

Middletown Thrall Library Presents

**Your Guide
to
Finding
Self-Help
Books**

**“You cannot run away from a weakness;
you must some time fight it out
or perish; and if that be so,
why not now, and where you stand.”**

**– Robert Louis Stevenson,
*The Amateur Emigrant***

Guides to Self-Help Books

***How to Read How-To and Self-Help Books: Getting Real Results from the Advice You Get* by Janne Ruokonen** (Dewey Decimal number: 158.1 ROU)

This book was written to help people find and use personal development advice. It helps users avoid common pitfalls and make sense of the ideas and methods they are offered. It also has a list of resources (i.e. self help books) arranged by topic.

***Reading to Heal: How to Use Bibliotherapy to Improve Your Life* by Jacqueline Stanley** (Dewey Decimal number: 615.8516 STA)

"This is an accessible, useful and engaging resource that informs readers how to choose and use self-help books to deal with their personal issues. The book also gives guidance on how to read fiction and analyze characters and situations as they may relate to our own lives."

If you are interested in these books or others like them, please speak with a librarian.

Subject Headings – Use these in the library catalog to locate self-help books. If you do not know how to search the library catalog by subject, a librarian can help!

adult child abuse victims
agoraphobia
alcoholics – rehabilitation
anger
anxiety (psychology)
assertiveness
attention
behavior modification
bereavement
character
character development
choice (psychology)
codependency
communication
communication in
marriage
compulsive behavior
conduct of life
control (psychology)
creative ability
decision making
depression, mental
eating disorders
emotions
fear
friendship
grief
guilt
habit breaking
happiness

health behavior
identity (psychology)
influence (psychology)
inner child
intellect
interpersonal
communications
interpersonal relations
job satisfaction
job stress
kindness
leadership
life skills
listening
loneliness
love
meditation
memory
men (psychology)
narcotic addicts –
rehabilitation
panic attacks
panic disorders
peace of mind
personality change
personality development
phobias
problem solving
procrastination
relaxation

relationship addiction
risk-taking (psychology)
self-acceptance
self-actualization
(psychology)
self-control
self-esteem
self-help techniques
self management
(psychology)
self-perception
sex role
shame
smoking cessation programs
stress (psychology)
success
success – psychological
aspects
suicide prevention
time management
typology
vocational guidance
weight loss
women (psychology)

We Truly Want to Help You

Our library exists for your wellness and betterment.

Through Middletown Thrall Library you have free access to nearly limitless information which you can use for personal enrichment and improvement or professional advancement.

Some of this information can be freely accessed in the comfort of your home through our website (<http://www.thrall.org>).

We have prepared a variety of convenient web guides (<http://www.thrall.org/guides>) and subscribe to many databases (<http://thrall.org/dbs>) containing millions of articles on all topics.

Many other free services exist at our website, such as the library catalog , our RAVES! Reader's Advisory, our Self-Study Center, and more. For more Self-Help resources, please visit our Special Coverage Center at <http://www.thrall.org/special> and click on "Self-Help."

Our librarians are eager and dedicated to help you meet all your information needs. Please visit the Reference Department so we can assist you in locating books, websites, and other items of interest to you.

You may also ask us questions over the Internet through our free Ask a Librarian service, or you may call the Reference Department directly at 341-5461 or 341-5462.

We hope you accept our offer of help. At this very moment you can begin taking steps toward the life you always dreamed of by taking advantage of our many free services. All you ever have to do is ask.