

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**

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**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.**