



TITLE

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Coping with stress : effective people and processes / edited by C.R. Snyder.	BF335 .C593 2001
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The relaxation & stress reduction workbook / by Martha Davis, Elizabeth Robbins Eshelman, Matthew McKay ; illustrations by Valerie Winemiller.	BF575.S75 D38 1982
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Feel better now : 30 ways to handle frustration in three minutes or less / by Christan Schriener ; foreword by Ken Keyes, Jr.	BF575.S75 S36 1990
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The fine arts of relaxation, concentration, and meditation : ancient skills for modern minds / Joel and Michelle Levey.	BF637.S8 L447 1991
Masculinity, meditation and mental health [electronic resource] / Tim Lomas.	BF692.5 .L65 2014
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Managing differences : how to build better relationships at work and home / Dana Daniel.	HM136 .D36 2001
The sane society / Erich Fromm ; with an introduction by David Ingleby.	HM271 .F75 1991
Bluebird : women and the new psychology of happiness / Ariel Gore.	HQ1155 .G67 2010
Anxiety in college students / Benjamin Ayres and Michelle Bristow, editors.	LB3609 .A59 2009
College life through the eyes of students / Mary Grigsby.	LB3609 .G75 2009
Coping with stress at university : a survival guide / Stephen Palmer & Angela Puri.	LB3609 .P35 2006
A room of one's own / Virginia Woolf ; foreword by Mary Gordon.	PR6045.O72 Z474 1989 c.2
The best awful : a novel / Carrie Fisher.	PS3556.I8115 B4 2003
Postcards from the edge / Carrie Fisher.	PS3556.I8115 P6 1990
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The bell jar / Sylvia Plath ; foreword by Frances McCullough ; biographical note by Lois Ames ; drawings by Sylvia Plath.	PS3566.L27 B4 1996b
A beautiful mind : the life of mathematical genius and Nobel Laureate John Nash / Sylvia Nasar.	QA29.N25 N37 2001
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Students' mental health needs : problems and responses / edited by Nicky Stanley and Jill Manthorpe ; foreword by Barbara Waters.	RC451.4.S7 S78 2002
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101 defenses : how the mind shields itself / Jerome S. Blackman.	RC455.4.D43 B534 2004
The company of others : stories of belonging / Sandra Shields & David Campion ; with an introduction by John Ralston Saul.	RC455.4.F3 S47 2005
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I thought I could fly-- : portraits of anguish, compulsion, and despair / edited and with photographs by Charlee Brodsky ; with an essay by Jane McCafferty and George Loewenstein.	RC464.A1 I84 2008
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Mockingbird years : a life in and out of therapy / Emily Fox Gordon.	RC464.G67 A3 2000
The center cannot hold : my journey through madness / Elyn R. Saks.	RC464.S25 A3 2007
Prozac diary / Lauren Slater.	RC464.S58 A3 1998
Divine madness [electronic resource] : ten stories of creative struggle / Jeffrey A. Kottler.	RC465 .K68 2006
Self and others [by] R. D. Laing.	RC465 .L32 1971 c.2
Journey out of nowhere.	RC465 .S58
I'm OK, you're OK [by] Thomas A. Harris.	RC480.5 .H32 1973 c.3

Person to person : the problem of being human ; a new trend in psychology / by Carl R. Rogers and Barry Stevens ; with contributions from, Eugene T. Gendlin, John M. Shlien, Wilson Van Dusen.	RC481 .R6 c.3
Finding a voice : the practice of changing lives through literature / Jean Trounstine and Robert P. Waxler ; foreword by Elizabeth Mehren.	RC489.B48 T76 2005
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Journey not chosen--destination not known : living with bipolar disorder / Mary Worthen.	RC516 .W67 2001
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