Self-help books available online for free through the USU library

Each of the following books are available through the USU library website. These books can be accessed online for free provided you are a USU student. You can find them by searching for the title on the library website.

This list was compiled by the USU ACT Research Group directed by Drs. Michael Levin and Michael Twohig (https://www.utahact.com/).

Workbooks for learning broadly useful psychological skills

The dialectical behavior therapy skills workbook: practical DBT exercises for learning mindfulness
McKay, Matthew.

The mindful path to self-compassion: freeing yourself from destructive thoughts and emotions
Germer, Christopher K.
New York : Guilford Press, 2009

A mindfulness-based stress reduction workbook
Bob Stahl, Elisha Goldstein.

The happiness trap: stop struggling, start living
Harris, Russ.
Wollombi, N.S.W. ; Auckland, N.Z. : Exisle Pub., 2007

The reality slap
Harris, Russ.

Mind over mood: change how you feel by changing the way you think
Greenberger, Dennis.

Workbooks for depression

The mindfulness & acceptance workbook for depression
Kirk D. Strosahl & Patricia J. Robinson.

The mindful way through depression: freeing yourself from chronic unhappiness
Williams, J. Mark G.
New York : Guilford Press, 2007

The cognitive behavioral workbook for depression: a step-by-step program
Knaus, William J.

Coping with the seasons: a cognitive-behavioral approach to seasonal affective disorder
Rohan, Kelly J.

Workbooks for anxiety

The cognitive behavioral workbook for anxiety: a step-by-step program
Knaus, William J.

The anxiety and worry workbook: the cognitive behavioral solution
Clark, David A.
New York : Guilford Press, 2012

The mindfulness & acceptance workbook for anxiety: a guide to breaking free from anxiety, phobias & worry using acceptance & commitment therapy
Forsyth, John P.

The shyness & social anxiety workbook: proven, step-by-step techniques for overcoming your fear
Antony, Martin M.

The mindfulness and acceptance workbook for social anxiety and shyness
Fleming, Jan

Mastering your fears and phobias: workbook
Overcoming the trauma of your motor vehicle accident
Hickling, Edward J.
New York : Oxford University Press, 2006

Workbooks for eating challenges

Overcoming your eating disorder: a cognitive-behavioral treatment for bulimia nervosa and binge-eating disorder
Agras, W. Stewart.

Overcoming binge eating: the proven program to learn why you binge and how you can stop
Fairburn, Christopher G.

The Dialectical Behavior Therapy Skills Workbook for Bulimia
Astrachan-Fletcher, Ellen.

Workbooks for addiction

A cognitive-behavioral treatment program for overcoming alcohol problems
Epstein, Elizabeth E.

Overcoming your alcohol or drug problem: effective recovery strategies
Daley, Dennis C.
Oxford ; New York : Oxford University Press, 2006

Overcoming your pathological gambling: workbook
Ladouceur, Robert.

Workbooks for anger and relationship problems

The anger control workbook
Matthew McKay and Peter Rogers.

The high-conflict couple: dialectical behavior therapy guide to finding peace, intimacy & validation


Alan E. Fruzzetti.

Workbooks for other specific psychological challenges

Overcoming insomnia: a cognitive-behavioral therapy approach: workbook
Edinger, Jack D.

Coping power: parent group program; workbook
Wells, Karen C.

The bipolar II disorder workbook: managing recurring depression, hypomania, and anxiety
Roberts, Stephanie McMurrich.

Compulsive hoarding and acquiring: [client] workbook
Steketee, Gail.

Enhancing sexuality: a problem-solving approach to treating dysfunction
Wincze, John P.

Coping with chronic illness: a cognitive-behavioral therapy approach for adherence and depression
Safren, Steven A.

Managing chronic pain: a cognitive-behavioral therapy approach
Otis, John D.

Managing Tourette syndrome: a behavioral intervention adult workbook