



The 50 Greatest Self-Help Books

David Yarian, Ph.D.

This is my list of favorite self-help books! It is drawn from the thousands of self-help books I have read or reviewed over the last 35 years as a practicing psychologist and the author of [The Guide to Self Help Books](#), the #1 online resource for recommended and effective self-help books. This *50 Greatest* list comprises a wide variety of topics, with many different approaches and a cornucopia of healthful and transformative ideas. And, best of all – these are GREAT books, the cream of the crop of the self-help genre!

Looking over this list, I am struck by the essentially hopeful, growth-oriented nature of these books. Each one offers focused and practical information that enables you to feel less alone and to see some specific next steps to take, starting NOW. All are based on research, clinical experience and life wisdom.

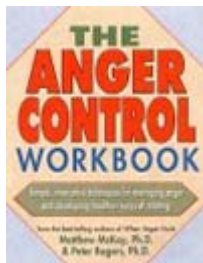
These are also finely crafted books, with clear writing and helpful examples. A few (*Journey of the Heart, Bird by Bird*) are literary jewels, self-help as poetry. All are filled with real-life stories about real people who are on the journey of self-improvement. These compelling examples make it easy to understand the author's approach and see how to take the recommended steps.

This is not an all-time "best hits list." Perennial classics like *The Power of Positive Thinking* and *Think and Grow Rich* don't appear here. These are great books -- but in this list of my favorites I'm looking at those books that are more targeted to our 21st century experience. The self-help genre has come some distance since these classics were written.

So, this is my Desert Island list of self-help books – if these were the only self-help books in existence, I think we'd be okay!

Feel free to comment on this list, and let me know about your favorites! (Contact@Books4SelfHelp.com)

The 50 Greatest Self-Help Books are listed in alphabetical order. At the end of the list, I'll talk more about how I came to choose these particular books, out of the more than one hundred thousand self-help books currently available.

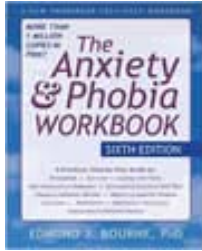


[The Anger Control Workbook](#)

Matthew McKay and Peter Rogers

This is my single favorite resource to recommend to clients struggling with out-of-control anger and rage!

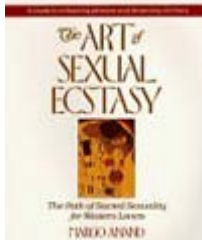
The Anger Control Workbook introduces a new and radically simplified approach to anger control, with step-by-step exercises to aid the reader in identifying, understanding, responding to and ultimately coping with their hostile feelings.



[The Anxiety and Phobia Workbook](#)

Edmund J. Bourne

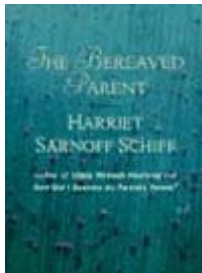
Bourne’s book is my number one pick for clients dealing with anxiety and panic. *The Anxiety and Phobia Workbook* teaches specific skills for overcoming problems with panic, anxiety and phobias. This popular book has helped many people master their anxiety.



[The Art of Sexual Ecstasy: The Path of Sacred Sexuality for Western Lovers](#)

Margo Anand

Margo Anand has devoted her life to the integration of sacred sex teachings from the East with modern-day humanistic psychology. The book is filled with illustrations, exercises and eye-opening information for adventurous lovers.



[The Bereaved Parent](#)

Harriet Sarnoff Schiff

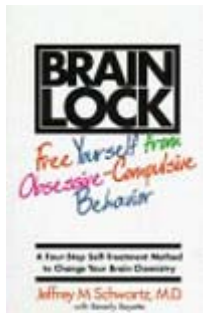
I first learned of this book from – bereaved parents. They found it to be a tremendously comforting resource in their journey after the loss of their child. Many other bereaved parents since then have praised this book as a real resource to which they turn again and again.



[Bird by Bird: Some Instructions on Writing and Life](#)

Anne Lamott

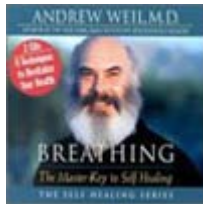
This accessible, funny and inspiring guide to writing fiction offers the memorable advice to just sit down and write “a shitty first draft” – i.e, don’t attempt to simultaneously create and critique. Just accept that the first draft will not be perfect and go ahead and grind it out anyway. Editing comes later. The real challenge is to get your ideas down on paper.



[Brain Lock: Free Yourself from Obsessive-Compulsive Behavior](#)

Jeffrey M. Schwartz, Beverly Beyette

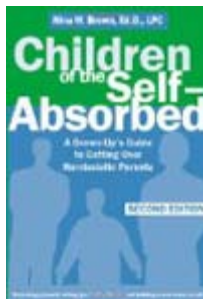
This book presents a simple and effective four-step method for overcoming OCD. This method does not rely on medication but has been proven by brain imaging tests to actually alter the brain's chemistry. Cognitive self-therapy and behavior modification are used to develop new patterns of response to obsessions.



[Breathing: The Master Key to Self-Healing](#)

Andrew Weil

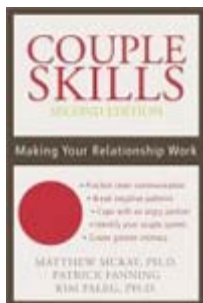
This audio CD offers a variety of simple breathing exercises that reduce anxiety and support health. Weil also gives fascinating information about the spiritual basis of breathing practices.



[Children of the Self-Absorbed](#)

Nina W. Brown

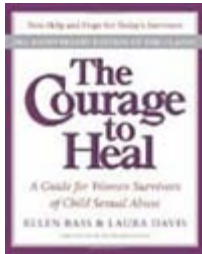
Millions of adults grew up with immature, self-absorbed parents who made their children responsible for their physical and emotional well-being, expected admiration and constant attention, and reacted with criticism and blame when their slightest need went unmet. In this accessible book, Brown helps grown children come to terms with the results of such an upbringing, including tendencies to overcomply to others needs, withdraw when someone needs nurturing and lack self-esteem.



[Couple Skills: Making Your Relationship Work](#)

Matthew McKay, Patrick Fanning, Kim Paley

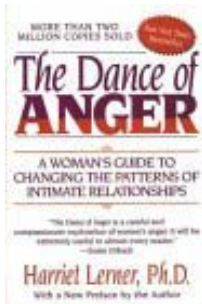
This book helps you improve communication, cope better with problems, and resolve conflicts in healthy and creative ways. Each chapter teaches an essential skill, based on cognitive behavioral therapy, which can lead to greater happiness and deeper intimacy.



[The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse](#)

Ellen Bass and Laura Davis

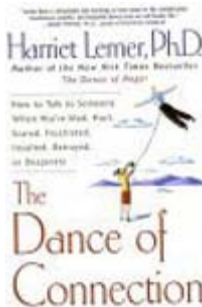
This practical, groundbreaking guide to recovering from childhood sexual abuse has helped millions of people over the more than twenty years since it was first published.



[The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships](#)

Harriet Lerner

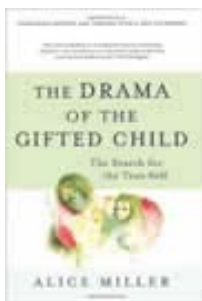
The Dance of Anger teaches women to identify the true sources of their anger and to use anger as a powerful vehicle for creating lasting change. This self-help classic is a favorite of many women who appreciate the support and guidance Lerner offers.



[The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate](#)

Harriet Lerner

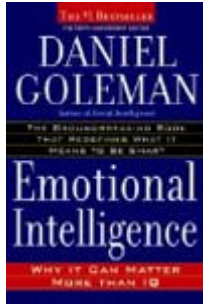
Best-selling author and therapist Lerner offers clear and practical advice on how to speak out in a wide variety of difficult situations. Recognizing the difficulty of communication while in an emotional state, she supplies guidance on sharing vulnerability, voicing concerns, apologizing and setting limits.



[The Drama of the Gifted Child: The Search for the True Self, Revised Edition](#)

Alice Miller

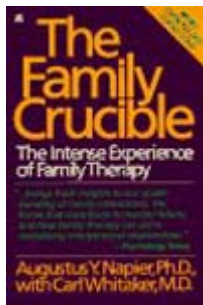
Alice Miller's book is a classic, and for good reason. She clearly articulates the process by which many children have become parentified -- given adult roles in their family, with the consequent loss of their childhoods. These "gifted children" grow up with inchoate longings and a vague woundedness and are left susceptible to addiction and obsession. This book has opened a door to freedom for many.



[Emotional intelligence: Why It Can Matter More than IQ](#)

Daniel Goleman

Goleman's concept of EQ has led to a more nuanced understanding of why raw intelligence does not necessarily lead to success in life's endeavors. He suggests that emotional skills such as self-awareness, altruism, personal motivation, empathy and the ability to love and be loved are the strongest indicators of human success.



[The Family Crucible: The Intense Experience of Family Therapy](#)

Augustus Napier and Carl Whitaker

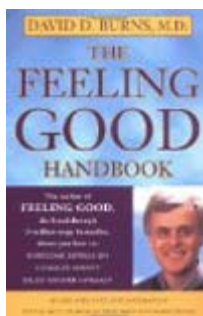
Family Crucible was an early book highlighting the family systems approach to solving family problems. I like it still for its clarity and the immediacy of its description of the process of therapy with a family containing an angry adolescent.



[Feeling Good: The New Mood Therapy Revised and Updated](#)

David D. Burns

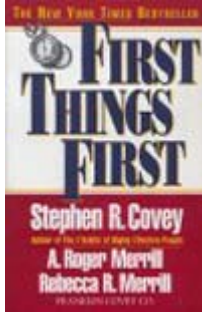
This updated self-help classic teaches a cognitive therapy approach in combating depression. It includes techniques to identify and combat faulty thinking, self-assessment techniques, self-help forms and charts as well as a section on anti-depressant medications. This is an outstanding self-help book that has helped thousands of people feel better.



[The Feeling Good Handbook](#)

David D. Burns

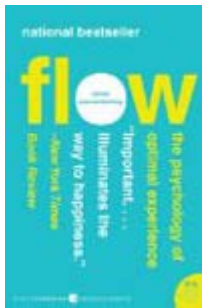
In this sequel to the bestselling *Feeling Good*, Burns applies cognitive therapy approaches to the entire range of mood problems including feelings of insecurity, procrastination, guilt, and frustration, with particular application to marital and couple relationships. This book covers a wider range of problems than the original book.



[First Things First](#)

Stephen Covey, A. Roger Merrill, Rebecca R. Merrill

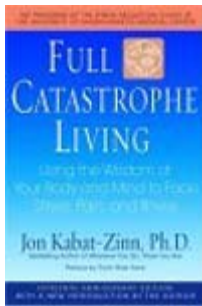
First Things First emphasizes the importance of setting clear priorities for your life. Covey teaches an organizing process that helps you categorize tasks so you focus on what is important, not merely what is urgent.



[Flow: The Psychology of Optimal Experience](#)

Mihaly Csikszentmihalyi

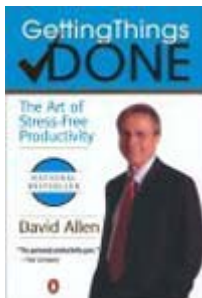
Dr. Csikszentmihalyi has researched the connection between satisfaction and daily activities for many years. He finds that a state of “flow” occurs when one is engaged in self-controlled, goal-related and meaningful actions. This book is an intriguing look at the age-old problem of the pursuit of happiness and how, through conscious effort, we may more easily attain it. A paradigm-shifting work in positive psychology.



[Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness](#)

Jon Kabat-Zinn

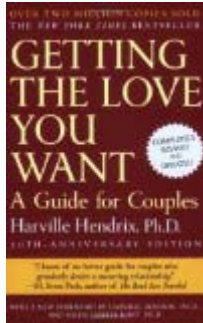
Kabat-Zinn’s breakthrough program from the stress reduction clinic at U. Mass. Medical Center is based upon mindfulness – the meditative approach to living in the present moment. He pairs relaxation training with cognitive stress reduction techniques to empower you to transcend the perceived limits of your experience.



[Getting Things Done: The Art of Stress-Free Productivity](#)

David Allen

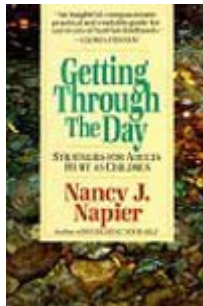
This book is the “Mother of all Organization Guides.” Allen’s comprehensive and thoroughgoing program will help you organize your life, and keep it organized!



[Getting the Love You Want: A Guide for Couples](#)

Harville Hendrix

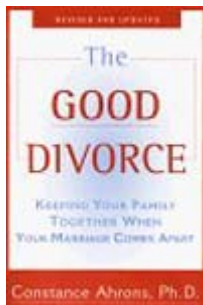
Getting the Love You Want is divided into three sections: the first, “the unconscious marriage” describes how left-over desires and behavior from childhood interfere with the current relationship. The second section “the conscious marriage” describes how a marriage could fulfill childhood needs in a positive manner. The third section is a course in relationship therapy which gives detailed exercises for both partners to follow in order to learn how to replace confrontational criticism with a healing process of mutual growth and support. Hendrix’s book is the basis for Imago Therapy, an effective marital therapy approach.



[Getting Through the Day: Strategies for Adults Hurt as Children](#)

Nancy J. Napier

Napier presents practical approaches to dealing with the long-lasting consequences of childhood abuse, particularly dissociation, or “checking out”. This book has been embraced by many who find her exercises and guidance to be very helpful.



[The Good Divorce](#)

Constance R. Ahrons

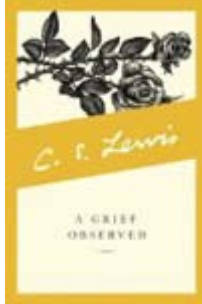
I often recommend this book as an antidote to the gloomy books on divorce that frighten parents for their children. *The Good Divorce* is research-based, realistic, and upbeat: Dr. Ahrons shows couples how they can move beyond the confusing, even terrifying, early stages of breakup and learn to deal with the transition from a nuclear to a “binuclear” family – one that spans two households and continues to meet the needs of children.



[Great Sex: A Man's Guide to the Secret Principles of Total Body Sex](#)

Michael Castleman

Castleman emphasizes how great sex is more like massage than pounding, porno sex. In this well-written book, he educates men about how to love their partner – and be loved by them. Both men and women enjoy and benefit from this book!



[A Grief Observed](#)

C.S. Lewis

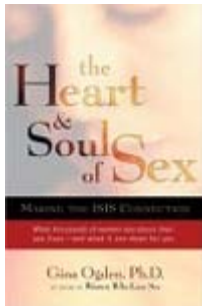
This powerful memoir recounts the crushing grief and spiritual questioning of C.S. Lewis after his wife's tragic death. It is a moving account of the inner turmoil and overwhelming vulnerability of grief. The book is a beautiful and unflinchingly honest memoir of how even a stalwart believer can lose all sense of meaning in the universe, and how he can gradually regain his bearings.



[The Guide to Getting It On](#)

Paul Joannides and Daerick Gross

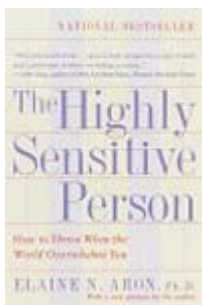
Guide to Getting It On is encyclopedic in scope, filled with information and guidance on all things sexual. It's now in its 7th edition, updated with the latest research.



[The Heart and Soul of Sex: Making the ISIS Connection](#)

Gina Ogden

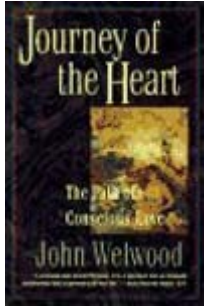
Gina Ogden observes that most sexual research to date has been quantitative, asking “how many times...”, “how many partners...”, “how many orgasms...”, etc. This tells us very little about the emotional experience enjoyed by the lovers. Ogden’s research delves deeply into the meaning that sex has for her research participants, and she found that sexuality and spirituality are closely intertwined. This lovely book has much for the interested reader to explore.



[The Highly Sensitive Person: How to Thrive When the World Overwhelms You](#)

Elaine N. Aron

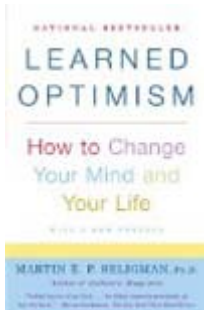
Because society rewards the out-going personality and treats shyness and sensitivity as problems to be overcome, sensitive people often struggle with self-esteem and self-confidence. This book helps the sensitive person to recognize his or her strengths and to learn strategies for coping with social discomfort.



[Journey of the Heart](#)

John Wellwood

Wellwood believes that long-term intimate relationships are intensive (and intense) learning experiences. In daily interaction, all the buttons get pushed, challenging intimate partners to learn how to dig deep and grow themselves up. This book is beautifully written, with many examples from different spiritual traditions to demonstrate that living in intimacy with someone can be a journey of emotional and spiritual maturation.



[Learned Optimism: How to Change Your Mind and Your Life](#)

Martin Seligman

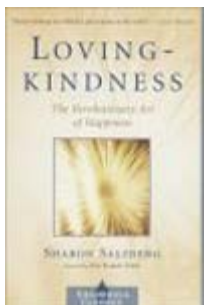
Seligman says that pessimists think that bad events are their fault, will last a long time and undermine everything. Optimists, on the other hand, believe that defeat is a temporary setback or a challenge. In this book, he teaches the practical skills of changing from pessimism to optimism. That's a giant step for mankind!



[Legacy of the Heart: The Spiritual Advantage of a Painful Childhood](#)

Wayne Muller

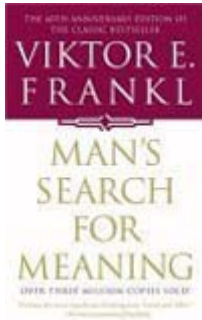
In this remarkable book, Dr. Muller suggests that our woundedness contains powerful resources for healing and spiritual growth. Written with compassion and insight, the book offers exercises and meditations to aid the healing process.



[Lovingkindness: The Revolutionary Art of Happiness](#)

Sharon Salzberg

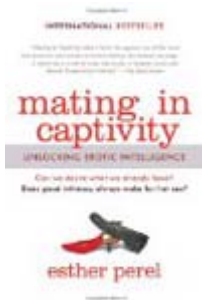
Salzberg focuses on the Buddhist meditation practice that emphasizes feelings of love, happiness and compassion and offers practical guidance in performing this type of meditation.



[Man's Search for Meaning](#)

Viktor E. Frankl

I first read this in college and was deeply touched by Frankl's story of survival in Nazi concentration camps. This book has been continuously in print since just after World War II, a testimony to its enduring power to inspire.



[Mating in Captivity: Reconciling the Erotic and the Domestic](#)

Esther Perel

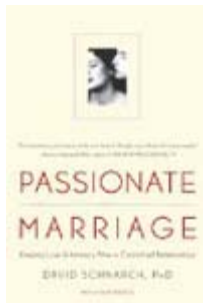
Focusing on "erotic intelligence", psychotherapist Perel asserts that languishing desire in a relationship actually results from all the factors people look for in love and marriage: safety, meaning, and continuity. She recommends several approaches for rekindling eroticism: cultivating separateness (autonomy) in a relationship rather than closeness (entrapment); exploring dynamics of power and control (i.e., submission, spanking); and learning to surrender to a "sexual ruthlessness" that liberates us from shame and guilt. Perel sanctions fantasy and play and offers the estranged modern couple a roadmap to rediscovering the erotic in their daily relationship.



[Out of the Shadows: Understanding Sexual Addiction](#)

Patrick Carnes

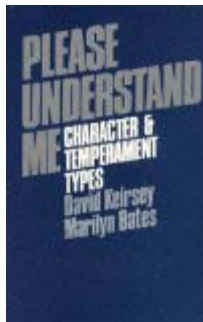
Carnes has popularized the concept of "sexual addiction" – essentially, compulsive sexual behavior. His genius has been to link it to often-repressed emotional or sexual abuse in childhood. *Out of the Shadows* offers hope and guidance to those suffering from out-of-control sexual behavior.



[Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships](#)

David Schnarch

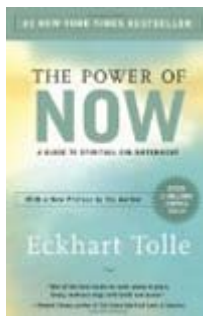
Schnarch emphasizes that the challenge of long-term intimacy is learning to tolerate the intensity of the relationship. Many couples back away from emotional and sexual intimacy, avoiding conflict, seeking “safety.” Unfortunately, this strategy serves to undermine the passionate connection that is at the heart of the marriage. *Passionate Marriage* points the way for couples to reconnect emotionally and sexually and keep their passion alive.



[Please Understand Me: Character and Temperament Types](#)

Marilyn Bates

Please Understand Me offers a quick and useful personality typing scheme, building on the popular Myers-Briggs test. Without focusing on pathology the authors highlight the strengths and positive attributes of each of 16 personality types, using your scores on each of four continua: E or I (extroversion/introversion); S or N (sensing/intuition); T or F (thinking/feeling) and J or P (judgment/perception).



[The Power of Now: A Guide to Spiritual Enlightenment](#)

Eckhart Tolle

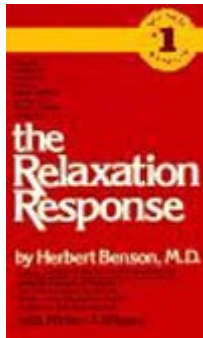
Tolle’s message is simple: living with a focus on the experience of the present is the truest path to happiness and enlightenment. He shares ideas about personal integration with uncommon eloquence and a deep understanding of the human condition. This “spiritual guidebook” has the potential to inspire the reader to live more fully in the present, without regrets or longings from the past or worry and impatience about the future.



[The Relaxation and Stress Reduction Handbook](#)

Martha Davis, et. al.

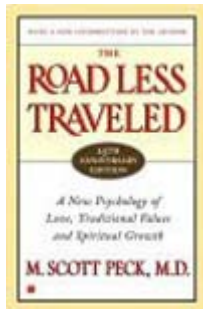
Now in its sixth edition, *The Relaxation and Stress Reduction Handbook* is a self-help classic. It presents a comprehensive look at stress, its physical manifestations and the multiple ways it can be managed. Chapters on breathing, relaxation, meditation, thought stopping, stress management, time management, assertiveness training, and body awareness offer the reader focused approaches to dealing with the many varieties of stress.



[The Relaxation Response](#)

Herbert Benson and Miriam Klipper

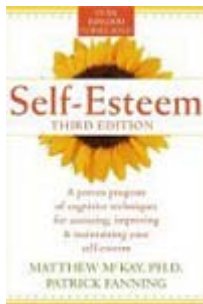
The Relaxation Response is based on studies at Harvard Medical School. Dr. Benson shows that relaxation techniques such as meditation provide immense physical benefits, from lowered blood pressure to a reduction in heart disease. The book teaches a simple meditation technique to help the reader attain the Relaxation Response.



[The Road Less Travelled: A New Psychology of Love, Traditional Values and Spiritual Growth](#)

Scott Peck

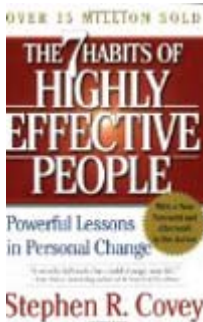
With over *seven million* copies in print, this classic primer on personal growth suggests that life is difficult and that personal growth is a complex, arduous and life-long task. The book guides readers gently through the hard and often painful process of change toward a higher level of self-understanding.



[Self Esteem: A Proven Program of Cognitive Techniques for Assessing, Improving, and Maintaining Your Self-Esteem](#)

Matthew McKay and Patrick Fanning

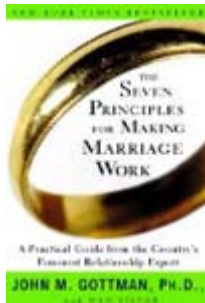
Since its first publication in 1987, *Self-Esteem* has been the first choice of therapists and savvy readers looking for a comprehensive self-care approach to improving self-image, increasing personal power, and defining core values. This book has helped millions of readers feel better about themselves, achieve greater success, and enjoy their lives to the fullest.



[The 7 Habits of Highly Effective People](#)

Stephen Covey

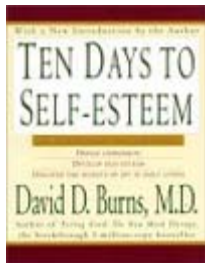
Covey lists seven basic habits that are necessary for quality-oriented success: be proactive, be clear about the end goal, put first things first, think win-win, seek first to understand, synergize, and focus on renewal. He emphasizes that true success encompasses a balance of personal and professional effectiveness. This is the guidebook for performing better in both arenas!



[The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert](#)

John M. Gottman and Nan Silver

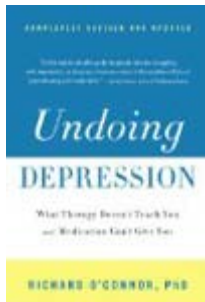
The Seven Principles for Making Marriage Work offers positive approaches for helping couples make sense of their difficulties and work to make their relationship successful. Based on extensive research, Gottman's principles for successful marriage include turning toward each other instead of away; letting your partner influence you; moving through conflict; and creating shared meaning.



[Ten Days to Self-Esteem](#)

David D. Burns, M.D.

Dr. Burns presents innovative, clear and compassionate methods to help the reader identify the causes of mood slumps and develop a more positive outlook on life. The book emphasizes that negative feelings do not result from the bad things that happen to you but from the way you think about these events.



[Undoing Depression: What Therapy Doesn't Teach You and Medication Can't Give You](#)

Richard O'Connor

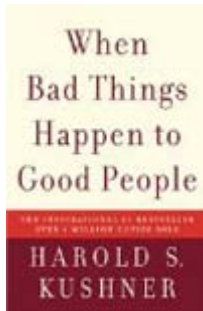
O'Connor observed that the depressed clients in his clinic were “training” their therapists to be pessimists like them – which led him to the insight that talking simply isn't enough. Defeating depression requires an active approach – doing, believing, connecting with others. *Undoing Depression* is a unique guide to beating this illness.



[What Color Is Your Parachute? 2014: A Practical Manual for Job-Hunters and Career-Changers](#)

Richard Nelson Bolles, Mark Emery Bolles

Richard Nelson Bolles has published this popular and useful guide to job-seeking since 1970, updating it every year with the latest information. He began by self-publishing the old-fashioned way: he ran off copies on a mimeograph machine in his kitchen for several years before making a publishing deal with Ten Speed Press.



[When Bad Things Happen to Good People](#)

Harold S. Kushner

Rabbi Kushner's point is breathtakingly simple: bad things sometimes happen to people who are good. This is a self-help classic, comforting those who are struggling to find the meaning of their suffering.



[Why Is It Always About You? The 7 Deadly Sins of Narcissism](#)

Sandy Hotchkiss

Hotchkiss explains how to cope with controlling and egotistical people who are incapable of the fundamental give and take that sustains healthy relationships. She shows how to recognize the hallmarks of unhealthy narcissism: shamelessness, magical thinking, arrogance, envy, entitlement, exploitation and bad boundaries.

About the 50 Greatest Self-Help Books

Making this list was a useful exercise, challenging me to think about my approach to self-help books in general. Specifically, I've identified several variables I believe are important in determining the relative merits of self-help books. As there are some 117,133 (as of November 2010) books listed on Amazon in the "self-help" category, this should prove to be useful! As I have written [elsewhere](#), **The Guide to Self-Help Books** grew out of my desire to separate the good from the bad in the self-help genre in order to make recommendations to my clients for further reading. Writing now for a larger audience allows me the opportunity to step back and clarify my perspective on the most important elements of a good self-help book.

As I reviewed titles for inclusion in *The Fifty Greatest Self-Help Books* I focused on several factors, listed below. Each of the books that made the list scored high on a majority of these variables.

- **Staying power**

Those books that have staying power, that have been continuously in print for many years, have demonstrated their usefulness to a wide audience.

Long-time classics on the 50 Greatest list:

[The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse](#)

[The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships](#)

[The Family Crucible: The Intense Experience of Family Therapy](#)

[A Grief Observed](#)

[Man's Search for Meaning](#)

[Please Understand Me: Character and Temperament Types](#)

[The Power of Now: A Guide to Spiritual Enlightenment](#)

[The Relaxation Response](#)

[The Road Less Travelled: A New Psychology of Love, Traditional Values and Spiritual Growth](#)

[What Color Is Your Parachute? 2014: A Practical Manual for Job-Hunters, Career-Changers](#)

[When Bad Things Happen to Good People](#)

- **A fresh approach**

A number of these books surprised me with a fresh approach to an issue. I experienced a paradigm shift in my thinking as a result of reading them.

Books in the 50 Greatest that jolted me with a new paradigm

[The Art of Sexual Ecstasy: The Path of Sacred Sexuality for Western Lovers](#)

[The Drama of the Gifted Child: The Search for the True Self, Revised Edition](#)

[Emotional intelligence: Why It Can Matter More than IQ](#)

[Flow: The Psychology of Optimal Experience](#)

[Full Catastrophe Living: Using the Wisdom of Your Body-Mind to Face Stress, Pain, Illness](#)

[Journey of the Heart](#)

[Mating in Captivity: Reconciling the Erotic and the Domestic](#)

[Out of the Shadows: Understanding Sexual Addiction](#)

[The Relaxation Response](#)

- **Attention to family systems issues**

As a marital, family and sex therapist for over thirty years I am drawn to books that speak meaningfully about the complexities of long-term intimate relationships. But is this just a preference for my particular subspecialty? I don't believe so. Family systems dynamics are often underrated in terms of their power and significance. The relationship system of which one is a part – or the relationship system one is fleeing; or the family one yearns to be a part of -- represents a unique and potent set of factors influencing behavior. The relationship system is to individual human behavior as the environment is to the organisms that live on the Earth: a powerful, hugely complex, often unseen set of factors that determine a significant amount of the variability exhibited by the individual organism.

Books focusing on family systems and intimate relationships on the 50 Greatest list:

[The Art of Sexual Ecstasy: The Path of Sacred Sexuality for Western Lovers](#)

[Children of the Self-Absorbed](#)

[The Drama of the Gifted Child: The Search for the True Self, Revised Edition](#)

[The Family Crucible: The Intense Experience of Family Therapy](#)
[Getting the Love You Want: A Guide for Couples](#)
[The Good Divorce](#)
[Great Sex: A Man's Guide to the Secret Principles of Total Body Sex](#)
[A Grief Observed](#)
[The Guide to Getting It On](#)
[The Heart and Soul of Sex: Making the ISIS Connection](#)
[Journey of the Heart](#)
[Legacy of the Heart: The Spiritual Advantage of a Painful Childhood](#)
[Mating in Captivity: Reconciling the Erotic and the Domestic](#)
[Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships](#)
[The Seven Principles for Making Marriage Work](#)

- **Clear and compelling writing**

As a lifelong reader and lover of all good books, I am drawn to books whose writing seems particularly fine. In addition, we are all captivated by a good story. So, those books that present compelling case examples often have greater impact and usefulness than those that do not.

Books with memorable writing in the *50 Greatest*:

[The Art of Sexual Ecstasy: The Path of Sacred Sexuality for Western Lovers](#)
[Bird by Bird: Some Instructions on Writing and Life](#)
[The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse](#)
[The Family Crucible: The Intense Experience of Family Therapy](#)
[A Grief Observed](#)
[Journey of the Heart](#)
[Out of the Shadows: Understanding Sexual Addiction](#)
[The Road Less Travelled: A New Psychology of Love, Traditional Values and Spiritual Growth](#)

- **Evidence-based treatments**

I see a hopeful trend in the development of more evidence-based, cognitive-behavioral treatments for mental and emotional issues. This practical outcome of many years of academic research leads to intervention protocols -- step-by-step approaches leading to clearly articulated goals. [New Harbinger Publications](#), a leader in publishing many of these books, sets a high standard of quality for the self-help genre.

Books in the *50 Greatest* that include evidence-based cognitive-behavioral protocols:

[The Anger Control Workbook](#)
[The Anxiety and Phobia Workbook](#)
[Brain Lock](#)
[Couple Skills: Making Your Relationship Work](#)

[Feeling Good: The New Mood Therapy Revised and Updated](#)
[The Feeling Good Handbook](#)
[The Good Divorce](#)
[Learned Optimism: How to Change Your Mind and Your Life](#)
[The Relaxation and Stress Reduction Handbook](#)
[Self Esteem: A Proven Program of Cognitive Techniques for Assessing, Improving, and](#)
[Maintaining Your Self-Esteem](#)
[The Seven Principles For Making Marriage Work](#)

As you construct your own “greatest” list of self-help books – or simply look for the best self-help book to help you address a particular issue in your life – I hope you’ll consider some of the factors listed above.

As always, you can visit [**The Guide to Self Help Books**](#) for over 1000 recommended self-help books in 46 different categories – each with a brief book review and a link to Amazon for more information.

And if you’re short on time, be sure to check out our new [**Short List**](#), with the top two recommended self-help book choices in most sections of [**The Guide to Self Help Books**](#)!

Good reading!