

Managing Emotions and Moods Suggested Readings

Dennis C. Daley, PhD (May 2012)

1. Aamodt S & Wang S (2008). Welcome to Your Brain. NY: Bloomsbury.
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5. Antony MM, Craske MG & Barlow DH (2006). Mastering Your Fears and Phobias: Workbook, 2nd ed. NY: Oxford University Press.
6. Beck A (1976). Cognitive Therapies and the Emotional Disorders. NY: International Universities Press.
7. Beck AT & Emery G (2005). Anxiety Disorders and Phobias: A Cognitive Perspective. NY: Basic Books.
8. Butler G, Fennell M & Hackmann A (2008). Cognitive-Behavioral Therapy for Anxiety Disorders: Mastering Clinical Challenges. NY: Guilford Press.
9. Carter R, Aldridge S, Page M & Parker S (2009). The Human Brain Book. NY: DK Publishing.
10. Clark DA & Beck AT (2010). Cognitive Therapy of Anxiety Disorders: Science and Practice. NY: Guilford Press.
11. Craske MG, Antony MM & Barlow DH (2006). Mastering Your Fears and Phobias: Therapist Guide, 2nd ed. NY: Oxford University Press.
12. Craske MG, Antony MM & Barlow DH (2006). Mastering Your Fears and Phobias: Client Workbook, 2nd ed. NY: Oxford University Press.
13. Daley DC (2012). Coping with Feelings and Moods: Recovery Strategies for Emotional Health. Export, PA: Daley Publications.
14. Daley DC (2004). Managing Anger Workbook, 3rd ed. Export, PA: Daley Publications.

15. Daley DC (2011). Co-Occurring Disorders Recovery Workbook, 4th ed. Independence, MO: Independence Press.
16. Daley DC (2011). Relapse Prevention Workbook: For Recovering Alcohol and Drug Dependent Individuals, Revised edition. Export, PA: Daley Publications.
17. Daley DC & Douaihy A (2006). Mood Disorders and Addiction. NY: Oxford University Press.
18. Daley DC & Douaihy A (2009). Anxiety Disorders Recovery Workbook. Export, PA: Daley Publications.
19. Daley DC & Douaihy A (2009). Depression Recovery Workbook. Export, PA: Daley Publications.
20. Daley DC & Douaihy (2011). Relapse Prevention Counseling: Strategies to Aid Recovery from Addiction and Reduce Relapse Risk. Export, PA: Daley Publications.
21. Daley DC & Douaihy A (2005). Managing Emotions. Export, Pa: Daley Publications.
22. Daley DC & Douaihy A (2010). Grief Journal: Living with the Loss of a Loved One. Export, PA: Daley Publications.
23. Daley DC & Douaihy A (2010). Sober Relationships and Support Systems in Recovery: For Substance Use and Co-occurring Disorders. Export, PA: Daley Publications.
24. Daley DC & Douaihy A (2011). Group Treatments for Addiction: Counseling Strategies for Recovery and Therapy Groups. Export, PA: Daley Publications.
25. Daley DC & Douaihy D (2010). Gratitude Workbook. Export, PA: Daley Publications.
26. Daley DC & Haskett RF (2003). Understanding Bipolar Illness and Addiction, 2nd ed. Center City, MN: Hazelden.
27. Daley DC & Marlatt GA (2006). Overcoming Your Alcohol or Drug Problem: Client Workbook. NY: Oxford University Press.
28. Daley DC & Marlatt GA (2006). Overcoming Your Alcohol or Drug Problem: Therapist Guide. NY: Oxford University Press.
29. Daley DC & Salloum IM (2003). Understanding Major Anxiety Disorders and Addiction, 2nd ed. Center City, MN: Hazelden.
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31. Daley DC & Thase ME (2004). Dual Disorders Recovery Counseling: Integrated Treatment for Substance Use or Mental Health Disorders, 3rd ed. Independence, MO: Independence Press.
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35. Dimeff LA & Koerner K (2006) Dialectical Behavior Therapy in Clinical Practice: Applications Across Disorders and Settings. NY: Guilford Press.
36. Ekman P (2003). Emotions Revealed: Recognizing Faces and Feelings to Improve Communication and Emotional Life. NY: Times Books.
37. Emmons RA (2007). Thanks! How the New Science of Gratitude Can Make You Happier. NY: Houghton Mifflin Company.
38. Enright RD (2001). Forgiveness is a Choice: A Step-by-Step Process for Resolving Anger and Restoring Hope. Washington, DC: American Psychological Association.
39. Foa EB, Keane TM & Friedman MJ (2000). Effective Treatments for PTSD. NY: Guilford Press.
40. Frederickson B (2009). Positivity: Top-Notch Research Revels the 3 to 1 Ration That Will Change Your Life. NY: Three Rivers Press.
41. Fromm E (1989). The Art of Loving. NY: Perennial.
42. Glasser W (1989). Choice Theory: A New Psychology of Personal Freedom. NY: Harper.
43. Goleman D (1995). Emotional Intelligence: Why It Can Matter More Than IQ. NY: Bantam Books.
44. Goleman D (1997). Healing Emotions. Boston, MA: Shambhala Publications, Inc.
45. Goleman D (2003). Destructive Emotions: How Can We Overcome Them? NY: Bantam Books.
46. Goleman D (2006). Social Intelligence: The New Science of Human Relationships. NY: Bantam Books.

47. Gottman J (1995). Why Marriages Succeed or Fail. NY: Simon & Schuster.
48. Gottman JM & Gottman JS (2006). 10 Lessons to Transform Your Marriage. NY: Crown Publishers.
49. Gottman JM (1999). The Seven Principles for Making Marriage Work. NY: Crown Publishers.
50. Gottman JM (2001). The Relationship Cure: A 5 Step Guide for Building Better Connections with Family, Friends and Lovers. NY: Crown Publishers.*
51. Greenbert LS (2002). Emotion-Focused Therapy: Coaching Clients to Work Through Their Feelings. Washington, DC: American Psychological Association.
52. Greenspan M (2003). Healing Through the Dark Emotions: The Wisdom of Grief, Fear, and Despair. Boston, MA: Shambhala Publications, Inc.
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59. Lyubomirsky S (2008). The How of Happiness: A Scientific Approach to Getting the Life You Want. NY: The Penguin Press.
60. Marlatt GA & Donovan D (2005). Relapse Prevention, 2nd ed. NY: Guilford Press.
61. McDermott D & Snyder CR (1999). Making Hope Happen: A Workbook for Turning Possibilities Into Reality. Oakland, CA: New Harbinger.
62. Miller MC (editor, 2008). Coping with Anxiety and Phobias. Boston, MA: Harvard Health Publications.

63. Miller MC (editor, 2008). Understanding Depression. Boston, MA: Harvard Health Publications.
64. Miller MC (editor, 2009). Positive Psychology. Boston, MA: Harvard Health Publications.
65. Miller MC (editor, 2010). Coping with Grief and Loss. Boston, MA: Harvard Health Publications.
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75. Seligman MEP (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. NY: The Free Press.
76. Snyder CR (1994). The Psychology of Hope. NY: The Free Press.
77. Spradlin SE (2003). Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control. CA: New Harbinger Publications, Inc.
78. Stein DJ, Hollander E & Rothbaum O (editors, 2010). Textbook of Anxiety Disorders, 2nd ed. Washington, DC: American Psychiatric Publishing, Inc.

79. Taylor S (2006). Clinician's Guide to PTSD: A Cognitive-Behavioral Approach. NY: Guilford Press.
80. Thase ME & Lang S (2004). Beating the Blues: New Approaches to Overcoming Dysthymia and Chronic Mild Depression. NY: Oxford University Press.
81. Thayer RE (1996). The Origin of Everyday Moods: Managing Energy, Tension and Stress. NY: Oxford University Press.
82. Valliant GE (2008). Spiritual Evolution: How We Are Wired for Faith, Hope, and Love. NY: Broadway Books.*
83. Weiss RD & Connery HS (2011). Integrated Group Treatment for Bipolar Disorder and Substance Abuse. NY: Guilford Press.
84. Weissman MM, Markowitz JC & Klerman GL (2002). Comprehensive Guide to Interpersonal Psychotherapy. NY: Basic Books.
85. Zinbarg RE, Craske MG & Barlow DH (2006). Mastery of Your Anxiety and Worry: Client Workbook, 2nd ed. NY: Oxford University Press.
86. Zinbarg RE, Craske MG & Barlow DH (2006). Mastery of Your Anxiety and Worry: Therapist Guide, 2nd ed. NY: Oxford University Press.

Internet Resources

The following websites offer information on addiction or mental health problems. You can also go on the internet and use a search engine to find more resources on any specific feeling, emotion or mood, or any type of emotional or mood disorder.

- Alcoholics Anonymous – www.aa.org
- Anxiety Disorders Association of America – www.adaa.org
- CHAANGE (Anxiety Treatment) – www.chaange.com
- Depression and Bipolar Support Alliance – www.dbsalliance.org
- Dr. David Kessler – www.davidkessler.org
- Dr. Dennis C. Daley – www.drdeniscdaley.com
- Dual Recovery Anonymous – www.draonline.org
- Emotions Anonymous – www.emotionsanonymous.org
- Freedom From Fear – www.freedomfromfear.org
- Grief – www.griefandrecovery.com
- Happiness – www.authentic happiness.sas.upenn.edu
- International OCD Foundation – www.ocfoundation.org
- Kindness – www.randomactsofkindness.org
- Narcotics Anonymous – www.na.org
- National Alliance for Mentally Ill – www.nami.org