

John Kovac's Summer 2016 Reading List

Title	Author	Publisher
Individual Therapy		
The Way of the superior Man	David deida	Sounds True
How to Control Your Anxiety Before it Controls You	Albert Ellis	A Birch Lane Press Book
If Men Could Talk	Alon Gratch	Little Brown and Company
How to Stop Worrying and Start Living	Dale Carnegie	Pocket Books
Emotional Intelligence: Why it can matter more than IQ	Daniel Goleman	Bantam Books
The Untethered Soul	Michael A. Singer	New Harbinger
Love and Survival	Dean Ornish	Harper Collins Publishers
The Power of Now	Eckhart Tolle	Namaste Publishing
The Anxiety and Phobia Workbook	Edmund J. Bourne	MJF Books
An End To Panic	Elke Zuercher-White	MJF Books
To Have or to Be	Erick Fromm	Continuum International Publishing Group
Turning Points	Frank S. Pittman III	W.W. Norton & Company
The Dance of Anger	Harriet Lerner	Quill
As A Man Thinketh	James Allen	Brownlow
How to Get What You Want and Want What You Have	John Gray	Harper Collins Books
Treating Attachment Pathology	Jon Mills	Jason Aronson
When Someone You Love is Depressed	Laura Epstein Rosen	The Free Press
Going To Pieces Without Falling Apart	Mark Epstein	Broadway Books
Authentic Happiness	Martin E.P Seligman	Free Press
The Five People You Meet in Heaven	Mitch Albom	Hyperion
The Psychology of Self Esteem	Nathaniel Branden	Jossey-Bass
Emotional Longevity	Norman Anderson	Viking
Don't Sweat the Small Stuff	Richard Carlson	Hyperion
Helping Clients Forgive	Robert D. Enright, Richard P. Fitzgibbons	American Psychological Association
Love and Will	Rollo May	W.W. Norton & Company
Men's Search For Himself	Rollo May	W.W. Norton & Company
What To Say When You Talk To Your Self	Shad Helmstetter	MJF Books
The Seven Habits of Highly Effective People	Stephen Covey	Fireside Books

Emotional Alchemy	Tara Bennet-Goleman	Harmony Books
Couples Therapy		
The Psychiatric Interview	Harry Stack Sullivan	W.W. Norton & Company
After The Affair	Janis Abrahms Spring	Perennial
The Seven Principles For Making Marriage Work	John M. Gottman	Three Rivers Press
The Relationship Cure	John M. Gottman	Three Rivers Press
Why Marriages Succeed or Fail	John M. Gottman	Simon & Schuster Paperbacks
The Difficult Divorce	Marla Beth Isaacs, Brraulio Montalvo, David Abelson	Basic Books
Should You Leave?	Peter D. Kramer	Scribner
Abused Men The Hidden Side of Domestic Violence	Philip W. Cook	Praeger
Unhappy Teenagers	William Glasser	Harper Collins Publishers
From Aging to Sage-ing	Zalman Schacher-Shalom	Warner Books
Family Therapy		
The Family Interpreted	Anna Luepnitz	Basic Books Inc 1988
Home Is Where We Start From	D.W. Winnicott	W.W. Norton Company
Sandplay Therapy	Debra Labocitz Boik, Anna Goodwin	W.W. Norton & Company
Secrets In Families and Family Therapy	Evan Impber-Black	W.W. Norton & Company
Scattered Minds	Gabor Mate	Vintage Canada
How Can I Forgive You?	Janis Abrahms Spring	Harper Collins Publishers 2004
Child Friendly Therapy	Marcia B. Stern	W.W. Norton & Company
Family Evaluation	Michael Kerr & Murray Bowen	W.W. Norton & Company
The Power Of Family Therapy	Michael P. Nichols	Gardner Press
The Emotional Incest Syndrome	Patricia Love	Bantam Books
Life After Loss	Raymond Moody, Dianne Arcangel	Harper San Francisco
Families and Family Therapy	Salvador Minuchin	Harvard University Press 1974
Family Therapy Techniques	Salvador Minuchin	Harvard University Press
For Parents and Teenagers	William Glasser	Quill
Approaches to Therapy		
Cognitive Therapy of Depression	Aaron Beck	The Guilford Press
Men On Strike	Helen Smith	Encounter Books
The Mood Repair Toolkit	David A. Clark	The Guilford Press

The Buddha's Brain The Practical Neuroscience of Happiness, Love & Wisdom	Rick Hanson	New Harbinger
Happiness	Thich Nhat Hanh	Parallax Press
16 Guidelines for Life	Alison Mudooh & Dekyi-Lee Olershaw	
Feminist Theories and Feminist Psychotherapies	Carolyn Zerbe Enns	The Harrington Park Press
Gestalt Therapy Integrated	Ervin & Miriam Polster	Vintage Books
GRIT The Power of Passion and Perseverance	Angela Duckworth	Collins
The Little Book of Stress Relief	David Posen MD	Key Porter
Adult Children of Alcoholics	Jonet Geringer	
The Rational Male	Rollo Tomassi	Amazon.ca
The Individual Psychology of Alfred Adler	Heinz Ansbacher, Rowena Ansbacher	Harper Perennial
The Path of Psychotherapy	Ira David Welch	Brooks/Cole Publishing Company
The Gift of Therapy	Irvin Yalom	Perennial
Yalom Reader	Irvin Yalom	Basic Books
Existential Psychotherapy	Irvin Yalom	Perennial
Psychopathology and Psychotherapy	Len Sperry and Jon Carlson	Accelerated Development 1996
Narrative Means to Therapeutic Ends	Michael White, David Epston	W.W. Norton & Company
Metaphor Therapy	Richard R. Kopp	Brunner Mazel
Psychology Based Fiction		
Schopenhauer's Porcupines	Anna Luepnitz	Basic Books
Love's executioner	Irvin Yalom	Perennial
Momma and the Meaning of Life	Irvin Yalom	Perennial
When Nietzsche Wept	Irvin Yalom	Perennial
Lying On The Couch	Irvin Yalom	Perennial