

SELF DEVELOPMENT

Updated September/10

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
1987 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 ISBN 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 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

1998 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

1998 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 ISBN 1 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 21st 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

2000 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 Loudon

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

1999 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.