

Emotional Wellness Skill Building Resource List:

Acceptance Commitment Theory (ACT)

Eifert, McCay, Forsyth. ACT on Anger Not on Life (2006)

Eifert, Forsyth. The Mindfulness and Acceptance Workbook for Anxiety (2008)

Fleming, Kocovski, Segal. The Mindfulness and Acceptance Workbook for Social Anxiety (2013)

Harris, Russ. *The Happiness Trap: How to Stop Struggling and Start Living*. Boston, MA: Shambhala Publications 2007.

Also by Russ Harris

The Confidence Gap (2011)

The Reality Slap (2012)

ACT with Love (2009)

ACT Made Simple (2009)

www.thehappinesstrap.com

Hayes, Stephen. Get Out of Your Mind and Into Your Life (2005)

Hayes, Stoshal, Wilson. Acceptance and Commitment Therapy: The Process and Practice of Mindful Change. (2012)

Strosahl, Robinson. The Mindfulness and Acceptance Workbook for Depression (2008)

Shame Resilience Theory

Brown, Brene. (2013) *Daring Greatly: How the Courage to be Vulnerable Changes the Way We Live, Love, Parent, and Lead*. Gotham Books, New York, NY. (2012).

Also by Brene Brown

The Gifts of Imperfection

I thought it was just me (but it isn't)

Connections Curriculum

www.brenebrown.com

google: Brene Brown Ted Talk

- 1) The Power of Vulnerability
- 2) Listening to Shame

3 Principles

Bailey, Joseph and Richard Carlson. *Slowing Down to the Speed of Life: How to Create a More Peaceful, Simpler Life from the Inside Out*. New York, NY: HarperCollins Publishers, 1997.

Also by Joseph Bailey:

Speed Trap
Slowing Down to the Speed of Love
The Serenity Principle

Carlson, Richard. *You can feel good again: commonsense strategies for releasing unhappiness and changing your life*. New York, NY: Penguin Books USA, 1994.

Also by Richard Carlson:

Short cut through therapy
You Can Be Happy No Matter What
Don't Sweat the Small Stuff
What about the Big Stuff

Books used in MSU Health4U emotional wellness classes

Castle, Victoria. *The Trance of Scarcity*, Berrett-Koehler Publishers, Inc., 2006.

Dodd, Ray. *The Power of Belief*, Hampton Roads Publishing Inc, 2003

Other related texts

Katie, Byron. *Loving What Is: Four Questions That Can Change Your Life*. New York, NY: Harmony Books, 2002.

Also by Byron Katie:

I Need Your Love is That True

Tolle, Eckhart. *The Power of Now: A Guide to Spiritual Enlightenment*. Canada: Namaste Publishing Inc., 1997.

Also by Eckhart Tolle:

A New Earth: Awakening to Your Life's Purpose