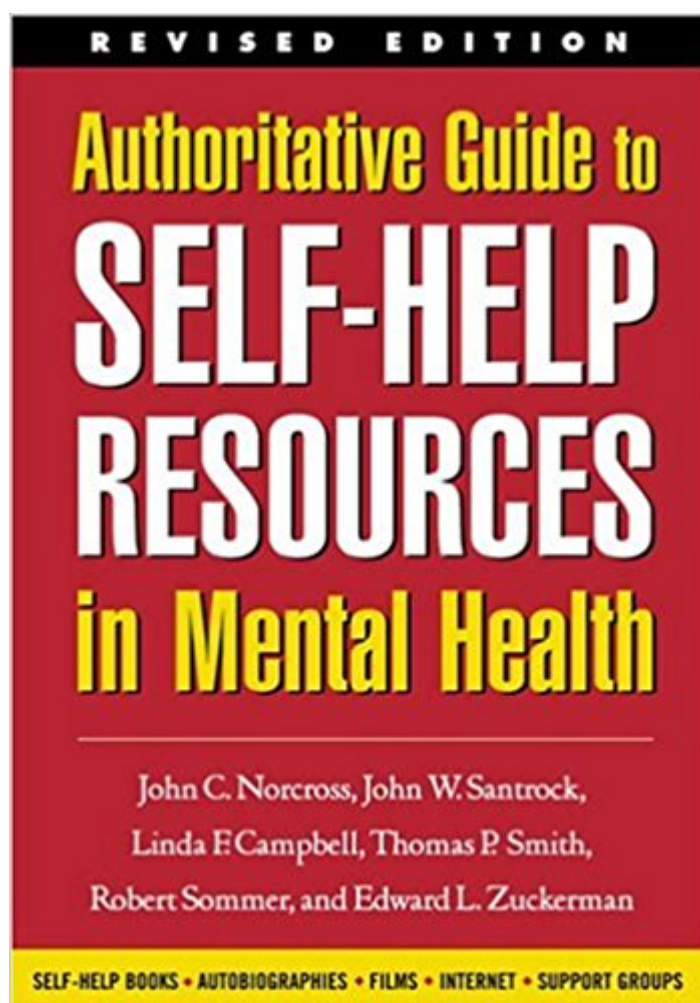


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# Authoritative Guide To Self-Help Resources In Mental Health, Revised Edition (The Clinician's Toolbox)



## Synopsis

Keeping pace with the ever-changing world of self-help, the revised and expanded edition of this indispensable reference helps consumers and professionals distinguish high-quality self-help resources from those that are misleading, inaccurate, or even harmful. The number of resources reviewed has increased by more than 60%, to over 1,000 self-help books, autobiographies, and popular films. Ratings now embody the collective wisdom of more than 3,000 mental health professionals. Supplementing their eight national studies, the authors also describe and evaluate hundreds of Internet sites and provide valuable listings of self-help and support groups. The volume is organized around 36 frequently encountered clinical problems and life challenges, with entirely new chapters covering posttraumatic stress disorder, obsessive-compulsive disorder, youth violence, borderline personality disorder, bipolar disorder, and suicide. The concluding chapter delineates 11 key strategies for selecting an effective self-help resource. Winner--American Journal of Nursing Book of the Year Award

## Book Information

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## Customer Reviews

John C. Norcross, PhD, is professor and former chair of psychology at the University of Scranton and a clinical psychologist in part-time independent practice. John W. Santrock, PhD, is professor and former chair of psychology at the University of Texas at Dallas. Linda F. Campbell, PhD, is associate professor and director of the training clinic in the Department of Counseling and Human

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Chapter 10. Bipolar Disorder (Manic-Depression)  
Chapter 11. Borderline and Narcissistic Personality Disorders  
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I trust that these resources are good. But, I can't tell because I would have to do almost as much work as the author has done to find if the books are actually worthwhile. The book is essentially a listing of recommended books and not recommended books for coping with different psychological issues, circumstances and diseases. I'm surprised that this isn't a website. I can foresee this book becoming outdated over time. They have review sites for reviews of movies, games, and tv shows, why not self-help books.

great product and excellent service

I love it. Highly recommended. I hope you all get it, it's awesome, and we all should have it at home.

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