

SELF-ENHANCEMENT

BOOKS

Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment by Martin Seligman, Free Press (2002) LPL Call # 158.1 Sel

Changing for good: The revolutionary program that explains the six stages of change and teaches you how to free yourself from bad habits by James O. Prochaska, John C. Norcross, and Carlo C. DiClemente, Morrow (1994) LPL Call # 158.1 Pro

Feel the fear and do it anyway by Susan Jeffers, Harcourt Brace Jovanovich (1987) LPL Call # 152.4 Jef

Finding flow: The psychology of engagement with everyday life by Mihaly Csikszentmihalyi, BasicBooks (1997) LPL Call # 158.1 Csi

Learned optimism: How to change your mind and your life by Martin Seligman, A.A. Knopf (1991) LPL Call # 158.1 Sel

Man's search for meaning: An introduction to logotherapy by Viktor E. Frankl, Beacon Press (1992) LPL Call # 150.195 Fra

Necessary losses by Judith Viorst, Simon & Schuster (1986) LPL Call # 155.9 Vio

Ten days to self-esteem by David D. Burns, Quill (1993) LPL Call # 158.1 Bur

The 7 habits of highly effective people: Restoring the character ethic by Steven Covey, Simon & Schuster (1989) LPL Call # 158 Cov

The art of happiness: A handbook for living by the Dalai Lama and Howard C. Cutler, Riverside (1998) LPL Call # 294.3444 Bst

The how of happiness: A scientific approach to getting the life you want by Sonja Lyubomirsky, Penguin Press (2007) LPL Call # 158.1 Lyu

The road less traveled: The psychology of spiritual growth by M. Scott Peck, Simon & Schuster (1978) LPL Call # 158.1 Pec

The self-esteem guided journal: A 10-week program by Matthew McKay and Catherine Sutker, New Harbinger (2005) LPL Call # 158.1 Mack

What you can change and what you can't: The complete guide to successful self-improvement by Martin Seligman, A.A. Knopf (1994) LPL Call # 158.1 Sel

WEBSITES

Emotional Intelligence
<http://eqi.org>



This resource list was created through consultation with existing resource lists from the *Authoritative Guide to Self-Help Resources in Mental Health* by John Norcross et al. (2003).