

HANDOUT 7-BIBLIOGRAPHY

- Benson, H., MD (1975). The Relaxation Response. New York, NY: Harper Collins.
- Bilodeau, L. (2001). Responding to Anger, A Workbook. Center City, MN: Hazelden.
- Davis, M., PhD, Robbins, E., MSW and McKay, M., PhD (1996-4th Edition). The Relaxation and Stress Reduction Workbook. Oakland, CA: New Harbinger Publications, Inc.
- Elgin, Suzette Haden (1997). How to Disagree Without Being Disagreeable, Getting Your Point Across with the Gentle Art of Self Defense. New York, NY: John Wiley & Sons, Inc.
- Ellis, Albert. (1997). How to Control Your Anger Before it Controls You. New York, NY: Citadel Press.
- Enright, Robert, PhD (2001). Forgiveness Is A Choice, A Step by Step Process for Resolving Anger and Restoring Hope. Washington, DC: American Psychological Association.
- Gottman, John, PhD (and Joan DeClaire). (2001). The Relationship Cure, A 5 Step Guide to Strengthening Your Marriage, Family and Friendships. New York, NY: Three Rivers Press.
- Hahn, Thich Nhat (2002). Anger, Wisdom for Cooling the Flames, New York, NY: Riverhead Books.
- Love, Patricia, Ed.D. and Stosny, Steven, PhD. (2007). How To Improve Your Marriage Without Talking About It. New York, NY: Braodway Books.
- Luskin, Fred (2002). Forgive for Good, A Proven Prescription for Health and Happiness. New York, NY: Harper Collins
- McKay, Matthew, PhD., Rogers, Peter D., Ph.D., McKay, Judith, R.N., (1989) When Anger Hurts, Quietening the Storm Within. Oakland, CA: New Harbinger Publications.
- Murphy, Tim, PhD & Oberlin Loriann Hoff (2005). Overcoming Passive-Aggression, How to Stop Hidden Anger from Spoiling Your Relationships, Career and Happiness. New York: Marlowe & Company.
- Nay, W. Robert, PhD (2004). Taking Charge of Anger, How to Resolve Conflict, Sustain Relationships, and Express Yourself Without Losing Control. New York, NY: The Guilford Press.
- Paleg, Kim & McKay, Matthew (2001) When Anger Hurts Your Relationship, Oakland, CA: New Harbinger Publications, Inc.
- Paterson, Randy J. (2000) The Assertiveness Workbook, How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships, Oakland, CA: New Harbinger Publications.
- Petracek, Laura J. (2004). The Anger Workbook for Women, How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional balance and Your Relationships, Oakland, CA: New Harbinger Publications.

HANDOUT 7-BIBLIOGRAPHY (Continued)

Potter-Effron, R. and Potter-Effron, P. (2006-2nd edition). Letting Go of Anger: The Eleven Most Common Anger Styles and What To Do about Them. Oakland, CA: New Harbinger Publications.

Rosenberg, Marshall (2003). Nonviolent Communication A Language of Life, Encinitas, CA: PuddleDancer Press.

Scheff, Leonard and Edmiston, Susan (2010). The Cow in the Parking Lot. New York: Workman Publishing.

Stone, Douglas, et al (1999). Difficult Conversations, How to Discuss What Matters Most. New York, NY: Penguin Press.

Tavris, C. (1982). Anger: The Misunderstood Emotion. New York: Simon and Schuster.

Wexler, David, PhD. (2004). When Good Men Behave Badly. Oakland, CA: New Harbinger Publications.

Worthington, E. (2003). Forgiving and Reconciling, Bridges to Wholeness and Hope. Downers Grove, IL: InterVarsity Press.