

The
**SELF-HELP
DIRECTORY**

A Sourcebook
for Self-Help
in the
United States
and Canada

JOSEPH K. DONOVAN

Self Help Directory A Sourcebook To Self Help In The United States And Canada

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Directory of National Information Sources on Disabilities ,1994 Doors Close, Doors Open Morton A. Lieberman,1996

Doors Close Doors Open is based on Morton Lieberman s interviews with seven hundred widows and widowers over the course of seven years In this book he shares the wisdom he has gained retelling women s stories about the pain and anger and challenges they face in the first few months of being widowed But most important Lieberman has made discoveries that expose many of the pernicious myths about widows and discloses the surprising sources of help for women and the fact that there is light at the end of the tunnel The vast majority of women after a painful time found themselves flourishing living different but satisfying lives and changing and growing in ways they never could have dreamed of This is a book that offers comfort and consolation by understanding so much of what so many women go through and by revealing the truth about widows that women of all ages have the ability to respond to tragedy to deal effectively with challenges and to realize new ways to live and be well BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved

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Trauma Muriel Prince,Muriel Warren,2004 In this post 9 11 world therapists need to expand their toolboxes to deal with trauma and its effects This book provides a new way of dealing with the devastating emotional residue of a traumatic event It centers on the innovative application of hypnotherapy to help trauma victims self actualize regain their lives and move forward again This book outlines the effects of trauma on mind and body and provides comprehensive systems and treatment plans for the mental disorders caused or exacerbated by trauma Many people are familiar with the famous fight or flight responses to trauma but few now about the freeze response Freeze is the most dangerous of the trio since it inhibits any reaction and leaves he victim immobile It can lead directly to Post traumatic Stress Disorder Also included is a brief survey of brain research and its implications Dr Warren takes readers on a brief journey of self discovery to unlock their full self potential and raise it to a new level Encyclopedia of Family Life: Single-parent families-zero

population growth movement, index ,1999 Book Review Digest ,1996 **The Self-help Directory** Joe Donovan,1994

Lists self help groups dealing with such areas as divorce child support elder care child abuse drug abuse eating disorders diseases blindness deafness phobias and compulsive behavior **Aging and Mental Health** Robert N. Butler,Myrna I.

Lewis,Trey Sunderland,1998 Designed for professionals working with the elderly this text provides comprehensive coverage

of the ageing process and its effects on mental health It sets out the nature and problems of old age including the problems of older people in their families and explores some of the common emotional problems and psychiatric disorders which can affect the elderly It also outlines the evaluation treatment and prevention of some common effects of ageing There is specific coverage of race ethnicity gender crime alcoholism and physical disabilities including deafness and blindness **Bulletin of the Medical Library Association** Medical Library Association,1994 **New Serial Titles** ,1986 A union list of serials commencing publication after Dec 31 1949 Resource Directory ,1989 Guide to American Educational Directories ,2004 The Clearinghouse Directory ,1991 *Guide to American Directories* ,1994 **Diagnosis: Schizophrenia** Rachel Miller,Susan E. Mason,2002-08-21 The disease is not fatal but few diagnoses have the capacity to instill as much fear in the hearts of patients and families Here is a profoundly reassuring book that shows there can be life after a diagnosis of schizophrenia The book includes thirty five first person accounts along with chapters by professionals on a wide range of issues from hospitalization to rehabilitation Jargon free and technically accurate the chapters are short and offer up to date information on medication coping skills social services clinical research and much more Patients and their families can read the book from cover to cover or skip around and select topics as the need arises **Resources in Education** ,1997 **National Library of Medicine Current Catalog** National Library of Medicine (U.S.), **RQ** ,1992

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