down by a system unable to deal with mental illness. This is also a story of her consolation and hope for others.

LG 34

**The Grief Club** / Melody Beattie

**2006** ISBN 13 978 1 59285 349 8

Part memoir, part self-help book, and part journalism this book explores the power and effectiveness of joining a group to help with the grieving process.

LG 35

**After He's Gone – A guide for widowed and divorced women**/ Barbara Tom Howell and Donnette Schwisow

**2001** ISBN 0 8065 2301 8

This book is an excellent resource for women who have suffered loss through divorce or the death of a husband. It will help to inspire you and help you find the strength you need to get through difficult times.

LG 36

**How to Survive the Loss of a Child** / Catherine M. Sanders

**1998** ISBN 0 7615 1289 6

Written by a bereaved parent this book offers grieving parents practical help and emotional support. Also helps family members, friends and carers understand the process of healing through grief.

LG 37

**After Suicide** / Eleanora Betsy Ross

**1997** ISBN 0 7382 0596 6

Deals with the legacy of taboo shame guilt and embarrassment imposed on the survivors of suicide. Offers understanding and practical advice.

LG 38

**Lost Fathers** / Laraine Herring

**2005** ISBN 10 1 59285 155 X

Help for women to heal from adolescent father loss whether through divorce, death. Incarceration addiction or abandonment. Deals with issues of commitment, trust, intimacy, self confidence and independence.

LG 39

**Perfect Endings** / Stephen Levine

**1998** ISBN 0 89281 779 8

A conscious approach to death and dying. Written as a series of stories allowing the reader to be privy to the inner workings of the dying process of individuals with whom the author worked with as a professional hospice counsellor.

LG 40

**No I'm not Alright** / Rowena Hayes - Smart

**2002** ISBN 1 86476 149 0

A book written for those dealing with the death of a young person. Written as a story of a journey of survival.

LG 41

**Saving Graces** / Elizabeth Edwards

**2006** ISBN 978 0 7679 2538 9

The author's story of loss and grief and her battle with breast cancer which promotes the importance of finding solace and strength in friends and strangers.

## **PARENTING**

P 1

**Annie Stories : helping young children meet the challenges of growing up** / Doris Brett

**1997** New edition ISBN 0868066192

Therapeutic stories can help calm fears, boost self-confidence and communicate with your child about the emotions generated by the birth of a sibling, divorce, relaxation problems, the death of a loved one and other situations.

P 2

**Raising responsible teenagers** / Bob Myers

**1996** ISBN 0864312024

Parents and teachers can help adolescents become considerate, achieving and responsible adults by understanding their teenager's personalities and their psychological, emotional and moral development, by appreciating their own parenting style (dominant, smothering or permissive) and by applying discipline methods (intervention, interaction and non-intervention) for negotiating boundaries, rules and limits.

P 3

**Teaching your children to think** / John Langrehr

**1999** ISBN 1875857958

By developing creative and critical thinking, young students will learn how to better organise information. They can transfer these thinking skills to new situations in their school work and be helped to make decisions in their every day life.

P 4

**Toddler taming : the guide to your child from one to four** / Chris Green

1990 Revised edition ISBN 0868244341

Commonsense guide to child care and child rearing which recognises the importance of relationships and leads to more effective parenting.

P 5

**I'm okay, you're a brat : freeing ourselves from the guilt-making myths of parenthood** / Susan Jeffers

1999 ISBN 073360806X

Questions many fashionable myths and half truths that add to a parent's sense of inadequacy and guilt, and offers valuable survival tools to cope with it all.

P 6

**Parenting teenagers in the 1990s** / Bob Myers

1999 ISBN 0864311214

Encourages parents (and teachers, youth workers and probation officers) to take control of the 'parenting' situation by taking control of their own actions and reactions. Covers assertiveness, communication, decision-making, discipline and letting go of adolescents.

P 7

**Split ends : teenage stepchildren** / Ruth Webber

1996 ISBN 0864311745

Adolescents in step-families offer range of options for dealing with divided loyalties, access visits, relations with parents and step-parents, getting 'space', gaining freedom, and other relationship hassles.

P8

**Caring for your adolescent : ages 12 to 18** / Donald E Greydanus

1997 ISBN 0192627775

Covers parenting issues (challenges, communication, discipline and family relationships), teenagers' physical, psychological, sexual and social changes and development , and their education and health problems.

P 9

**Bully busting : how to help children deal with teasing and bullying** / Evelyn M Field

1999 ISBN 1876451041

Children can be helped to overcome the damaging effects of teasing and bullying, and develop understandings and skills which can be used throughout their lives. Emotions, self-esteem, communication, assertiveness and developing a support network are covered.

P 10

**Self-esteem games : 300 fun activities that make children feel good about themselves** / Barbara Sher

1998 ISBN 0471180270

Self-esteem games for children.

P 11

**Why can't I be the parent I want to be : end old patterns and enjoy your children** /

Charles H Elliott and Laura L Smith

1999 ISBN 1572241713

Common-sense parenting can be developed by understanding the effects of change, overcoming guilt, preparing action plans, changing ways of thinking, calming chaos, and improving behaviour inside families. Illustrated by stories of three families.

P 12

**Through the Rough Times: parenting with wit and wisdom in times of chaos and loss/** Barbara Coloroso

2000 ISBN 0734401043

Practical advice for parents of children-from toddlers to teenagers-on how to use the very stuff of family life-chores, meal times, bedtime, sibling rivalry, allowances-to create a home environment in which children can develop their own sense of inner discipline.

P 13

**Parenting and Alcohol: helping to reduce the risks /** Christine Burrows and Sue Wright

1998 ISBN 0858090546

Parents tell of their responses to alcohol issues within their family's own cultural context and how they help their adolescents reduce the risks associated with alcohol.

P 14

**Every kid : parenting your five to twelve year old /** Dr Brent Waters and Liz Kennedy

1995 ISBN 0868244694

Gives an overview of the development of five to twelve year olds, the nature of family life and the pressures on children and parents.

P 15

**Who'd want to be a parent : the manual that should have come with the kids /** Dr John Irvine

1999 ISBN 0732909295

The must-have manual on how to raise good kids and solve the inevitable behaviour problems in non-violent ways that are easy to understand and easy to use.

P 16

**The secret of happy children /** Steve Biddulph

1995 2<sup>nd</sup> revised edition ISBN 0207189455

Helps with child rearing and parent-child communication from babyhood to teens. Special sections include: Stopping tantrums before they start - Curing shyness in your children - Being a single parent: how to make it easier - Kids and TV - How to cure whingeing kids - Food and behaviour: it makes a huge difference - The skills of fathering - The ten minutes that can save your marriage.

P 17

**Passages through parenthood : real-life stories from Australian parents /** Anne Godfrey

2000 ISBN 0734401094

The range of stories includes parents from a wide variety of backgrounds and family structures. Their children are toddlers and teenagers, adopted and foster children, and the happy outcome of fertility programs.

P 18

**The 7 worst things parents do** / John C Friel and Linda D Friel

**1999** ISBN 1558746684

'Baby your child', 'Put your marriage last', 'Push your child into too many activities', 'Ignore your emotional or spiritual life', 'Be your child's best friend', 'Fail to give your child structure', 'Expect your child to fulfill your dreams' are some errors in parenting that can be avoided by stopping the reinforcement of unwanted behaviour. Includes a parenting success story.

P 19

**The Encyclopaedia of Grandparenting**/ Rosemary Dalton and Peter Dalton

**1990** ISBN 1558670041

Hundreds of ideas to entertain your grandchildren

P 20

**The Penguin guide to adolescent behaviour** / Sumati Ghoosh

**1999** ISBN 0140270523

For to parents who want to understand and help their teenagers through the physiological, psychological changes, the social pressures, attitudes and relationships that occur in adolescence.

P 21

**Easy parenting** / Ken and Elizabeth Mellor

**2001** ISBN 1877645114

Practical ways of expressing love for your children, helping them learn, encouraging their self-esteem, disciplining them, understanding their needs, communicating, and managing conflict between siblings are simply outlined.

P 22

**Raising resilient young people : a parent's guide** / Andrew Fuller

**2000** ISBN 1875783431

Issues discussed include building teenager's self-esteem, family living, protection, education, mental health, bullying and emotional matters, and arguments.

P 23

**Youth suicide prevention : information for parents** / Kerry Bidwell, Young People at Risk Program, West Moreton [Queensland]

**1997**

Incidence of suicide, reasons, warning signs, myths, protective factors, ways parents can help, and ways of improving communication are discussed.

P 24

**A good enough parent : the guide to bringing up your child** / Bruno Bettelheim

**1987** ISBN 0500278334

This book on child rearing is divided into three sections - **parent and child** (early experiences, trusting intuition, parental relationship models, mothering and fathering, schooling, behaviour problems, communication, emotions, discipline, maturation and maintaining correct distance) – **developing selfhood** (identity development, play, assertiveness, dealing with problems) – **family, child, community** ('ideal' families, breast-feeding, adolescence, support, extended family, festivals, community 'beliefs' and religion).

P 25

**Angry kids, frustrated parents : practical ways to prevent and reduce aggression in your children** / Terry L. Hyland and Jerry Davis

**1999** ISBN 1889322288

Contains descriptions of five levels of children's aggressive behaviours, how parents can stop them and prevent their recurrence and how parents can teach children problem-solving techniques which enable them to get what they want, and to build and repair relationships.

P 26

**Your baby and child** / Penelope Leach

**1997** 3<sup>rd</sup> edition ISBN 014026325X

Information on child-rearing and the stages of child development is organised into five sections (newborn, settled baby, older baby, toddler and young child) for parents, carers and grandparents. Photographs.

P 27

**Mothers & Sons** / Jo Howard

**2001** ISBN 0 7344 0186 8

Bringing up boys as a sole parent. Sole mothers are speaking out about their experiences and about their successes, struggles and strengths. The stories are not always happy success stories but they are stories of strength and resilience.

P 28

**The mother dance : how children change your life** / Harriet Learner PhD

**1998** ISBN 0 7225 3810 3

This is a book about how a woman is changed when she becomes a mother – what it does to us and what it feels like from the inside. It is written from her dual perspective as both mother and psychologist.

P 29

**How to Help Children Through a Parent's Serious Illness** / Katherine McCue

**1994** ISBN 0312146191

Supportive, practical advice from a leading Child Life Specialist.

P 30

**The Divorce Helpbook for Kids** / Cynthia MacGregor

**2001** ISBN 1886230390

Divorce is tough on kids. This down-to-earth guide helps with discussions of many topics troubling kids when their parents divorce.

P 31

**Calm Mother, Calm Child – calming techniques for you and your child** / Paul Wilson & Tania Wilson

**2001** ISBN 143000004

Parenthood can be one of life's greatest pleasures if you are relaxed enough to enjoy it. Contains techniques for calming, settling & reducing stress.

P 32

**The Complete Secrets of Happy Children** / Steve Biddulph & Shaaron Biddulph

**2003** ISBN 0732277221

Find out how to be a stronger, more loving, more definite, and more relaxed parent. You'll learn how to let go of old, negative approaches, and free up more energy to enjoy your kids and your life.

P 33

**The Bad Mother's Revenge** / Sonia Neale

**2006** ISBN 0 7333 1834 7

A consoling and hilarious take on motherhood from birth to the teenage years by a desperate housewife and mother of three.

P 34

**Considering Parenthood** / Cheri Pies

**1988** ISBN 0933216173

Because lesbians generally do not have children by accident, they are a group already aware that parenting involves information gathering. This book is filled with exercises that are both easy to do and instructive.

P 35

**Stop Treating Me Like A Child (But first can you lend me some money?)** / P. Lieber, G. Murphy & A. Merkur Schwartz

**1995** ISBN 0806517050

Covers redefining the parental role, reducing dependency on each other, confronting the fear of losing the old relationship and more.

P 36

**Adolescence – A Guide for Parents** / Michael Carr-Gregg & Erin Shale

**2002** ISBN 1 876451 35 1

The skills, knowledge and strategies that parents need for young people now are clearly explained.

P 37

**Take Charge of ADHD - A Guide for Parents**

**2007** ISBN 1 7412 1901 9

An Australian reference for parents of children with Attention-Defecit/Hyperactivity disorder. The most current information on ADHD and its treatment with a list of both local and international support groups and further reading resources.

P 38

**101 Alternatives to Whacking a Child** / Children of Australia NAPCAN /

**2001** 0 646 20188 3

Compiled from childrens contributions and words. Children's views and opinions, values as individuals.

P 39

**Parenting When Your Child is an Adult** / Dale M Jacobs and Renee Gordon Jacobs

**2002** ISBN 1 84333 629 4

Explores the transitional stages and suggests positive ways to deal with potentially difficult issues

P 40

**Negotiating with your school: a practical guide for parents** / David West

**2001** ISBN 0 947277 81 1

A resource for parents, carers and advisers. Gives advice on simple steps to problem-solving with your child's school

P 41

**Attention Deficit Disorder- 'Only a mother could love him'** / Benjamin Polis

**2001** ISBN 1 74008 169 2

An autobiography written by a 19 year old boy with Attention Deficit Disorder

P 42

**Odd Girl Out: The hidden culture of aggression in Girls** / Rachel Simmons

**2002** ISBN 1 86395291 8

If your daughter has ever come home from school crying because her friends have decided to turn on her this book is for you. This book articulates the dynamics of this behaviour and shows us ways how to understand it and how to help our daughters.

P 43

**Going Alone** / Natascha Mirosh

**2002** ISBN 1 86436 765 2

A guide for women entering pregnancy without a partner. A guide that contains up to date information on procedures and facilities available to pregnant women and offers guidelines for coping with the emotional aspects of going through pregnancy and birth alone.

P 44

**Queen Bees and Wannabes** / Rosalind Wiseman

**2001** ISBN 0 7499 2364 4

Helping your daughter survive cliques, gossip, boyfriends and other realities of adolescence. Written in a down-to-earth style and packed with examples and tips, an invaluable guide for parents to empower their daughters and themselves.

P 45

**Little Angels** / Dr Tanya Byron and Sacha Baveystock

**2005** ISBN 0 563 51941 X

A guide to transforming your family life and having more fun with your children

P 46

**Raising Girls**/ Gisela Preuschoff

**2004** ISBN 1 876451 59 9

This book considers important issues for parents who are raising girls today. Includes issues such as: the key emotional and physical aspects of girl's development to babyhood to adolescence, the importance of fathers to daughters, understanding how self-esteem can reduce your daughter's fears, etc.

P 47

**Into Adulthood**/ Jean Edwards and Jenny English

**2005** ISBN 1 876451 63 7

A parent's guide to life with and 18 to 25 year old student. Also helps parents to understand and deal with what their children go through during the transition from late

adolescence to adulthood, explaining the emotional and behavioural responses of students and parents to these changes.

P 48

**So Glad We Waited/** Lois Nachamie

**2000** ISBN 0 609 80346 8

This book provides an informative, practical and engaging walk through the many facets of parenthood later in life. Topics include: how to handle being sleep-deprives and premenopausal at the same time; how to find peers in the mommy world and more.

P 49

**Mother Guilt /** Itta Buttrose and Dr Penny Adams

**2005** ISBN 0 670 04151 3

Australian women reveal their true feelings about motherhood.

P 50

**Teen Stages/** Ken and Elizabeth Mellor

**2004** ISBN 1 876451 38 6

How to guide the journey to adulthood. Includes many ideas, techniques and approaches from parents who successfully raised their children.

P 51

**Helping Your Angry Child/** D G Nemeth, K P Ray, M M Schexnayder

**2002** ISBN 1 57224 312 0

Worksheets, fun puzzles, and engaging games to help you communicate better.

P 52

**P.E.T. Parent Effectiveness Training /** Dr Thomas Gordon

**2000** ISBN 0 609 80693 9

A useful book which offers step-by-step advice about how to raise children without conflicts and fighting.

P 53

**I Feel Scared When Mum and Dad Fight /** Tess Rowley and Rhiannon McLay

**2004** ISBN 0 9757162 0 4

This book addresses a range of feelings that a child may experience when there is family conflict or violence.

P 54a 2 copies

**What is Domestic Violence? English and Bosnian /** Jacqueline Reed

**2002** ISBN 0 9579272 3 1

This book helps to encourage children to discuss, with their non-abusing parent/caregiver or practitioner, the ways in which they have experienced domestic violence and to facilitate support for the child.

P 54b 2 copies

**What is Domestic Violence? English and Spanish /** Jacqueline Reed

**2002** ISBN 0 9579272 2 3

This book helps to encourage children to discuss, with their non-abusing parent/caregiver or practitioner, the ways in which they have experienced domestic violence and to facilitate support for the child.

P 54c 2 copies

**What is Domestic Violence? English and Vietnamese / Jacqueline Reed**

**2002** ISBN 0 9579272 0 7

This book helps to encourage children to discuss, with their non-abusing parent/caregiver or practitioner, the ways in which they have experienced domestic violence and to facilitate support for the child.

P 55

**Talking to Kids about Trouble / Dr Nora Duffield**

**1996** ISBN 1 86941 291 5

This is an interactive book for all caregivers and children to work through some of the most common issues together. There are clear discussions of “troubles” and straightforward strategies for dealing with them.

P 56

**When our Children Come Out: How to support gay, lesbian, bisexual and transgendered young people/ Maria Pallotta-Chiarolli**

**2005** ISBN 1 876451 44 0

Drawing on the experiences of young people, parents, teachers and youth workers from different socio-economic levels, the author has compiled a practical and moving guide for all those whose lives are affected when a young person comes out.

P 57

**Kid-wrangling / Kaz Cooke**

**2005** ISBN 0 670 04007 X

A funny, reassuring and practical book filled with a range of great solutions for you to choose from for babies, toddlers and pre-schoolers.

P 58

**Wits' End Before Breakfast! Confessions of a Working Mum / Emma Robertson**

**2005** ISBN 0 7344 0830 7

This book is for every working mum who worries if she are doing the right thing – and wonders how much longer she can keep on doing it!

P 59

**Disconnected: Why our kids are turning their backs on everything we thought we knew / Nick Barham**

**2006** ISBN 009189741 6

Nick Barham spent twelve months travelling around the United Kingdom talking to British children from all backgrounds and situations. This is his story of how different this generation is from those that have come before.

P 60

**The Lesbian Parenting Book / Dr Merilee Clunis PhD and G. Dorsey Green PhD**

**2003** ISBN 1 58005 090 5

This new edition of lesbian parenting covers a variety of topics, including how to get pregnant to coping with today's teenagers.

P 61

**He'll be OK. Growing gorgeous boys into good men / Celia Lashlie**

**2007** ISBN 0 7322 8450 3

A researcher and social commentator reveals what goes on inside the world of boys. Offers parents, especially mothers, practical and reassuring advice on raising their boys to become good, loving, articulate men.

P 62

**Children of the Lucky Country?** / Fiona Stanley, Sue Richardson and Morgot Prior

**2005** ISBN 1 4050 3680 X

The lucky country has never been more prosperous. So why are some Australian children more disadvantaged than ever before? Incisively examines how we treat our children and sets out ways our society can fully realise their potential

P 63

**The Everything Parent's Guide to Children and Divorce** /Carl E Pickhardt

**2005** ISBN 1 59337 418 6

A comprehensive guide to help you make informed, confident decisions to help their children make it through this difficult time.

P 64

**The Sex Lives of Australian Teenagers** / Joan Saunders

**2006** ISBN 978 1 74166 512 3

Over a hundred responses to an anonymous online survey of Australian teenagers. A resource section is included to help teenagers and parents find information and support.

P 65

**Honey, we lost the kids: Rethinking childhood in the multimedia age/**

Kathleen McDonnell

**2006** ISBN 1 86403 305 3

Provides useful information for parents who worry about how the media influences and affects children. Includes video games, explicit pop songs, TV, film and the Internet.

P 66

**You're Wearing That ? : Understanding Mothers and Daughters in Conversation /**

Deborah Tannen

**2006** ISBN 978-1-84408-406-7

With insights, dialogues and loving memories the author untangles the knots that mothers and daughters can get tied up in.

P 67

**Queen Bee Mums and Kingpin Dads/** Rosalind Wiseman

**2006** ISBN 0 7499 2692 9

A practical handbook on the social competition between parents. Explores how to deal effectively with the other adults (parents, teachers) who help create the reality of your child's world.

P 68

**The Anxiety Cure/** Elizabeth DuPont Spencer, Robert L DuPont, Caroline M. DuPont

**2003** ISBN 0 471 26361 3 0

A reassuring guide to help adults and children understand how anxiety works, how to overcome the negative impacts and turn it into an opportunity for the whole family.

P 69

**Raising Girls** / Gisela Preuschoff

**2004** ISBN 1 876451 59 9

Includes stories from Australian families and encourages parents to recognise their daughter's special talents and counter the negative messages girls receive about their place in society.

P 70

**Children First** / Penelope Leach

**1994** ISBN 13579 10 81642

What society must do – and is not doing – for children today.

Challenging the simplistic nostalgia of the “family values” lobby, the author argues that society today leaves little time or space for children and no easy way for parents – especially women – to be both solvent, self respecting citizens and caring parents.

P 71

**The Heartache of Motherhood** / Joyce Nicholson

**1983** ISBN 0 14 006490 7

After 35 years of devoted marriage, the author left the family home to live – happily. A deeply personal account of her feelings motherhood, which for many women provides more heartache than joy.

P 72

**Why Children Can't Read** / Dianne McGuinness

**1997** ISBN 10 98765432

An optimistic book for parents who are worried that their child is not learning to read. Examines the construction of writing systems and how they can be taught. Includes research on programs that work for everyone.

P 73

**Boundaries With Kids** / Henry Cloud and John Townsend

**1998** ISBN 978 095868 6655

Practical information for parents with children of any age to help raise responsible, self-controlled and emotionally healthy kids.

P 74

**Help your Teenager Beat an Eating Disorder** / Lames Lock and Daniel Le Grange

**2005** ISBN 978 1 57230 908 1

A book to help parents learn why they need to act now, find out what research says about which treatments work, take charge of eating habits and exercise and put up a united family front to prevent relapses.

P 75

**If Your Adolescent Has Anxiety Disorder** / Edna B Foa and Linda Wasmer Andrews

**2006** ISBN 978 0 19 518151 7

A resource for parents including information on anxiety disorders, getting diagnosis, the latest treatments, coping at home and at school and prevention strategies.

P 76

**Parenting After Separation** / Jill Burrett

2002 ISBN 1 876451 37 8

A guide for parenting successfully from households. Shows how parents, despite the disappointment of separating, can continue their commitment to the children to ensure they thrive.

P 77

**The Transgender Child** / Stephanie Brill and Rachel Pepper

2008 ISBN 978 1 57344 318 0

A handbook for parents and professionals based on research, which deals the unique challenges families face raising children who step outside of the pink or blue box.

## **RELATIONSHIPS**

R 1

**Sisters : shared histories, lifelong ties** / Elizabeth Fishel

1979 ISBN 0943233704

Sisterhood is one of women's most significant life relationships. This bond, the influence of sisters on each other's sexuality and creativity, the implications of birth order, and the patterns of family roles are explored.

R 2 (2 copies A & B)

**Men are from Mars, women are from Venus** / John Gray

1992 ISBN 072252840X

A practical guide for improving communication and getting what you want in your relationships. The author aims to promote a greater understanding of differences in communication styles, emotional needs and modes of behaviour between individual partners.

R 3

**Coming out to parents : a two-way survival guide for lesbians and gay men and their parents** / Mary V. Borhek

1993 Revised and updated edition ISBN 0829809570

Contains suggestions for homosexual men and lesbians and their parents on accepting their sexuality. Also investigates homosexuality and religion, and living in the age of HIV/AIDS.

R 4

**The good listener : better relationships through better communication** / Hugh Mackay

Originally published in 1994 as 'Why don't people listen'

1998 2<sup>nd</sup> edition ISBN 0732909317

Using a blended family, examples of better day-to-day communication by reinforcing, being relevant and understanding relationship issues are presented, and the art of listening, ways of handling change and being aware of self-insight issues are explained.

R 5

**Growing up again : parenting ourselves, parenting our children** / Jean Illsley Clarke

and Connie Dawson  
**1989** ISBN 0894865668

This book is for people who inherited unsatisfying parenting and don't want to pass it on to their children.

R 6

**Mars and Venus, together forever** / John Gray  
**1994** ISBN 0733603645

The author offers relationship skills for creating and sustaining a mutually fulfilling intimacy that only grows richer with time.

R 7

**After the affair : healing the pain and rebuilding trust when a partner has been unfaithful** / Janis Abrahms Spring and Michael Spring  
**1996** ISBN 0733604587

R 8

**Living in a stepfamily** / Ruth Webber  
**1994** 2<sup>nd</sup> edition ISBN 0864311451

The authors approach to parenting is very positive. It is simple, direct and full of hope. She focuses on what works and wants parents to do the same.

R 9

**Just me and the kids : how to survive and succeed as a sole-supporting parent in Australia** / Diana Kupke  
**1987** ISBN 0140092889

Contains information on single women's and children's rights and emotions, budgeting and housework, accommodation services, health services, financial services, legal services, self-help networks and community support for sole parents.

R 10

**Women, sex and addiction : a search for love and power** / Charlotte Davis Kasl  
**1989** ISBN 0749303220

The causes of sexual addiction and co-dependency are often rooted in childhood sexual abuse and neglect. Recognising an addictive relationship and ways to self-understanding and recovery are explained.

R 11

**Women with alcoholic husbands : ambivalence and the trap of co-dependency** / Ramona M. Asher  
**1992** ISBN 0807843733

The process of coming to terms with the crisis of a relationship with an alcoholic and the resulting co-dependency is described through case studies. Treatment and sociological insights are covered.

R 12

**Letting go : relationships between adults and their parents** / David De Vaus  
**1994** ISBN 0195535731

This ground-breaking study draws together the evidence of some remarkably candid and often moving interviews to illuminate a much neglected subject-adult's relationships with their parents, so often complex and unresolved..

R 13

**Getting on with the oldies** / Bob Montgomery and Laurel Morris

1988 ISBN 0850913152

Ways to minimise conflict with parents are presented for young people living in two-parent, one-parent or in step-families.

R 14

**Divorced parenting** / Sol Goldstein

ISBN 0749300981

R 15

**Five cries of parents : help for families on troublesome issues** / Merton P Strommen and A Irene Strommen

1993 ISBN 0060677430

This book is addressed to parents and other adults who are in a parenting role with children and adolescents. Its purpose is to provide a rationale for parenting, to encourage reflection, and to supply clear directions regarding the help parents may need.

R 16

**The 7 habits of highly effective families** / Stephen R Covey

1998 ISBN 1864488883

The author explains that strong families don't just happen, but need the combined energy, talent, desire, vision and dedication of all members. He shows how families can learn to incorporate principles into their daily lives through activities, meetings, and games that involve all family members and help to create a spirit of understanding, support and enthusiasm.

R 17

**We have to talk** / Samuel Shem and Janet Surrey

1998 ISBN 073361003X

Healing dialogues between men and women – this book offers suggestions for getting to a new 'we' in relationships and offers proof that men and women are from the same planet after all.

R 18

**Facing codependence** / Pia Mellody, Andrea Wells Miller and J Keith Miller

1989 ISBN 0062505890

A guide to understanding the origins of co-dependence and the path to recovery.

R 19

**Getting to commitment : overcoming the 8 greatest obstacles to lasting connection and finding the courage to love** / Steven Carter and Julia Sokol

1998 ISBN 1865081132

R 20

**Partnering : starting life in another relationship** / Ian Marshall and Cecilia Morris

1997 ISBN 1864483423

Using thirteen 'voices', issues of the social and sexual contexts of re-partnering are explored, including entering later partnerships, living together before marriage, moving

from de facto to marriage , and starting a partnership after living alone for a long time. Key areas of potential conflict, and insights into establishing new and long-lasting relationships are identified.

R 21

**Women and their fathers : the sexual and romantic impact of the first man in your life** / Victoria Secunda

**1996** ISBN 0749315008

Written for daughters and fathers, this book reveals the crucial importance of resolving the attachment to the first man in a woman's life.

R 22

**Turning points : understanding the changes in family relationships** / Terry Colling  
**1996 Revised edition** ISBN 0731805763

The transitions and events in family life (marriage, parenthood, school-age, adolescence, mid-life, growing older) and the changes that affect the family members are outlined.

R 23

**Resolving conflict sooner : the powerfully simple 4-step method for reaching better agreements more easily in everyday life** / Kare Anderson

**1999** ISBN 0895949768

Understanding conflict, then identifying your main need and the need of your opponent, enlisting support, and connecting and offering solutions make for lasting agreements.

R 24

**The good relationship guide : how to understand and improve male-female relationships** / Maryon Tysoe

**1995** ISBN 0749916966

Psychological insights into choosing a mate, courting, communicating, empowering, coping with crisis, understanding issues of sex, repairing troubled relationships, and recovering from relationship breakdown are explained.

R 25

**Fathers after divorce : building a new life and becoming a successful separated parent** / Michael Green

**1998** ISBN 1876451009

Covers issues of separation, change, parenting, re-partnering, step-families, relationships with former partner, legal issues and self-esteem from men's point of view.

R 26

**Self-esteem : a family affair** / Jean Illsley Clarke

**1978** ISBN 0866836152

The author offers creative ways to help self esteem flourish for everyone using theory and techniques based on Transactional Analysis.

R 27

**My father, my self : understanding Dad's influence on our life** / Mas Aiba Goetz

**1974** ISBN 1862042918

R 28

**Raising teenagers : a practical guide for parents** / Kathy Macdonald et al  
1999 ISBN 8195583949

The book is packed with information covering all relevant topics in raising teenagers including: family relationships, divorce and separation, alcohol and drug use, eating disorders and other issues.

R 29

**Is my teenager in trouble : a parent's guide to serious adolescent problems** / Joseph Rey

1995 ISBN 0731804961

This book has been written to alleviate parent's concerns-to reduce the fear of the unknown and to show that with love, support, and the appropriate diagnosis and treatment, teenagers with serious problems, and their families, can find the road to recovery.

R 30

**Working parents : happy families** / Carol and Jack Flanagan

1988 ISBN 0207157286

Relationships, the household, stresses and strains, money matters, child care, single parents.

R 31

**Looking for Lisa** / Libby Harkness

1991 ISBN 0091699215

Six stories of the search for adult adopted children by their New Zealand birth mothers.

R 32

**So, Mum and Dad have separated** / Dally R Messenger

1980 Second revised edition ISBN 0646174584

Advice to help young people handle the grief that comes from the loss of a family unit.

R 33

**Parents who care too much : breaking the cycle of codependence when a child's dysfunctional behaviour threatens your family's sanity and survival** / James M Farris

1992 ISBN 0896382753

The attitudes and behaviour of parents towards their adolescent need to change to face the difficulties of changing relationships without becoming codependent.

R 34

**Getting on with your teenagers** / Bob Montgomery and Laurel Morris

1988 ISBN 0850913144

Topics covered are curfew, hygiene and clothes, friends, chores, dates, homework and study, drugs, tidiness, and sex for adolescents.

R 35

**The making of love : the nuts, bolts and roses of staying in love as a couple...even with kids** / Steve and Sharon Biddulph

1988 Revised and expanded edition ISBN 1864710225

The book makes it clear all healthy couples fight, and that learning to be close and yet individual is what relationships are all about.

R 36

**The tangled triangle** / Gordon Hammond

**2000** ISBN 0646386530

How to make relationships work with the triangle of you, me and us. How to have successful relationships by improving existing ones, by starting new ones off on the right foot or by walking away from unhealthy situations.

R 37

**Father-son healing : an adult son's guide** / Joseph Ilardo

**1994** ISBN 1879237474

This book offers practical help and real hope to any man who wants to re-establish or improve his relationship with his father..

R 38

**Bradshaw on: The family : a revolutionary way of self-discovery**

/ John Bradshaw

**1988** ISBN 0932194540

The dynamics of the family are related to the 'rules' and attitudes learned while growing up but dysfunctional families (problems with alcohol, abuse, co-dependence) can be healed.

R 39

**Stepfamily realities** / Margaret Newman

ISBN 1879237695

How to overcome difficulties and have a happy family.

R 40

**Supercouple syndrome : how overworked couples can beat stress together** [also titled '**Beat stress together : BEST**'] / Wayne M Sotile and Mary O Sotile

**1998** ISBN 0471356271

Stories and exercises for coping with hectic day-to-day routines which can affect relationships and the balance between work, family and social life.

R 41

**Men, mateship, marriage : exploring macho myths and the way forward** / Don Edgar

**1997** ISBN 0732257166

Masculinity in the Australian context, mateship myths, challenges of marriage (intimacy and autonomy), courtship, companionship, home-making, fatherhood and step-fatherhood, divorce and the future of marriage are explored.

R 42

**Steptrouble : a survival guide for teenagers with step-parents** / William L Coleman

**1993** ISBN 0896382850

Insight and advice about setting boundaries and relationships in a step-family.

R 43

**Raising boys : why boys are different - and how to help them become happy and well-balanced men** / Steve Biddulph

**1997** ISBN 0646314181

Discusses three stages of boys' development, the effect of male hormones on boys' psychology and how to help them develop, the vulnerability of boys' brains and how to help them, promotion of better communication skills, the relationship between mothers and sons, the place of fathers in the family, school life, sport, sex and community support for men.

R 44

**Mars and Venus in the bedroom** / John Gray  
ISBN 0733602266

R 45

**You don't have to take it : a woman's guide to confronting emotional abuse at work** / Ginny NicCarthy, Naomi Gottlieb, Sandra Coffman  
1993 ISBN 1878067354

Dealing with sexual harassment at work is explained.

R 46

**Motherhood : making it work for you** / Jo Lambie and Sue Morris  
1999 ISBN 1876451033

The experiences of Australian mothers and the basic psychological skills and strategies which help with the pressures of family life are explained.

R 47

**I'm not mad, I just hate you : a new understanding of mother-daughter conflict** / Roni Cohen-Sandler and Michelle Silver  
1999 ISBN 0733612199

Surviving and thriving during your daughter's teenage years.

R 48

**Women who stay with men who stray** / Debbie Then  
1998 ISBN 0732258308

Boldly tackles the taboo issue of men's extramarital affairs and why so many women stand by a cheating husband.

R 49

**Resolving conflict sooner** / Kare Anderson  
1999 ISBN 0895949768

A four step method for reaching better agreements more easily in your everyday life.

R 50

**The Organics of Relationships** / Natalie Rhinehart  
2005 ISBN 0 85572 365 3

A do it yourself relationship manual for women, using gardening as a metaphor.

R 51

**Help, I'm living with a man/boy** / Betty McLellan  
1999 ISBN 1875559795

This book offers 41 scenarios and suggestions for dealing with the irresponsibility of many grown men.

R 52

**Father daughter mother son** / Verena Kast

ISBN 1852309407

Freeing ourselves from the complexes that bind us.

R 53

**The father lode : a new look at becoming and being a Dad** / Phil Dye

1998 ISBN 1864486201

Men's experiences and emotional responses to fatherhood, their role as supporter during their partner's pregnancy and childbirth, the effect of fatherhood on sex life and their relationship with their young children are explored. Nuclear family values, a new style of fathering and engaging the community are also covered.

R 54 (also DV 25)

**Too good to leave, too bad to stay : a step-by-step guide to help you decide whether to stay in or get out of your relationship** / Mira Kirshenbaum

1996 ISBN 0718141776

.After answering questions and analysing the relationship, guidelines on deciding whether to continue or to leave a partner can be followed. Case studies illustrate the process and outcome.

R 55

**Someone you know : a friend's farewell** / Maria Pallotta-Chiarolli

1991 ISBN 1862542716

This book is about friendship and AIDS.

R 56

**The Dance of Intimacy : a woman's guide to courageous acts of change in key relationships** / Harriet Goldhor Lerner

1989 ISBN 006091646X

Combining clear advice with vivid case examples, the author offers us the most solid, helpful book on intimate relationships that both women and men may ever encounter.

R 57

**Love health and happiness : understanding your self and your relationships through 'the four temperaments'** / Xandria Williams

1995 ISBN 034062244X

In this remarkably revealing guide, you can discover your strengths and weaknesses- and test your compatibility with family, friends, lovers and colleagues.

R 58

**Creating love : the next great stage of growth** / John Bradshaw

1994 ISBN 0553373056

Creating healthy loving relationships with parents, children, friends, co-workers, ourselves, and with God depends on ignoring the patterns of past counterfeit loves and others things as they really are

R 59

**So, Mum and Dad have separated** / Dally R Messenger

1980 Second revised edition ISBN 0646174584

Advice to help young people handle the grief that comes from the loss of a family unit - and how to become a better person for it.

R 60

**Regaining intimacy** / Bruce Stevens

ISBN 0091830567

Dealing with the pain of a broken relationship.

R 61

**Everyone can win : how to resolve conflict** / Helena Cornelius and Shoshana Faire

1998 ISBN 0731801113.

The book shows how to recognise typical conflict patterns and how to avoid them.

R 62

**Before you love again : starting a successful new relationship** / John Hosie

1993 ISBN 0855749229

The book for everyone who has been through a painful break-up and loss. It is a "how-to guide for making the next commitment a long-term, happy one.

R 63

**Manhood : an action plan for changing men's lives** / Steve Biddulph

1995 ISBN 0646261444

Manhood tackles the key areas of a man's life - parenting, love and sexuality, finding meaning in work and making real friends.

R 64

**Everything a bloke needs to know about marriage** / Peter Downey

2000 ISBN 0731809521

A marriage book for men, about men, by a man.

R 65

**Loving him without losing you : how to stop disappearing and start being yourself**

/ Barbara De Angelis

2000 ISBN 0471355585

Seven empowering strategies for better relationships.

R 66

**Getting together and staying together : solving the mystery of marriage** / William

Glasser and Carleen Glasser

2000 ISBN 006095633X

A practical, insightful guide to loving, nurturing, and lasting relationships.

R 67

**Side by side : how to think differently about your relationship** / Jo Lambie and Sue Morris

2000 ISBN 1876451092

The authors ask you to look at how you can think and act differently instead of looking to your partner to change.

R 68

**Working with Monsters** / John Clarke

2005 ISBN 978 1 74051 154 4

Shows you how to recognise and manage a workplace psychopath.

R 69

**Mirror, mirror... : when self-love undermines your relationship** / Bruce A Stevens

**2000** ISBN 0646407740

Nine types of narcissism [excessive self-love] are described: Craver, Special Lover, Power Broker, Body Shaper, Rager, Trickster, Fantasy Maker, Martyr, and Rescuer. Understanding the personality dynamics and getting support can make more healthy and mature relationships.

R 70

**Rebuilding : when your relationship ends** / Bruce Fisher and Robert Alberti

**2000** 3<sup>rd</sup> edition ISBN 188623017X

If you're hurting after a divorce, you need this supportive step-by-step program for putting your life together and getting through the confusing and often-painful process.

R 71

**Children, feelings and divorce : finding the best outcome** / Heather Smith

**1999** ISBN 1853434345

When divorcing parents understand their children's feelings (and how they express their emotions), they can reduce their distress. Chapters cover separation, children's behaviour, domestic violence, listening to children, counselling, contact by divorced parents, mediation for parents and children and a chapter written for children which addresses issues of divorce from their point of view.

R 72

**Lesbian couples : a guide to creating healthy relationships** / D. Merilee Clunis and G. Dorsey Green

**2000** ISBN 1580050417

Living arrangements, work, money, separateness and togetherness, coming out to family and friends, resolving conflict, and understanding each other are some of the topics discussed. Race, class, and age differences and physical disabilities are explored and issues of partners who are recovering from alcohol, drug abuse or sexual abuse are covered. Lesbian cultural and political issues in USA are also mentioned.

R 73

**The Pocket Psycho** / John Clarke

**2007** ISBN 978 1 74166 488 1

Tricks, tips and advice from the book Working with Monsters to help identify and protect yourself from the workplace psychopath.

R 74

**The emotionally abused woman : overcoming destructive patterns and reclaiming yourself** / Beverly Engel

**1990** ISBN 0449906442

Emotional abuse is the most widespread and the most hidden form of abuse that women experience. Examples from case histories are used to show women how to recognise and understand abusers, how to identify the patterns of emotional abuse, how to complete unfinished business, how to heal the damage by building self-esteem and how to break the cycle of abuse and build healthy relationships.

R 75

**The 9 types of lovers : why we love the people we do and how they drive us crazy /**

Daphne Rose Kingma

1999 ISBN 0717130711

Understanding your personality type and that of your partner builds successful, long-lasting relationships.

R 76

**Meet the Love of your Life /** Jan Yager

2005 ISBN 1 7415 7003 4

Explains 125 ways that you can find the partner for life. Shows you how to develop a plan of action and gives you hints and tips on how to get the most out of your search.

R 78

**Don't sweat the small stuff in love : simple ways to nurture and strengthen your relationships while avoiding the habits that break down your loving connection /**

Richard Carlson and Kristine Carlson

1999 ISBN 1863251782

Improved relationships are possible by setting goals, forgiving weaknesses, and dealing with minor aggravations.

R 79

**The marriage plan : how to meet and marry your soulmate in a year – or less**

/Aggie Jordan

2000 ISBN 1863252657

Finding a way to a successful and happy life partnership is possible by desiring to get married and having the courage to trust your abilities. How to set and share goals, communicate feelings, and grow the relationship are explained. Stories of six couples are included.

R 80

**My mother, my friend : ten most important things to talk about with your mother /**

Mary Marcdante

2001 ISBN 0684866064

Ways of breaking down barriers and enriching daughter-mother relationships are explained so that issues of health and sexuality, money, self-image and beauty, romantic intimacy and men, resolving conflict, family secrets, ageing, spirituality, death and dying and expressing appreciation can be resolved.

R 81

**Opening our hearts to men : taking charge of our lives and creating a love that works. /** Susan Jeffers

1989 ISBN 0 7499 1578 1

A book written from a woman's perspective about relationships and becoming more loving human beings.

R82

**Relationship rescue : start repairing your relationship today. /**

Dr Phillip C McGraw

1992 ISBN 0 09 185618 3

R 83

**Hold Me Close, Let Me Go** / Adair Lara

**1998** ISBN 0 7322 7499 0

What does a mother do when her teenage daughter is spinning out of control and nothing is bringing her back? Here is a searingly honest memoir of motherhood and a testament to the power of love and family.

R 84 & R 84B

**Passionate Marriage** / David Schnarch

**1997** ISBN 0 908011 38 5

Keeping love and intimacy alive in committed relationships..a respectful, erotic, uplifting, and spiritual guide.

R 85

**National Forum on Men and Family Relationships** / Commonwealth Government

**1997** ISBN 0 642 20972 3

Held in Canberra 9-11 June 1998. The forum had a particular focus on men's family relationships and provision of support services appropriate for men. You will find examples of best practice work with men in areas of parenting, violence and relationship support. (Also includes a video)

R 86

**Living and Loving Together** / Dr Bob Montgomery & Dr Lynette Evans

**1995** ISBN 0140250476

How to make your personal relationships more fulfilling.

R 87

**Friends** / Dr Helen McGrath

**1998** ISBN 0947277536

R 88

**After the Affair** / Janis Abrahms Spring

**1997** ISBN 10: 0 06 092817 9

Healing the pain and rebuilding trust when a partner has been unfaithful.

R 89

**Why do I Love These People?** / Po Bronson

**2005** ISBN 0 4362 0533 5

The families we come from and the families we form. Nineteen stories from multicultural and multigenerational families.

R 90

**Power Games** / Kay Douglas & Kim McGregor

**1999** ISBN 0 7043 44742

Confronting hurtful behaviour and transforming our own.

R 91

**When Anger Hurts Your Kids** / M. McKay, P Fanning, K. Paleg, D. Landis

**1996** ISBN 1572240458

A parent guide to how anger affects children; how to tell if your family has anger problems; 18 mistaken beliefs that fuel your anger; & the art of problem-solving communication.

R 92

**Living, Loving & Learning** / Leo F. Buscaglia

**1982** ISBN 449901815

a delightful collection of Dr. Buscaglia's informative and amusing lectures. This inspirational treasure is for all those eager to accept the challenge of life and to profit from the wonder of love.

R 93

**Winning Relationships** / Dr Charmaine Saunders

**2001** ISBN 1863512918

Aims to help you understand how stress works, how relationships work and how you can change your life for the better.

R 94

**If I Am So Wonderful Why Am I Single** / Susan Page

**2003** ISBN 074992411X

Using revealing anecdotes, case studies and quizzes, Page reveals ten essential steps to help you define your own approach to dating and love forever.

R 95

**How Can I Get Through To You. Reconnecting Men And Women** / Terrence Real

**2003** ISBN 0717131084

Presents a practical context for couples to reconnect and re-ignite their passion. For any women who feels unheard, any man who feels unappreciated.

R 96

**The Hookup Handbook** / Andrea Lavinthal and Jessica Rozler

**2005** ISBN 0 689 87646 7

A single woman's guide to living it up. Explores the new non-dating game, for women who live life by their own rules.

R 97

**Women Who Love Too Much** / Robin Wood /

**1986** ISBN 0099482304

Looks at how addictive unhealthy relationships are and gives a programme for recovery from the disease of too much love.

R 98

**Stories of Manhood** / Edited by Steve Biddulph /

**2000** / ISBN 1876451106

Steve Biddulph presents his selection of the best writings from around the world on the inner lives of men. By turns powerful, heart rendering, wise and funny, these stories are chosen with a single purpose – to break down the narrow stereotypes that men are crushed into

R 99

**People Who Make Your Life Hell. Managing the People Who Try To Control You /**  
Lois Grant / 2001 / ISBN 0 7318 1042 2

If you are suffering at the hands of a bully, you need quick access to specific information.

R 100

**You Just Don't Understand. Women and Men in Conversation /** Deborah Tannen /  
1990 / ISBN 0 09 1826144

The author shows how once we understand the differences in the way that women and men communicate, we can change our assumptions and methods – and really talk to each other.

R 101

**Mothers and Daughters. A Book Of Loving Quotes/**Maggie Pinkney  
**2003** ISBN 1 86503 753 2

Reflects the invisible tie between mothers and daughters.

R102

**Creating Love: The next great stage of growth/** John Bradshaw  
**1992** ISBN 7 80553 37305 9

Creating healthy loving relationships.

R103

**The Family Court book /** Family Court of Australia  
**2000** ISBN 0 642 70463 5 2<sup>nd</sup> edition

“How to get a divorce and be nice to each other.”

R104

**Toxic Friends True Friends /** Florence Isaacs  
**1999** ISBN 0 8065 2451 0

How your friendships can make or break your health happiness family and career.

R105

**Happily ever Parted /** Bronwyn Marquardt  
**2006** ISBN 1 74110 390 8

A guide for separating couples including advice on: coping strategies, how to cut costs, sex with your ex, dividing property, kids and custody.

R106

**It's never too late: finding love at any age/** Barbara and Dick Jarvis  
**2003** ISBN 0 7344 0547 2

Personal stories and advice about relationships later in life.

R107

**The rules for online dating: capturing the heart of Mr Right in cyberspace/**  
Ellen Fein and Sherrie Schneider  
**2002** ISBN 0 7434 5147 3

The do's and don'ts of e-courtship; step-by-step through the process.

R 108

**Hot Buttons: How to resolve conflict and cool everyone down/** Sybil Evans and  
Sherry Suib Cohen

**2000** ISBN 0 74992302 4

An outline to help you manage conflict better and bring about an effective solution for everyone involved. This book will help you to better understand and manage anger and conflict.

R 109

**101 Things I wish I knew when I got married/** Linda and Charlie Bloom

**2004** ISBN 1 55739-424-7

This book explores ways in which couples can strengthen their relationship to allow deeper intimacy and honesty. It is practical and realistic and will suit readers who are married or plan on marrying.

R 110

**Mating in Captivity /** Esther Perel

**2007** ISBN 978 0340 943731

Looks at whether domesticity and sexual desire are compatible and suggests how, by challenging notions of correctness, couples can reconcile secure love with the pursuit of passion.

R 111

**Workbook for Rebuilding: When your relationship ends/** Bruce Fisher, Ed.D/2000/  
ISBN 93423-6016

This workbook will assist those when a relationship ends. It will help you step by step by completing sections designed to help you learn to take charge of your life. This educational model is proven to be highly effective method to help people adjust to the ending of a love relationship.

R 112

**When your lover leaves you/** Richard Whiteside & Frances Steinberg

**2000** ISBN 0 330 36236 4

This book outlines the stages encountered after a break-up and offers realistic, practical steps towards recovery.

R 113

**I thought we'd never speak again/** Laura Davis

**2002** ISBN 009 1884 195

This book looks at the issues that tear people apart (from extremes such as incest, violence and betrayal to money, sex and sibling rivalry) and provides with practical and sensitive approach to explore what causes conflict and provides strategies to achieve reconciliation.

R114

**Anything she can do I can do better/** Rachel Oakes-Ash

**2003** ISBN 1 74051 118 2

An exploration on the competition between females in the western world and what keeps women from realising their full potential.

R115

**Keeping the Love you Find/** Harville Hendrix

**1995** ISBN 0 7434 9593 4

A single persons Guide to achieving lasting love.

R116

**Toxic In-laws/** Susan forward

**2002** ISBN 0 06 019681 5

How to manage difficult in-laws without jeopardising your relationship with your spouse.

R117

**Friends and Enemies/** Dorothy Rowe

**2002** ISBN 0 00 255939 0

A book about the essence of a good relationship and why we need enemies as well as friends.

R 118

**Coping with your Partner's Jealousy /** Nina Brown

ISBN 1-57224-368-6

Understand why your partner gets jealous; recognise the four styles of jealousy; set healthy boundaries; take care of yourself.

R119

**How to Manage your Mother /**Alyce Cleese & Brian Bates

**2000** ISBN 0 09 945197 2

Understand the most difficult, complicated and fascinating relationship in your life.

R 120

**Mars and Venus in the Workplace/**John Gray PhD

**2002** ISBN 0 7329 1114 1

Practical guide for improving communication and getting results at work.

R 121

**Controlling People/**Patricia Evans

**2002** ISBN 1 58062 569 X

This book helps the reader to identify people with a "controlling personality". It also explains the reasoning behind this type of behaviour and, by understanding it, you could become a catalyst for change.

R 122

**Boundaries in Marriage/**Dr Henry Cloud and Dr John Townsend

**1999** ISBN 187 682 5308

This book will help establish personal boundaries, healthy communication and how to work through conflict.

R 123

**Nasty Bosses/**Jay Carter PsyD

**2004** ISBN 0 07 143247 7

A guide that provides insights into bad behaviour and helps the reader deal with snide remarks from bosses. It combines humour and know-how.

R 124

**Strengthening Your Stepfamily/**Elizabeth Einstein M.A., MFT and Linda Albert PhD

**2006** ISBN 1 886230 62 5

A guide for successful stepfamilies and includes help with the challenges that can often be expected from blended families.

R 125

**Receiving Love** / Harville Hendrix and Helen LaKelly Hunt

**2005** ISBN 0 7432 6364 2

This book shows you how to dissolve the barriers, enabling you to open your heart to love.

R 126

**Set Yourself Free in Relationships** / Shirley Smith

**2005** ISBN 0 9772760 0 7

A guide to help you create positive relationships. Includes essential skills to teach others how to treat you.

R 127

**Is he Mr Right?** / Mira Kirshenbaum

**2007** ISBN 13 978 0 14 300661 9

Is he the one you should commit to? Helps women focus on what they need to make them happy and how to get it.

R 128

**Untangling the Web** / Robert Weiss and Jennifer Schneider

**2006** ISBN 1 55583 968 1

Sex, porn, and fantasy obsession in the internet age. A resource for anyone struggling with the effects of porn on intimacy, relationships, family, career, health and self-respect.

R 129

**My Dearest Enemy by Dangerous Friend** / Dorothy Rowe

**2008** ISBN 978-0-415-39048-4

In this book the author presents a radically new way of thinking about sibling relationships and aims to help the reader reach a deeper understanding of their siblings and themselves.

R 130

**Narcissistic Lovers** / Cynthia Zain and Kevin Dibble

**2007** ISBN 13 978 0 88282 283 9

A revealing look at narcissists and their victims including insights into what draws victims to narcissists and what steps to take to escape them.

R 131

**The Dance of Intimacy** / Harriet Goldhor Lerner

**1990** ISBN 0 06 016067 5

Outlines the steps to take so that good relationships can be strengthened and difficult ones can be healed by taking a careful look at those relationships where intimacy is most challenged by too much intimacy, too much distance or too much pain.

R 132

**Say goodbye to your Personality Disordered Individual** / Stan Kapuchinski

**2007** ISBN 13 978 0 7573 0615 0

Recognise people who make you miserable and eliminate them from your life for good. Includes advice on how PDIs ensnare us into repeatedly dealing with them and how to spot a PDI at work and in our personal lives.

R 133

**Receiving Love** / Harville Hendrix and Helen LaKelly Hunt

**2005** ISBN 0 7432 6364 2

This book shows you how to dissolve the barriers, enabling you to open your heart to love.

R 134

**Co-dependence and the Power of Detachment: how to set boundaries and make your life your own** / Karen Casey

**2008** ISBN 978 1 57324 362 9

Casey shares insights and tools to practice detachment on a daily basis – tools she's discovered in her own decades of sobriety and in talking with hundreds of other co-dependents.

R 135

**Taking the War Out of Our Words: the art of powerful non-defensive communication** / Sharon Strand Ellison

2007 ISBN 1 932279 62 8

In this book, Ellison takes us to the root of our communication problems. She shows us how defensiveness functions in our lives and can lead to hurtful power struggles. Using her non-defensive communication process, you can express yourself with a compelling blend of vulnerability and honesty.

R 136

**A Passion for Friends** / Janice Raymond

1986 ISBN 0 7043 3997 8

A vision of female friendship with clear-sighted analysis and acute observations unclouded by sentimentality.

R 137

**Sex and Love** / Sue Cartledge and Joanna Ryan

1983 ISBN 0 7043 3913 7

The contributors to this collection of articles are all women who have confronted what sex and love mean in their lives. Looks at the kinds of relationships women want.

R 138

**Help I'm Living with a Boy** / Betty McLellan

2006 ISBN 978186756628

The author points out that as long as society accepts and glorifies the bad behaviour of immature men, they will continue to be irresponsible and their relationships destructive. Offers advice on relationship dynamics and practical problem solving.

R 139

**Navigating the Empty Nest and Re-creating Relationships** / Robyn Vickers-Willis

2008 ISBN 9780975704226

Drawing on current Australian and overseas research, the author debunks myths and explores a variety of practical tools and exercises for increasing self-awareness and self navigation at a significant stage of family life.

R 140

**Empty Nesting - Reinventing your Marriage when the Kids Leave Home** / David Arp, Claudia Arp, Scott Stanley, Howard Markham and Susan Blumberg

2001 ISBN 0 7879 6041 1

A guide book to help couples to prepare for and make the most of this stage of their lives.

R 141

**The Dance of Anger : a Woman's Guide to Changing the Patterns of intimate Relationships** / Harriet Lerner

1997 ISBN 00609156X

Teaches women to identify the true sources of anger and to use anger as a powerful vehicle for creating meaningful and lasting change.

R142

**When Venus and Mars Collide** / John Gray

**2008** ISBN 13 978 0 00 724745 5

A manual to help men and women thrive together in the 21<sup>st</sup> century. Shows how everyday pressures can be used to build greater intimacy and strengthen relationships.

But He Says He Loves Me / Dina L McMillan

## **REFERENCE (Not for loan)**

REF (Not for loan)

**Celebrating Women** / Paola Gianturco

**2007** ISBN 1 57 687 229 7

A photographic anthology of women's celebrations across the world. With beautiful photos and interesting information.

REF (Not for loan)

Lift Me Up, Calm Me Down / Barbara Heller/ Stephanie Tourlex

**2003** ISBN 1 58017 163 X

A book of affirmations to calm and or energise the reader.

REF (Not for loan)

**Hope Happens** / Catherine Devrye

**2002** ISBN 0 9580110 0 1

Quotations, maxims and affirmations. Encouragement for tough times.

REF (Not for loan)

**Oxford concise colour medical dictionary**

**1998** 2<sup>nd</sup> edition ISBN 019280085X

REF (Not for loan)

**The Australian drug guide : every person's guide to prescription and over-the-counter medicines and street drugs, vaccinations, vitamins and minerals ...**

**1998** 4<sup>th</sup> edition ISBN 186381003X

REF (Not for loan)

**The Macquarie dictionary**

**1987** 2<sup>nd</sup> revision ISBN 0949757411

REF (Not for loan)

**The Macquarie thesaurus : the book of words** / edited by JRL Bernard

**1987** ISBN 0949757144

REF (Not for loan)

**Today I will** / Carmen Warrington

**2001** ISBN 0 7344 0238 4

100 ways to make your life calm and creative.

REF (Not for loan)

**Victims of crime : an information booklet for the ACT and region /** Victims of Crime

Co-ordinator

**2001** [SBN 0642600945

Contains simple but comprehensive information about crime in the ACT Region, its impact, police and court procedures [legal matters], victim's rights, and sources of support and advice.

REF (Not for loan)

**Delivering justice : Federal Court of Australia**

**2000**

Contains information on Registries which can provide assistance with cases dealing with human rights, bankruptcy, native title [for ATSI people], workplace relations, trade practices, intellectual property and consumer protection. The kit also contains pamphlets on witnesses, bankruptcy, human rights, and mediation.

REF (Not for loan)

**ACT Human Rights Office annual report 1999-2000**

**2000**

Contains outcomes of complaints of discrimination and other legal matters.

REF (Not for loan) 3 copies available

**The Blue day Book /** Bradley Trevor Grieve

**2000** ISBN 0 091 84205 0

Photographs of animals with humorous captions designed to cheer the reader.

REF (Not for loan)

**The Circles /** Kerry Armstrong

**2003** ISBN 1 74066 125 7

A book with exercises to guide the reader to sort through their feelings and relationships.

REF (Not for loan)

**On Purpose /** Margaret Gee

**2003** ISBN 1 74110 143 3

A selection of quotations and contributions by various writers designed to inspire a more meaningful life.

REF (Not for loan)

**The Funding Book /** ACTCOSS

**2001** ISBN 0 9578525 6 8

REF (Not for loan)

**Global warming, cool it! /** Australian Greenhouse Office

A home guide to reducing energy costs and greenhouse gases

REF (Not for loan) 3 copies available

**Separation - Seventh Edition** / Women's Legal Service Inc. QLD

**2008** ISBN 0 646 28153

A Legal Resource for Women who are or have recently separated from their partners.

REF (Not for loan)

**Meditations for Living in Balance**/Anne Wilson Schaef

**2000** ISBN 0 7322 6910 5

The author shows the reader how to stop living at the mercy of frenzy and chaos, and start savouring daily moments that centre, calm and nourish.

REF (Not for loan)

**What is Domestic Violence? English and Bosnian**/Jacqueline Reed

**2002** ISBN 0 9579272 3 1

This book helps to encourage children to discuss, with their non-abusing parent/caregiver or practitioner, the ways in which they have experienced domestic violence and to facilitate support for the child.

REF (Not for loan)

**What is Domestic Violence? English and Spanish**/Jacqueline Reed

**2002** ISBN 0 9579272 2 3

This book helps to encourage children to discuss, with their non-abusing parent/caregiver or practitioner, the ways in which they have experienced domestic violence and to facilitate support for the child.

REF (Not for loan)

**What is Domestic Violence? English and Vietnamese**/Jacqueline Reed

**2002** ISBN 0 9579272 0 7

This book helps to encourage children to discuss, with their non-abusing parent/caregiver or practitioner, the ways in which they have experienced domestic violence and to facilitate support for the child.

REF (Not for loan)

**Australian Journal on Volunteering**/Volunteering Australia

**2001** ISSN 1325 8362

This book helps the reader make informed choices on being a volunteer.

REF (Not for loan)

**Great Queensland Women – Celebrating the 100<sup>th</sup> anniversary of women's right to vote in Queensland**/Heather Grant

**2005** ISBN 0 7242 9650 6

This book pays tribute to twenty-one outstanding women – activists, trailblazers, achievers and reformers who, in their own way, all achieved victory to make history.

REF (Not for loan)

**Working from Inside – Twenty years of the Office of the Status of Women**/

Marian Sawer and Abigail Groves

**1994** ISBN 0644 35240 6

Over the last twenty years, Australian governments have learned to respond to women in new ways, to take the needs of women more seriously. This book gives the reader

insight into the history of the Office of the Status of Women, drawing on the perceptions of women and men associated with the Office.

## **SELF DEVELOPMENT**

SD 1

**Living, loving and healing : a guide to a fuller life, more love and greater health /**

Bernie Siegel

**1993** ISBN 1855383780

A doctor discusses the fear of recurrent or life-threatening illness and how patients can ask for help, deal with anger and pain, become open, confront destructive images of themselves, understand hope and love, and learn how to live.

SD 2

**Beyond fear /** Dorothy Rowe

**1987** ISBN 0006371019 .

Unacknowledged fear of things like loss, bereavement, old age, death rejection or failure can lead to physical or mental illness. The pattern of denying the fear of self-destruction can be broken and 'winners' and 'losers' can acquire the courage to acknowledge and face fear.

SD 3

**No fear of flying : women at home and abroad /** edited by Jocelyne A Scutt

**1993** ISBN 1875658041

Twenty five women tell their stories of leaving Australia for life abroad, or leaving home and making "home" in Australia. The experiences of convicts, free settlers, immigrants, women travelling for career advancement or pleasure (backpackers), and Aboriginal women and women taking up residence away from home are recounted.

SD 4

**You and stress : how to develop new coping skills and a healthier lifestyle /** Dr Bob Montgomery and Lynette Evans

**1995** ISBN 0140250468

Manageable levels of stress are positive but too much stress for too long can lead to sleep problems, depression, isolation and job dissatisfaction. Relaxation, recreation and exercise, assertive strategies, and techniques for improved communication, problem-solving and managing time are explained.

SD 5

**Choose to win : achieving your goals, fulfilling your dreams /** Susie O'Neill

**1998** ISBN 0732909279

Susie O'Neill tells about her Olympic swimming career and explains her methods of motivational thinking, confidence building and goal-setting.

SD 6

**Unlimit your life : setting and getting goals /** James Fadiman

**1989** ISBN 0890875626

The steps of establishing goals, forming self-concept, understanding limitations, adopting a liberating lifestyle, retraining the mind, problem-solving, and overcoming

barriers are explained so that life goals in relationships, business, career, and spirituality are easier to achieve.

SD 7

**Ageless body, timeless mind** / Deepak Chopra

**1993** ISBN 0712656731

The author states that our attitude to ourselves can reshape the aging process and we can use the interaction between mind and body to realise a full life..

SD 8

**Body language : how to read other's thoughts by their gestures** / Allan Pease

**1985** ISBN 095936580X

Non-verbal communication is a complex process involving people, words, tone of voice and body movements but can help with face-to-face interactions.

SD 9

**A woman in your own right : assertiveness and you** / Anne Dickson

**198?** Revised and expanded edition ISBN 0704334208

Examples of aggressive, passive, deceptive and assertive behaviours are used to illustrate ways of dealing with relationship problems so that the misery and frustration that can arise from compliance with traditional ideas about a woman's role can be avoided.

SD 10

**Happiness is an inside job** / John Powell

**1989** ISBN 1559240059

Human happiness is within the reach of all. Ten practices of self acceptance, taking responsibility for our lives, fulfilling our needs for relaxation, exercise and nourishment, acting with love, stepping out of our comfort zones, looking for goodness in others, setting reasonable limits, communicating effectively, appreciating the good things of life and praying daily are explained .

SD 11

**Empowerment : vitalising personal energy** / William G Cunningham

**1991** ISBN 0893341533

The highest levels of spiritual, physical and emotional growth can be attained when ideas are explored and techniques to overcome life's challenges are adopted. Choices which can lead to greater energy and personal freedom from co-dependence, addiction, feelings of shame and relationship difficulties are outlined.

SD 12

**The craft of the warrior** / Robert L Spencer

**1993** SBN 1883319056

The provision of a frame of reference to maximise your abilities, move beyond your fears, and claim your magnificence is offered .

SD 13

**New passages : mapping your life across time** / Gail Sheehy

**1995** ISBN 0006388205

New Passages is the first book to address the new dilemmas and demands each generation of today now faces.

SD 14

**The dragon doesn't live here any-more : living fully, loving freely** / Alan Cohen  
1990 ISBN 0449908402

Stories are used to explore lessons on overcoming limitations, creating fulfilling relationships, tuning into the flow of life, transformation, finding a personal path and the greatest gift of all – love.

SD 15

**The emotional incest syndrome : what to do when a parent's love rules your life** / Patricia Love  
1990 ISBN 055335275X

Unhealthy family relationships can be realigned by confronting your parents-and your past-with love and understanding, disentangling your life from theirs even if your parents are no longer alive and creating a positive relationship with your parents-and your own children.

SD 16

**Singular women : reclaiming spinsterhood** / edited by Jocelyne A Scutt  
1995 ISBN 1875658114

In 'Singular women' women who have never married write of the pleasure in singularity that comes with being 'your own person' and the multiplicity of ways in which the world regards singular women - and singular women regard it.

SD 17

**Daily meditations for women who love too much** / Robin Norwood  
1997 ISBN0099406128

A first-aid manual to help you preserve your sanity, serenity, and sense of humour as you take the necessarily small steps to a new way of thinking that helps change the direction of your life.

SD 18

**Beginning to heal ; a guide for survivors of child sexual abuse** / Ellen Bass and Laura Davis  
1993 ISBN 0091823382

The key stages of the healing journeys of sexual abuse survivors from remembering the abuse and crisis times to breaking the silence, dealing with grief and anger, to resolution and moving on are outlined.

SD 19

**Women who love too much** / Robin Norwood  
1985 ISBN0099482304

Unhealthy and powerfully addictive relationships with men can be difficult to end due to a pattern of thoughts and behaviour which certain women develop as a response to problems from childhood. Recognising that this is 'loving too much' and dealing with it can help future relationships work

SD 20

**Building your life skills : who are you, where are you, and where do you want to go : a personal action plan** / Judith Johnstone  
1999 ISBN 1857034996

Recognising that your educational, occupational, home-based, leisure and social skills and abilities can be used to improve your job prospects, enhance your life, and lead to new avenues is the basis of achieving life goals.

SD 21

**I've found the keys, now where's the car?** / Vicki Bennett

**1996** ISBN 073360269X

This guide for using all our resources - our hearts, minds, intellects and creativity, souls and spirits - depends on our recognising our many choices or 'keys' to the potential 'cars' of life. These 'cars' are optimism, goal setting and visualization, self-empowerment and being able to inspire others, personal growth, self-esteem, being able to forgive, communication, having loving relationships, creative thinking, and understanding our purpose in life. A fictional character called Elizabeth illustrates these lessons.

SD 22

**Guilt is the teacher, love is the lesson** / Joan Borysenko

**1990** ISBN 1855383543

Chronic self-blame and pessimism can lead to physical, emotional and spiritual distress. Using case history examples, affirmations, exercises and guided meditations, readers are helped to overcome their own toxic guilt and learn to embrace a new philosophy of spiritual optimism based on unconditional love, compassion and forgiveness for others and themselves.

SD 23

**I've read the rules, now how do I play the game?** / Vicki Bennett

**1997** ISBN 0733605036

Sound practical advice and good humour will unravel some of the mysteries of how to play the game of life and to set standards, and to find personal fulfilment, happiness and success. Ways of developing a positive sense of self, affirming self-worth, creating opportunities, trusting yourself, creating loving relationships, taking risks, finding energy, and believing in others are illustrated by stories of a fictional character called Arthur.

SD 24

**12 steps to a greater you** / Christine and Terry Cahill

ISBN 0646278207

SD 25

**Create your own future : a practical guide to developing your psychic and spiritual powers** / Linda Georgian

**1996** ISBN 0684810891

Techniques for understanding the universal laws which govern the universe, promoting psychic and spiritual development, achieving optimal physical, mental and spiritual health, establishing healthy relationships, being aware of God, and realising what is your life mission are explained as ways of being holistically happy.

SD 26

**The self-forgiveness handbook** / Thom Rutledge

ISBN 1572240830

SD 27

**Shake the anger habit : are you being controlled by fear other's anger? Does your own anger embarrass you? Push others away?** / Betty Doty and Pat Rooney  
1990 ISBN 0930822102

SD 28

**Out of darkness into the light : a journey of inner healing** / Gerald G Jampolsky  
1990 ISBN 0553347918

A journey from severe depression, guilt, and alcoholism to a true healing of mind and spirit, and the discovery of the transformative power of love and giving has lead the author closer to God.

SD 29

**First things first** / Stephen R Covey and A Roger Merrill  
ISBN 0671712837

SD 30

**There's so much more to life than sex and money** / Sue Calwell and Daniel Johnson  
1999 ISBN 0140280413

A collection of stories to provide encouragement, inspiration and guidance to give your life new meaning.

SD 31

**Addictive thinking : understanding self-deception** / Abraham J Twerski  
1997 2nd edition ISBN 1568381387

This timely revision of the original classic includes updated information and research on depression and affective disorders, the relationship between addictive thinking and relapse, and the origins of addictive thought.

SD 32

**Self-esteem for women : a practical guide to love, intimacy and success** / Lynda Field

1997 ISBN 1852309369

By utilising a mixture of special techniques and a unique five-step program for change, this book gives women the chance to change their lives by building self-esteem.

SD 33

**You were born special, beautiful and wonderful : what happened?** / Bert Weir and Charlie Scandrett

1993 ISBN 0646133764

The loss of self-esteem and poor relationships can be understood and then improved by self-actualization.

SD 34

**Cutting more ties that bind : letting go of fear, anger, guilt, and jealousy so we can educate our children and change ourselves** / Phyllis Krystal

1990 ISBN 0877287929

The book contains advanced information that can be used to release ourselves from more complex systems that program behaviour. These include familial and national customs-things we do without even thinking about them-role playing, acting out of superstition, fear of unmentioned taboos, old prejudices, and fears that we accept blindly.

SD 35

**Awakening to change : a guide to self-empowerment in the new millennium /**

Soozie Holbeche

**1993** ISBN 0749912545

This book helps us to overcome change. It enables us to understand what is happening and why it is happening and why it is happening and suggests ways by which we align ourselves to the new and let old unwanted patterns fall away.

SD 36

**Intimacy and solitude /** Stephanie Dowrick

**1991** ISBN 085561398X

By understanding yourself and others, and learning to be together and alone, relationships can become more intimate.

SD 37

**Don't give it away /** Lyanla Vanzant and Almasi Wilcots

ISBN 0684869837

SD 38

**Be bold and discover the power of praise /** Susan Mitchell

**2000** ISBN 0731804953

The power of praise will encourage you to be bold enough to embrace change, to take risk, to fail and try again, to act on your dreams, and to believe in yourself.

SD 39

**Everyday initiations : how to survive crises using rituals /** Rudiger Dahlke

**1995** ISBN 1885394233

Problems with conception, pregnancy, childbirth, parenting, puberty, adolescence, marriage, careers, spirituality, menopause and midlife, old age, and death can be helped by 'letting go' and 'healing' ritual activities.

SD 40

**Become happy in eight minutes /** Siimon Reynolds

**1996** ISBN 0452274885

Ways to get into a happier mood are explained.

SD 41

**The personal is the professional : therapists reflect on their families, lives and work /** Cheryl White and Jane Hales

**1997** ISBN 0958667829

Seventeen stories from counsellors.

SD 42

**School girls : young women, self-esteem, and the confidence gap /** Peggy

Orenstein in association with the American Association of University Women

**1994** ISBN 0385425767

SD 43

**Exploring 'The road less travelled' [by M. Scott Peck] : a study guide for small groups/** Alice and Walden Howard

1990 ISBN 0099728702

Teachers, psychiatrists, social and community workers, ministers of religion, spiritual counsellors can use these guidelines to examine their spiritual growth.

SD 44

**Why people don't heal and how they can** / Caroline Myss

1997 ISBN 0733802036

The author provides insights and practical advice that will enable you to disconnect from a culture of wounds and reconnect with an inner and outer spiritual energy and purpose.

SD 45

**Sexy, sane and solvent : a woman's guide to femininity and self-esteem** / Cyndi Kaplan-Freiman

2000 ISBN 0732267684

In this book the author explores ways you can get in touch with your femininity, build your self-esteem and stay sane in the process.

SD 46

**In search of yourself : finding the balance** / Janet Dian

1993 ISBN 0962644625

By recognising the importance of maintaining the inner balance between the positive and negative aspects of self, inner growth can be promoted and emotions understood. Activities, affirmations and meditations are included.

SD 47

**Creative visualization** / Melita Denning and Osborne Phillips

ISBN 0875421830

SD 48

**Perfect Assertiveness** / Jan Ferguson

2004 ISBN 1844131548

Helps you to understand more about assertiveness and aggression, and teaches you to understand more about yourself, the possibilities of change and the potential for improvement in personal, social, family and workplace relationships.

SD 49

**Healing an angry heart : finding solace in a hostile world** / Cardwell C Nuckols and Bill Chickering

1998 ISBN 1558745173

By accepting anger as part of a larger step in your spiritual journey, you can start to find a way out.

SD 50 (2 copies A & B)

**The Dance of Anger : a Woman's Guide to Changing the Patterns of intimate Relationships** / Harriet Lerner

1997 ISBN 00609156X

Teaches women to identify the true sources of our anger and to use anger as a powerful vehicle for creating meaningful and lasting change.

SD 51

**Creative visualization : use the power of your imagination to create what you want**

**in your life** / Shakti Gawain  
1978 ISBN 0931432022

SD 52

**Forgiveness : the greatest healer of all** / Gerald G Jampolsky  
1999 ISBN 186325255X

The author points out the toxic side effects of being unforgiving and the havoc it can play on our bodies and on our lives.

SD 53

**The possible human : a course in enhancing your physical, mental, and creative abilities** / Jean Houston  
1982 ISBN 0874772184

Group exercises for awakening the body, the senses, the brain, the memory, evolutionary history, and other aspects of human being to explore human capacities.

SD 54

**Self help less** / Morris Glietzman  
2000 ISBN 014029256X

Hilarious proof that no matter how confused, frustrating and messy your life is, his is worse!

SD 55

**Boundaries : when to say yes - when to say NO to take control of your life** / Henry Cloud and John Townsend  
1992 ISBN 0958686602

Having clear boundaries is essential to a healthy, balanced lifestyle. A boundary is a personal property line that marks those things for which we are responsible. Boundaries define who we are and who we are not.

SD 56

**Achieving emotional literacy** / Claude Steiner  
ISBN 0747533857

SD 57

**The nine secrets of women who get what they want** / Kate White  
1998 ISBN 0712677186

Ever wondered why you're still dreaming of success while the woman next to you has only to click her fingers and it's hers? Why you're constantly relegated to the back-seat while she's always in control? Why people recognise her talents and ignore yours? The author lets you in on the 'nine secrets of women who get what they want'.

SD 58

**You can heal your life** / Louise L Hay  
1999 ISBN 1561706280

The author explains how limiting beliefs and ideas are often the cause of illness, and shows how you can change your thinking and improve the quality of your life.

SD 59

**Ten Steps to Take Charge of Your Emotional Life** / Eve A Wood MD  
2007 ISBN 13 978 1 4019 1122 5

Overcoming anxiety, distress, and depression through whole person healing in ten steps that encompasses examples, stories exercises and guidance.

SD 60

**The sacrificial mother : loving your children without losing yourself** / Carin Rubenstein

**1998** ISBN 0733604064

Insightful, funny, straight to the point and unerringly practical, the author explains the pitfalls of sacrificing too much for your family and not caring enough for yourself.

SD 61

**Transitions : making sense of life's changes** / William Bridges

**1997** ISBN 0201000822

Strategies for coping with the difficult, painful, and confusing times in your life.

SD 62

**Necessary Losses/** Judith Viorst

**1986** ISBN 0 449 13602 4

The loves, illusions, dependencies and impossible expectations that all of us have to give up in order to grow.

SD 63

**12 steps to a greater you : keys to the self mastery of life** / Christine and Terry Cahill

**1996** ISBN 0646278207

SD 64

**What you can change and what you can't** / Martin E P Seligman

ISBN 0091829933

SD 65

**You don't understand : men and women in conversation** / Deborah Tannen

**1990** ISBN 0091826144

Women use language to make connections and reinforce intimacy and men use it to protect their independence and to negotiate status but by acknowledging these differences and the gender differences in conversational style, relationships can be improved.

SD 66

**Living and loving together : a practical manual for better relationships** / Bob Montgomery and Lynette Evans

**1986** ISBN 0170061361

Relationship therapy for couples with troubles and relationship enhancement for couples wanting to improve their lives together are both covered. Topics include myths and facts about relationships, more rewarding relationships, better communication, improved sexual relationships, conflict management, negotiating behaviour changes, coping with children and ending unsatisfactory relationships.

SD 67

**Making it, assertively** / Malcolm E Shaw, Emmett Wallace, Frances N. LaBella

**1980** ISBN 0135458897

A guide to becoming assertive without victimising the people around you or becoming the victim of others.

SD 68

**People skills** / Robert Bolton  
ISBN 0731800311

SD 69

**NLP Neuro-Linguistic Programming : psychological skills for understanding and influencing people** / Joseph O'Connor and John Seymour

1990 Revised edition ISBN 1855383446

Some people appear more gifted than others, NLP, one of the fastest growing developments in applied psychology, describes in simple terms what they do differently, and enables you to learn these patterns of excellence.

SD 70

**The time trap** / Alec Mackenzie

1990 ISBN 1863500278

Better time management improves our productivity, stress prevention, the balance between work and personal life, and our progress toward life goals. Time wasters and their cures are listed.

SD 71

**A new guide to rational living** / Albert Ellis et al

1975 .ISBN 0879800429

Readers can most appreciate this book who have read a large number of euphoric and so-called inspirational books without the success so glowingly described by their authors.

SD 72

**Perfect women : hidden fears of inadequacy and the drive to perform** / Colette Dowling

1989 ISBN 0002156636

The author moves beyond women's secret fears of independence to tackle head on the greatest obstacle to real liberation for women. 'What happens to females between infancy and maturity that so affects a woman's own sense of self? Is it possible to stop performing and finally come into one's own as a woman who is in touch with-and respects-her self?'

SD 73 (also E 26)

**Listen to me, listen to you** / Anne Kotzman

1989 ISBN 0140122184

Practical ideas and skills to help improve self-esteem and communication are offered.

SD 74

**Hit me with your best shot : a fight plan for dealing with all of life's hard knocks** /

Jackie Kallen

1997 ISBN 0312169914

By using the analogy of training for kick-boxing, strategies for dealing with day-to-day living, getting support, planning goals, understanding inner strengths, gaining assertiveness, flexibility and compromise, protecting against setbacks, dealing with

problems, accepting weaknesses and setbacks, and knowing when to quit, can enhance relationships and careers.

SD 75

**Listen to your inner self** / Rachel Carr  
ISBN 0804818274

SD 76

**Feel the fear and beyond** / Susan Jeffers  
ISBN 0712608834

SD 77

**Follow your heart : finding purpose in your life and work** / Andrew Matthews  
1997 ISBN 0646310666

This book is about: Doing what you love: Dealing with bills and broken legs: Discovering your own power: Finding peace of mind: Dealing with disasters: Not blaming your mother.

SD 78

**7 simple steps to unclutter your life** / Donna Smallin  
2000 ISBN 1580172377

Make time for yourself: Re-evaluate your priorities: Increase your enjoyment of life: Reduce stress now: Find more time for the things you love.

SD 79

**50 simple ways to pamper yourself** / Stephanie Tourles  
1999 ISBN 1580172105

Easy, inspiring ideas and simple recipes to help you look after you.

SD 80

**Calm for life** / Paul Wilson  
2000 ISBN 0140280707

Follow clear, simple techniques and you can expect more than just calm and peace of mind.

SD 81

**A woman's book of life : the biology, psychology, and spirituality of the feminine life cycle** / Joan Borysenko  
1996 ISBN 1573226513

SD 82

**A helping hand with life : breaking the cycle of self-sabotage and learning the language of positive living** / Cynthia J.Morton  
2001 ISBN 0733613748

The author offers a means to overcome the fear and denial that can infect our self-talk, causing us to sabotage our own happiness. You will learn how to build courage and self-esteem, respond to your own instinctive wisdom, build safe boundaries, and learn to listen and respond with compassion and love.

SD 83

**Anger : the misunderstood emotion** / Carol Tavris

**1989** ISBN 0671675230

This book dispels the common myths about the causes and uses of anger and offers strategies for solving specific anger problems – chronic anger, dealing with difficult people, repeated family battles, anger after divorce or victimization, and aggressive children.

SD 83A as above

SD 84

**Life strategies for teens** / Jay McGraw

**1999** ISBN 074321546X

Written by a 20 year old man in USA, this book covers issues of adolescence like popularity and self esteem, motivation, peer pressure, self appraisal and honesty, decision-making, prejudice, persistence, relationships, tolerance, and goal setting.

SD 85

**Child-free zone : why more people are choosing NOT to be parents** / Susan J.

Moore and David L. Moore

**2000** ISBN 0646394940

Through interviews with more than 80 Australians who have chosen not to become parents, issues of freedom of lifestyle, career demands, financial limitations, relationship equality, family pressures, social discrimination, and health matters are investigated. The 'worst reasons for having a child' and relating to children not your own are discussed and the authors' own childless stories are told.

SD 86

**Angels are real**

Michael Francis Bray

**1995** ISBN 0646 23896 5

The author and others share their stories, experiences and information about angels.

SD 87

**The unexpected legacy of divorce : a 25 year landmark study** / Judith Wallerstein,

Julia Lewis and Sandra Blakeslee

**2000** ISBN 073227043X

This book provides a longitudinal study of 7 children of parents who divorced and follows their growth, struggles and accomplishments over 25 years. Helps people who grew up in divorced families understand why they feel and act the way they do.

SD 88

**Who Moved my Cheese?** / Dr Spencer Johnson

**1998** ISBN 0 09181 697 1

An amazing way to deal with change in your work and in your life.

SD 89

**Girlosophy** / Anthea Paul SD 90

**1998** ISBN 1 86508 432 8

A soul survival kit. It's your life-think about it!

SD 90

**The Artist's Way** / Julia Cameron

**1995** ISBN 0 330 34358 0

A course in discovering and recovering your creative self.

SD 91

**Becoming Orgasmic. A Sexual and Personal Growth Program for Women.** / Julia

Heiman, Joseph Lopiccolo

**1988** ISBN 0 671 76177 3

A personal and sensitively written book designed to make you feel good about your sexuality and yourself.

SD 92

**Emotional Fitness** / Cynthia Morton

**2004** ISBN1 876451 58 0

A program which draws on the author's personal experiences of an abusive childhood, substance abuse and self sabotage.

SD 93

**Nurturing Yourself and Others** / Lee Schnebly

**2000** ISBN 1555612911

You can still be a nurturing and caring person without sacrificing your own needs and desires.

SD 94

**Difficult Personalities** / Dr H McGrath & H Edwards

**2000** ISBN 0947277684

A practical guide to managing the hurtful behaviour of others (and maybe your own!)

SD 95

**Overcoming Guilt** / Vijayadev Yogendra

**2002** ISBN 0855722851

Based on the belief that every individual has the capacity to grow and achieve good health, greater mental and emotional control and to find joy and a sense of fulfilment in life.

SD 96

**What About the Big Stuff?** / Richard Carlson

**2002** ISBN 0732275822

Finding strength and moving forward when the stakes are high.

SD 97

**Coping with Uncertainty** / Bruce Eimer & Moshe Torem

**2002** ISBN 1572242965

10 Simple solutions. Stop obsessing about everything that could go wrong. Make an accurate assessment of the real risks. Cope with feelings of anxiety and stress. Begin to feel safe and confident again.

SD 98

**Change Your Thinking** / Sarah Edelman

**2002** ISBN 0733310184

Positive and practical ways to overcome stress, negative emotions and self-defeating behaviour using Cognitive Behaviour Therapy.

SD 99

**The Anger Control Workbook** / Matthew McKay & Peter Rogers

**2000** ISBN 1572242205

Simple innovative techniques for managing anger and developing healthier ways of relating.

SD 100

**The Four Agreements – A Toltec wisdom book** / Don Miguel Ruiz

**1997** ISBN I 878424 31 9

The book offers a practical guide to a code of conduct that can free us from self-limiting beliefs and towards personal freedom.

This section now renamed **PERSONAL GROWTH** 3-3-03

PG 101

**Divine Intuition – Your Guide to creating a Life You Love** / Lynn A. Robinson

**2001** 1751308587

An exploration of simple ways to help you tune into and develop your intuition – a reliable and valuable tool for gaining vital insight into yourself, your partner, children, family friends, business colleagues, and the entire world around you.

PG 102

**The Book of Gentle Wisdom – To Give You Hope, Courage, Love and Compassion** / Allan Kellehear

**2002** ISBN 0855723319

This book contains important passages of hope that are truly wonderful. One or several of them may brighten your day, or even your life at the moment.

PG 103

**Candles in the Dark – A Treasury of the World's Most Inspiring Parables** / Todd Outcalt

**2002** ISBN 0471435945

Profound insight and wisdom from the world's great cultures and religious traditions. These wonderfully diverse and entertaining stories address every aspect of life.

PG 104

**Constructive Living** / David K Reynolds

**1994** ISBN 0731805879

This book urges you to develop a flexible disposition, because it's flexibility that helps you best navigate the tides of day-to-day life.

PG 105

**Self Matters –Creating Your Life from the Inside Out** / Dr Phillip McGraw

**1998** ISBN 0743220668

Looks at identifying the ten most defining moments in our lives, the seven most critical choices that have put us on our current path and the five most pivotal people in our world

and in doing so, attempts to give us the tools to become our greatest, most fulfilled, most real selves.

PG 106

**Real Magic – Creating Miracles in Everyday Life** / Dr Wayne Dyer

**1995** ISBN 0060166789

On spirituality, relationships, self-improvement and on believing in miracles.

PG 107

**Today I Will – 100 ways to make your life calm and creative** / Carmen Warrington

**2003** ISBN 0734402384

Each affirmation encourages you to make simple changes to your daily routines and ways of thinking. The practical purpose, wisdom and joy are explained as you are guided towards your calm and creative nature.

PG 108

**My Crazy Life – How I Survived My Family** / Allen Flaming & Kate Scowen

**2002** ISBN 1550377329

A family can be a crazy place to grow up in. These stories offer hope and inspiration.

PG 109

**Dr Foster's Guide To Making Great Decisions** / Charles Foster

**1998** ISBN 186508428

The thirty intuitive laws of people who make the best choices.

PG 110

**Present Moment Awareness** / Shannon Duncan

**1998** ISBN 0733617468

A simple step-by-step guide to living in the now. Shows how we can discover the true causes of our stress and discontent and transform our emotions from rulers into advisors.

PG 111

**Resilience** / Anne Deveson

**1998** ISBN 1864486341

Anne's exploration into the nature of resilience weaves together research, memoir and reflection into a thought-provoking intellectual and personal story, salted with her gritty humour.

PG 112

**Standing Without Shoes** / George W Burns & Helen Street

**2003** ISBN 1740099869

Harnesses the power of happiness to help treat and prevent depression and enhance appreciation of life.

PG 113

**Six Steps To Superwomandom** / Margaret Lomas

**1998** ISBN 0701637749

Inspiration for Today's Woman. It is not about being in the right place at the right time. It is about making every time and place that you are in right for you.

PG 114

**The Joy of Burnout** / Dina Glouberman

**2003** ISBN 0 340 82159 0

Offers powerful and practical insights to help those affected by burnout, to understand and transcend it.

PG 115

**Creative Journal Writing** / Stephanie Dowrick

**2007** ISBN 9781741751376

Through stories and examples, the writer frees the journal writer in "virtually everyone".

PG 116

**Anatomy Of The Spirit – The Seven Stages Of Power And Healing** / Caroline Myss, PH.D.

**1997** ISBN 0733800335

Dr Myss show you how you can develop your own latent powers of intuition as you simultaneously develop your personal power and spiritual maturity.

PG 117

**The Power of Patience** / M.J. Ryan

**2003** ISBN 1864710845

Reveal the secrets to reclaiming this forgotten virtue and shows how doing so will help your feels better about yourself every day.

PG 118

**What Makes People Tick?** / Susan Quilliam

**2003** ISBN 07225399908

With Practical advice on key life issues, including career success, romance, socializing and achieving your potential, *What Makes People Tick?* Will quite simply give you the edge in life

PG 119

**Today I will...** / Carmen Warrington /2003 / 0 7344 0238 4

100 way's to make your life calm and creative.

PG 120

**A revolution in kindness** / Edited by Anita Roddick / 2003 / 0 9543959

A fierce, tenacious and visionary views on kindness. Humanity. Benevolence.Kindness.

PG 121

**The dance of connection** / Harriet Lerner, Ph.D. /2001 / 0 7322 7124 x

Author of THE DANCE OF ANGER. How to talk to someone when you are mad, hurt, scared, frustrated, insulted, betrayed or desperate.

PG 122

**Girlosophy** / Anthea Paul / 2003 / 1 74114 077 3

Interpersonal relations. Life skills guides for young women.

PG 123

**Transformational Divorce** / Karen Kahn Wilson Ed.D. / 1 57224 341 4 /

A step by step action plan for women.  
Discover yourself, reclaim your dreams and embrace life's unlimited possibilities.

PG 124

**A Woman's addiction workbook** / Lisa M. Najavitis, PhD. / 2002/ 1 572254 297 3  
Your guide to in depth healing. Learn how women differ from men in addiction. Identify life patterns related to addiction. Explore growth exercises to heal from addiction. Understand co-occurring disorders. Control impulses. Seek support and take charge of your life.

PG 125

**Stuff they DON'T teach you at school** / Josie Montano / **2003** / 0 7344 0460 3  
Read how to curb your chocolate addiction, combat embarrassing moments, hints on how to flirt, what to do when you get the giggles, how to deal with sleaze groping, how to get through a hangover, find out whether kissing is good for you and lots more.

PG 126

**When your Lover Leaves You: six stages to recovery and growth**/Richard G Whiteside, MSW and Frances E Steinberg, PhD  
**2000** ISBN 0 330 36236 4  
Describing the stages following the end of a relationship, this book offers a practical guide to recovery.

PG 127

**Set yourself free: break the cycle of co-dependency and compulsive addictive behaviour**/ Shirley Smith/2003/ ISBN 0 9751021 0 9  
A guide to identifying and changing co-dependency and addictive behaviours.

PG 128

**Chicken soup for the Soul**/ Jack Canfield and Mark Victor Hansen/1993/  
ISBN 1 55874 262 X  
101 inspirational stories to open the heart and rekindle the spirit

PG 129

**End the Struggle and Dance with Life: How to build yourself up when the world gets you down**/Susan Jeffers PhD/2000/ISBN 07 73361294 6  
With this book you will learn to overcome fear, anger, impatience, and anxiety that can so easily pull you down, and to embrace instead the positives of the spirit.

PG 130

**The Art of Living in Peace**/ Pierre Weil/  
**1994**/ ISBN 0 905249 96 8  
A holistic approach to education for peace based on synthesis of Eastern wisdom and Western science.

PG 131

**Chill Out: 100 creative ways to relax**/Richard Craze  
**/2001/ISBN 1 57071-673-0**  
This book contains many interesting and fun ideas to assist in switching off from the every day routine.

PG 132

**Girlosophy Real Girl's Stories/** Anthea Paul

**2004/** ISBN 1 868508 906 0

Based on interviews and quotes from real girls on the experiences, thoughts, beliefs, hopes and concerns of young women around the world in the 21<sup>st</sup> Century.

PG 133

**GirlForce** – Vibe / Nikki Goldstein

**2004/** ISBN 0 7333 1395 7

A girl's Guidebook to Confidence and Energy. Practical suggestions to obtain motivation and inner strength that gives you an insight into universal love and spiritual energy.

PG 134

**GirlForce** – Crush/ Nikki Goldstein

**2004/**ISBN 0 7333 1397 3

A girl's guidebook to emotions and love. A book on self-awareness, acceptance to get you through the high and lows of relationships.

PG 135

**365 Ways to live simple and spiritual life/** Madonna Gauding

**2004/** ISBN 1 84181 242 0

This book offers inspirational and practical ideas for leading a more spiritual life. Covering a vast range of topics, from practising silence and using prayer beads to nourishing friendships and alternative gift-giving.

PG 136

**The Pocket Therapist/** Susi Wise and Cyndy Kaplan-Freiman

**2001/**ISBN 0 7318 0982 3

This book offers practical tools to cope with life, relationships and children.

PG 137

**Right & Wrong/** Hugh Mackay

**2005/**ISBN 0 7336 1939 8

This book looks into practical strategies that will make it easier to work out what is right for you, whenever you are confronted by a moral choice. Also helps to look into PG narrowing down the gap between the right thing to do and what you want to do.

PG 138

**Help - The Leaving Home Guide/** Jane Norris & Kym Ortenburg

**2000/**ISBN 1 86403 104 2

A guide to living away from the family home. It includes ideas, facts and advice about setting up a house, sharing with strangers, going it alone and dealing with: flatmates, bond, bills, landlords and more.

PG 139

**Your life matters/**Petrea King

**2004** ISBN 1 74051 323 1

A book with an insight in how to live from the inside out rather than the outside in. Contains principles and guidelines to develop a sense of self, treating our bodies right and adapting to life's challenges. Also shows us the way to peace and all-round health and wellbeing.

PG 140

**The Woman's Guide to Second Adulthood/** Suzanne Braun Levine

**2009** ISBN 0 7475 7632 7

Inventing the rest of our lives. What matters. What works. What's next.

PG 141

**What's Stopping You?/** Janice Lorraine

**2004** ISBN 0 9751842 0 2

From retiree to Ms Universe. A true story, which shows that it is never too late to reinvent yourself.

PG 142

**Healing Conversations/** Nance Guilmartin

**2002** ISBN 0 7879 6019 5

What to say when you don't know what to say. A positive empathetic approach to helping people in need.

PG 143

**Don't Let Your Emotions Run Your Life/** Scott E. Spradlin

**2003** ISBN 1 57224 309 0

Simple step-by-step instructions to: Tolerate sorrow anger and fear, Understand your feelings, Untangle complicated emotions, Increase positive emotion, Learn how to soothe yourself, Clearly communicate your feelings, End cycles of depression and anxiety.

PG 144

**Signposts for Life/**Vicki Bennett

**2005** ISBN 0 7344 0743 2

Strategies for effective living and working. Create abundance and balance in your work and home life.

PG 145

**Dealing with Difficult Situations/**Roberta Cava

**2003** ISBN 0 7329 1162 1

With detailed examples and practical communication and feedback techniques, this book explores solutions for problem situations with co-workers, bosses, subordinates, husbands, wives, children and seniors.

PG 146

**Chocolate for a Teen's Heart/**Kay Allenbaugh

**2001** ISBN 0 7432 1380 7

Unforgettable stories for young women, by teens of every age, about love, hope and happiness.

PG 147

**How to get from where you are to where you want to be/**Cheri Huber

**2004** ISBN 1 4019 0476 9

What would I like to do, have, get or be that is different? How would I be different? What stops me from having what I want? A spiritual teacher helps you answer these questions and more.

PG 148

**What Women Want Next/** Susan Maushart

**2005** ISBN 1 920885 66 8

What do women want from love, sex, marriage, motherhood, friends, family and career?  
A guide for the perplexed of both genders.

PG 149

**The Woman's Comfort Book/**Jennifer Louden

**1992** ISBN 0 06 250531 9

A self nurturing guide for restoring balance in your life

PG 150

**How to be yourself/** Rita Sherman

**1992** ISBN 0 06 250772 9

A light hearted guide filled with words of wisdom.

PG 151

**Coming Home to Myself/** Marion Woodman and Jill Mellick

**1998** ISBN 1 57324 566 6

A daybook for Connecting to yourself and the world around you. Reflections for nurturing a woman's body and soul.

PG 152

**Magic of the Moment/** Maggie Hamilton

**2005** ISBN 0 14 300063 2

A book to help you to learn to recognise the signposts around you and move beyond your current limitations.

PG 153

**Survival and Beyond/** Garry Lynch and Barbara Guiliano

**1998** ISBN 0 646 36363 8

An anthology of Stories by victims of crime and a victims' resource guide.

PG 154

**Mirror Mirror/** Dianne Wilson

**2005** ISBN 0 7322 7444 3

A spiritual identity handbook to give hope courage and practical assistance to take control of your life and change negative patterns of behaviour.

PG 155

**What doesn't kill you makes you stronger/** Maxine Schnall

**2005** ISBN 0 7382 0732 2

Turning bad breaks into blessings. With real life examples of people who have turned their lives around.

PG 156

**The Coming Out Stories/**Julia Penelope and Susan Wolfe

**1989** ISBN 0 89594 339 5

A collection of stories, by lesbians, about their experiences of coming out.

PG 157

**Discover Yourself/** Lillian Too

**2002** ISBN 009 1879485

Understand your mind, Know your body, nurture your spirit, realise your potential.

PG 158

**Surviving a Borderline Parent** Kimberlee Roth and Freda B Friedman –Foreword by Randi Kreger /

**2003** ISBN 1 57224 328

How to heal your childhood wounds, build trust, boundaries and self-esteem.

PG 159

**Angry All the Time/** Ronald T Potter-Efron

**1995** ISBN 1 57224 392 9

An Emergency guide to anger control with powerful practical tips for controlling problem anger.

PG 160

**Begin it Now/Susan Hayward**

**1987** ISBN 0 9590439 1 8

This book on motivation encourages the reader to go beyond their limitations and towards their ultimate life purposes.

PG 161

**Women Who Love Too Much/Robin Norwood**

**1986** ISBN 0 09 947412 3

This book takes a hard look at how powerfully addictive unhealthy relationships are and offers a very specific programme for recovery from the disease of loving too much.

PG 162

**Silent Power/Stuart Wilde**

**1996** ISBN 1 56170 536 5

The author talks about silent power and how to get it. It is a charisma that gradually grows and develops around you. Through it, you can express a special goodness that helps people – and this planet – to change for the better.

PG 163

**Let It Go/Joanna Arettam**

**2003** ISBN 1 85906 104 4

This book gives advice on how to let go of anger, grief and sadness. It helps the reader let go of old relationships and old definitions of yourself.

PG 164

**Thoughts of Power and Love/Susan Jeffers, PhD**

**1995** ISBN 0 340 69576 5

A collection of inspiring insights to help you fulfil your true potential and guide you through life's ups and downs.

PG 165

**Out of the Blue...Delight Comes Into Our Lives/Mark Victor Hansen and Barbara Nichols with Patty Hansen**

**1996** ISBN 0 7336 0408 0

In this book, the authors present some of their personal epiphanies and magical moments of delight and a great many stories from other people who have had such glimmerings.

PG 166

**Make Peace With Anyone**/David J Lieberman, PhD

**2002** ISBN 0 312 28154 4

The author shows the reader how to bring other people back together or gain forgiveness for yourself, no matter how hopeless the situation seems. From office tiffs to ten-year rifts, new techniques in human behaviour show you how to quickly resolve any personality conflict, ongoing feud or long-time estrangement.

PG 167

**An Authentic Life: Finding Meaning and Spirituality in Everyday Life**/Caroline Jones

**1998** ISBN 0 7333 1660 3

An absorbing weave of the author's own story and key experiences recounted by women and men in eight years of the ABC radio. She suggests ways in which to feel happier and more at home in yourself.

PG 168

**The Self-Esteem Workbook**/Glenn R Schiraldi, PhD

**2001** ISBN 1 57224 252 3

A simple, effective programme which includes tips for mastery of liking yourself, conquering self doubt and rational thinking.

PG 169

**Be Your Own Life Coach**/Fiona Harrold

**2001** ISBN 0 340 77064 3

In this book, the author shows you how to coach yourself to turn your dreams into reality, achieve your goals and be the kind of person you want to be.

PG 170

**Slow Up – 199 Ways to calm your mind, relax your body and inspire your spirit**/

Pamela Allardice

**2006** ISBN 1 74114 622 4

This book shows how making the right choices in your life can help you find balance in your life.

PG 171

**The Art of Effortless Living**/ Ingrid Bacci PhD

**2002** ISBN 0 553 81440 0

Here you learn how to dissolve conscious and unconscious stress through simple techniques that replace effort with effortlessness.

PG 172

**How to Improve Your Self Esteem** / Elaine Sheehan

**2002** ISBN 9 78184 340 410 1

With chapters addressing issues such as handling criticism, challenging negative thinking and beliefs, managing anger and learning to heal and let go of the past, this book presents a comprehensive approach to coping with low self esteem.

PG 173

**Change Your Thinking** / Sarah Edelman PhD

**2006** ISBN 0 7333 1832 0

This book is a practical and reassuring guide to overcoming negative behaviour and self-defeating thoughts.

PG 174

**Simple Abundance – A daybook of comfort and joy** / Sarah Ban Breathnach

**2005** ISBN 0 7336 1997 5

This book is a guide to help you on your own spiritual journey, full of inspirational essays that tell of the simple pleasures in life that require only imagination!

PG 175

**Overcoming Anger** / Carol D Jones

**2004** ISBN 1 58062 929 6

Helps to uncover the roots of anger and develop a framework for managing it.

PG 176

**How to Improve Your Self-Esteem** / Elaine Sheehan

**2002** ISBN 9 78184 340 410 1

Brings together a wide range of techniques for creating and enhancing self-esteem.

PG 177

**Toxic Criticism** / Eric Maisel

**2007** ISBN 10 0 07 146555 3

Proven strategies to help deflect hurtful criticism, or to decide whether it has any validity.

PG 178

**Count your Blessings** / John F Demartini

**2006** ISBN 1 4019 1074 7

Through real life examples, exercises, meditations and affirmations this book shows how you can develop and use your inner resources change your life.

PG 179

**Come Dance With Me** / Judith Nicholson

**2006** ISBN 1 9208 92

By sharing her experience as a Rosen Method bodywork practitioner the author explores the body – mind connection and tells the story of her life.

PG 180

**Listen to Me Listen to You** / Anne Kotzman & Mandy Kotzman

**2007** ISBN 10 0 14300 542 1

A practical guide to self-awareness, communication skills and conflict management.

PG 181

**Choosing Happiness** / Stephanie Dowrick

**2005** ISBN 9781741750409

Inspiration and comfort and a reminder of fundamental essentials required to make a difference in our lives and how we affect the lives of others.

PG 182

**Non Violent Communication** / Marshall B. Rosenberg

**2003** ISBN 978 1 892005 03 8

A communication guide with strategies to: Transform judgement and criticism into understanding and connection; break patterns of thinking that lead to arguments, anger and depression; Resolve conflict; reduce stress in the workplace and improve productivity; develop relationships based upon mutual respect, compassion and cooperation.

PG 183

**Non Violent Communication Companion Workbook** / Lucy Leu

**2003** ISBN 1 892005 04 2

A practical guide for individual, group or classroom study. Designed to be used in conjunction with Non Violent Communication. See PG 182

PG 184

**The Anger Habit Workbook** / Carl Semmelroth

**2005** ISBN 1 4022 0335 7

Includes lessons and exercises on topics such as: How to cool your anger down, Learning to own the cause of your own anger, Righteous anger, Self-Importance anger and self esteem, Anger and communication in relationships, Self control and learning to use your will without anger.

PG 185

**Stop Dreaming Start Living** / Elizabeth Mapstone

**2004** ISBN 0091894611

A life planning program involving a series of simple pencil and paper exercises to help you discover what you want and how to get it.

PG 186

**The Single Girl's Guide** / Imogen Lloyd Webber

**2007** ISBN 978 86254 772 8

A survival guide for women who "aren't hanging around waiting to be rescued by some Knight in Shining Armani" This is a tongue in cheek but also practical manual on life management for the single female.

PG 187

**From Panic to Power** / Lucinda Bassett

**2001** ISBN 0 06 017320 3

Techniques to calm your anxieties, conquer your fears and put you in control to help you live life to the fullest.

PG 188

**Maximise Your Mind Power** / Jim Rees

**2007** ISBN 987 1 40531 755 9

Understand how your mind works and develop winning beliefs and the confidence that brings success. Includes practical techniques and useful strategies.

PG 189

**100 Questions and Answers about Panic Disorder** / Carol W. Berman

**2005** ISBN 0 7637 2715 6

Provides both a doctor's and a sufferers point of view. Practical answers to questions about the causes and treatment of panic disorder as well as advice on coping with panic attacks.

PG 190

**Girlosophy – The Break-Up Survival Kit** / Anthea Paul

**2003** ISBN 1 74114 077 3

A young woman's guide to surviving relationship break –ups. Includes advice and information on self care, dealing with emotions, finding forgiveness, rediscovering a spiritual path, finding forgiveness, embracing the future and loving again.

PG 191

**Overcoming Low Self – Esteem** / James Le Fanau

**1999** ISBN 978 1 85487 725 3

Based on clinically proven techniques of cognitive therapy this book contains a complete self-help program and monitoring sheets. Explains the nature of low self esteem & self-destructive thinking.

PG 192

**The Anger Management Sourcebook** / Glenn R Schiraldi and Melissa Hallmark Kerr

**2002** ISBN 0 7373 0591 6

A practical resource that helps the reader: recognise the symptoms of excessive anger, identify and defuse personal triggers, regain peace through relaxation techniques. Includes cognitive and behavioural approaches and conflict resolution for couples.

PG 193

**Better Single than Sorry** / Jennifer Schefft

**2007** ISBN 9780593057766

The smart girls guide to being single. Chapters include: Don't play hard to get – be hard to get, Knowing your Mr Rights from your Mr Wrongs, 50 reasons why it's great to be single.

PG 194

**Mother Wit** / Diane Mariechild

**1981** ISBN 0 89594 051 5

A feminist guide to psychic development which includes exercises for healing, growth and spiritual awareness.

PG 195

**2003** ISBN 0593055772

**I Can Mend Your Broken Heart** / Paul Mckenna & Hugh Willbourn

A powerful, systemic process to help remove the pain of heartbreak and gain emotional insight. Includes advice to: stop jealousy and obsessive thoughts, feel calm and re-establish emotional equilibrium.

PG 196

**Nine Ways to Walk Around a Boulder** / Juliet Erickson

**2003** ISBN 978 1 85626 726 7

Combines a blend of current communication techniques coupled with a good understanding of human nature to help the reader use communication skills to change their lives.

PG 197

**Don't Call Me a Drama Queen** / Dr Debra Mandel

**2008** ISBN 1593501013

'A guide for the overly sensitive and their significant others who need to learn how to 'lighten up' and go with the flow.'

PG 198

**Women and Stress** / Dr Charmaine Saunders

**1990** ISBN 0 207 18850 5

Examines the most common causes of stress among women and explains strategies for dealing with them.

PG 199

**Set Yourself Free** / Shirley Smith PhD with Shelly Neller

**1990** ISBN 1 86359 014 5

Uses case studies and provides practical keys to show how to break the cycle of co-dependency and compulsive addictive behaviour.

PG 200

**Facing Love Addiction** / Pia Mellody with Andrea Wells Miller and J.Keith Miller

**1992** ISBN 0-06-250604-8

Outlines the "toxic" patterns played out by love addicts and the unresponsive avoidance addicts to whom they are painfully and repeatedly drawn.

PG 201

**Healing the Shame That Binds You** / John Bradshaw

**2005** ISBN 13 978 0 7573 0323 4

Outlines how "unhealthy toxic shame", often learned young and maintained into adulthood is the core component in compulsions, co-dependencies, addictions and drive to super-achieve. Includes advice on affirmations, visualisations, inner voice, feeling work and guided visualisations.

PG 202

**Surviving a Borderline Parent** / Kimberlee Roth and Freda B Friedman

**2003** ISBN 1 57224 328 7

Provides guidelines for adult children of borderline parents in order to help create balance and boundaries in these tumultuous relationships.

PG 203

**Goddesses in Older Women** / Jean Shinoda Bolen

**2001** ISBN 0 06 092923 5

Suggests that women getting older have exciting reasons for welcoming the other side of fifty. Names the powerful energies and potentials or archetypes that come onto the psyche at this time.

PG 204

**When Things Fall Apart** / Pema Chödrön

1997 ISBN 13 978 0 00 718351 8

Challenges the usual advice for coping with pain by smoothing it over and encourages the reader to live in the present.

PG 205

**The Wisdom of No Escape** / Pema Chödrön

2001 ISBN 13 978 0 00 719061 1

The author explains how running away or trying to become someone else won't get the reader the happiness they seek.

PG 206

**The Power of Forgiveness** / Janice Beaumont

2009 ISBN 978 1 74175 767 5

The author outlines the challenges and enormous benefits of letting go of painful situations and what life is like when you "come out of the other side"

PG 207

**Happiness, the Thinking Person's Guide** / Richard O'Connor

2008 ISBN 9780091929527

Explores the science behind happiness, expounding the myth that wealth and prosperity brings us joy, and getting what you want is the same as getting what you need for a happier life.

## TAPES DVDs and CDs

T 1

**The dance of anger** / Harriet Goldhor Learner

1988

A woman's guide to changing the patterns of intimate relationships  
An abridged version of the book of the same title read by the author.

T 2

**The Dance of Intimacy** / Harriet Goldhor Learner

1990

A woman's guide to courageous acts of change in key relationships.  
An abridged version of the book of the same title read by the author.

T 3

**The Dance of Deception** / Harriet Goldhor Learner

1990

Pretending and truth-telling in women's lives.  
An abridged version of the book of the same title read by the author.