

**New
Tool for
Therapists**

Reproducible Bibliotherapy Form
to Help Your Clients and Their Therapeutic Process

Do you want to recommend the best self-help books and tapes to your clients? The following is a reproducible list of books, tapes, CDs and other products offered at the Albert Ellis Institute. Therapists can make photocopies of this page, put a checkmark next to the publications they would recommend to a particular client, and give the form to their client, to order these materials to be used as homework between therapy sessions.

ANGER

BOOKS

- Anger: How to Live With and Without It** *Ellis* 12 oz. (B221) \$15.95
- How to Control Your Anger Before It Controls You**, *Ellis & Tafrate* 11 oz. (B180S) \$14.95
- Secret of Overcoming Verbal Abuse** *Ellis & Powers* 10 oz. (B198) \$12.00

AUDIOTAPES & CDS

- How to Control Your Anger Before It Controls You**, *Ellis & Tafrate* 6 oz. (C069) \$14.95
- Overcoming Your Anger in the Shortest Period of Time**, *Broder* Audiotope: 2.5 oz. (C056) \$8.95
CD: 3.2 oz. (CD039) \$19.95
- What Do I Do with My Anger: Hold It In or Let It Out?** *DiGiuseppe* Audiotope: 2.5 oz. (C012) \$7.95
CD: 3.2 oz. (CD017) \$19.95

ANXIETY AND STRESS

BOOK

- How to Control Your Anxiety Before It Controls You**, *Ellis* 18 oz. (B197) \$12.95

AUDIOTAPES & CDS

- How to Control Your Anxiety Before It Controls You**, *Ellis* 6 oz. (C072) \$14.95
- Learning to Relax**, *Lazarus* CD: 3.2 oz. (CD002) \$19.95
- Overcoming Your Anxiety in the Shortest Period of Time**, *Broder* Audiotope: 2.5 oz. (C055) \$8.95
CD: 3.2 oz. (CD038) \$19.95

ASSERTIVENESS

BOOK

- The Assertive Option** *Jakubowski & Lange* 16 oz. (B036) \$27.95

**CHILDREN, ADOLESCENTS,
PARENTS, AND FAMILIES**

BOOKS

- S.O.S. Help for Parents: A Practical Guide for Handling Common Everyday Behavior Problems**, *Clark* 13.4 oz. (B230) \$14.00

AUDIOTAPES

- Coming to Terms with Your Parents** *DiGiuseppe* Audiotope: 2.5 oz. (C047) \$5.95
CD: 3.2 oz. (CD032) \$19.95

DEPRESSION

- How to Stubbornly Refuse to Make Yourself Miserable About Anything — Yes, Anything!** (Book — 2nd ed.) *Ellis* 12 oz. (B252) \$23.95
- Overcoming Your Depression in the Shortest Period of Time**, *Broder* Audiotope: 2.5 oz. (C054) \$14.95
CD: 3.2 oz. (CD037) \$14.95

EATING

BOOKS

- The Art and Science of Rational Eating** *Ellis, Abrams, & Dengelegi* 25 oz. (B132) \$14.95 \$7.00
- How to Stick to a Diet** *Steinberg & Dryden* 3.9 oz. (B236) \$10.95

EDUCATION

BOOKS

- Rough Spot Training: A Manual for Helping Children Develop Emotional Self-Control, Self-Soothing, and Behavioral Management** *London & Monjes* 4.4 oz. (B205) \$12.00
- Thinking, Feeling, Behaving: An Emotional Education Curriculum for Children and Adolescents**, *Vernon* Vol. I (Gr. 1-6) 27 oz. (B100) \$32.95
Vol. II (Gr. 7-12) 27 oz. (B101) \$32.95
- What Works When with Children and Adolescents**, *Vernon* 34 oz. (B215) \$39.95

FRUSTRATION TOLERANCE

BOOKS

- How to Keep People from Pushing Your Buttons**, *Ellis & Lange* 15 oz. (B149) \$12.95
- The Road to Tolerance**, *Ellis* 13.4 oz. (B246) \$21.00

HAPPINESS

BOOK

- Help Yourself to Happiness**, *Maultsby* 6 oz. (B070) \$3.00

HEALTH

BOOKS

- Breathe Well, Be Well**, *Fried* 11.4 oz. (B245) \$14.95
- Mind Over Malignancy: Living With Cancer**, *Gersh, Golden & Robbins* 10 oz. (B183) \$7.95

PERFECTIONISM

- How to Be a Perfect Non-Perfectionist** *Ellis* CD: 3.2 oz. (CD008) \$19.95

PROCRASTINATION

BOOK

- Procrastination Workbook**, *Knaus* 8 oz. (B218) \$17.95

RELATIONSHIPS

BOOKS

- The Art of Living Single**, *Broder* 7 oz. (B144) \$6.45
- Can Your Relationship Be Saved?** *Broder* 7.6 oz. (B208) \$15.95
- Dating, Mating and Relating** *Ellis & Harper* Softcover. 10.4 oz. (B220) \$14.95
- How Can I Forgive You?** *Spring* 1 lb. 2 oz. (B243) \$22.95
Softcover: 7.4 oz. (B250) \$13.95

- The Love Workbook**, *Lima* 16 oz. (B195) \$12.95

AUDIOTAPES & CDS

- After the Affair**, *Spring* 2.5 oz. (C078) \$18.95
- Can Your Relationship Be Saved?** *Broder* Audiotope: 2.5 oz. (C064) \$8.95
CD: 3.2 oz. (CD043) \$19.95
- How to Find a New Love Relationship That Will Work for You**, *Broder* Audiotope: 2.5 oz. (C061) \$8.95
CD: 3.2 oz. (CD042) \$19.95
- Intelligent Person's Guide to Dating and Mating**, *Ellis* Audiotope: 2.5 oz. (C014) \$5.95
CD: 3.2 oz. (CD019) \$19.95
- Letting Go of Your Ended Love Relationship**, *Broder* Audiotope: 2.5 oz. (C053) \$8.95
CD: 3.2 oz. (CD036) \$19.95

- The Single Life: How to Make It Work for You**, Broder
Audiotape: 2.5 oz. (C065) \$8.95
CD: 3.2 oz. (CD044) \$19.95

SELF-ACCEPTANCE

- Overcoming the Rating Game**, Hauck
6 oz. (B125) \$19.95

SELF-HELP

BOOKS

- A Guide to Rational Living**
Ellis & Harper 12 oz. (B025) \$15.00
- How to Live with a Neurotic**, Ellis
6.5 oz. (B005) \$10.00
- How to Stubbornly Refuse to Make Yourself Miserable About Anything — Yes, Anything!** Ellis 12 oz. (B009) \$14.95
- Rational Counseling Primer**, Young
2.5 oz. (B061) \$2.50
- The REBT Pocket Companion for Clients**, Dryden 7.8 oz. (B226) \$10.95
- The 60-Second Shrink**
Arnold Lazarus & Clifford Lazarus
9 oz. (B178) \$12.95

- S.O.S. Help for Emotions: Managing Anxiety, Anger and Depression (2nd Ed.)**, Clark 15 oz. (B181) \$14.00

AUDIOTAPES & CDS

- How to Develop Self-Confidence**, Broder
Audiotape: 2.5 oz. (C058) \$5.95
CD: 3.2 oz. (CD049) \$19.95
- Making Crucial Choices and Major Life Changes**, Broder
Audiotape: 2.5 oz. (C060) \$5.95
CD: 3.2 oz. (CD041) \$19.95
- Theory and Practice of Rational-Emotive Therapy**, Ellis
Audiotape: 2.5 oz. (C025) \$7.95
CD: 3.2 oz. (CD026) \$19.95

SELF-HELP PRODUCTS

- Self-Help Forms**
Clear, step-by-step form on 8.5" x 11" paper helps individuals identify and dispute their irrational beliefs.
10 forms 2.5 oz. (SH007) \$2.00
100 forms 25 oz. (SH008) \$10.00
1,000 forms 250 oz. (SH009) \$80.00

SEXUALITY

BOOKS

- Secrets of Sexual Ecstasy**
Broder & Goldman 16 oz. (B249) \$17.95
- Sex without Guilt in the 21st Century**
Ellis 13.3 oz. (B229) \$14.95
- What to Do When He Has a Headache**
Wolfe 7 oz. (B122) \$5.95

SUBSTANCE ABUSE

BOOKS

- Overcoming Your Addictions**
Dryden & Matweychuk 5.2 oz. (B235) \$12.95
- Sex, Drugs, Gambling and Chocolate**
Horvath 20 oz. (B194) \$10.95
- When AA Doesn't Work for You: Rational Steps to Quitting Alcohol**
Ellis & Velten 18 oz. (B123) \$14.95

WORKPLACE AND CAREER ISSUES

- How to Deal with Difficult People**, Ellis
Audiotape: 2.5 oz. (C043) \$7.95
CD: 3.2 oz. (CD007) \$19.95

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