

BIBLIOGRAPHY

Following is a fairly extensive list of recommended readings. Bear in mind that there are tens of thousands of books and CD's and millions of pages on the internet on anxiety and depression. The list below contains books which we have found useful but this list hides as much as it contains since it omits many other extremely well-known and respected authors in the fields covered by this list. The list contains books on the anxiety disorders and on depression, as well as readings on various modalities such as cognitive behavioural therapy, acceptance and commitment therapy, logotherapy (meaning therapy), existential and philosophical therapy, trauma therapy, narrative therapy as well as books on mindfulness or vipassana meditation. We have included these disparate topics because we have drawn from all these modalities in our application of ACT.

This bibliography is made up of an 'essential' list of various modalities and approaches we have found important and which form our core approach to ACT and once again we stress that this list is based on our own readings in these areas. The separate comprehensive bibliographies then follow, including a separate bibliography for trauma and another one for narrative therapy.

ESSENTIAL LIST BROKEN INTO RELEVANT TOPICS

1. Anxiety - General

Aisbett, B., (1993) *Living With It: A Survivor's Guide To Panic Attacks*. Australia: Angus & Robertson. [Good General Book and a wonderful 'first aid'](#)

Aisbett, B., (1994) *Living It Up: The Advanced Survivor's Guide To Anxiety-Free Living*. Australia: Angus & Robertson. [Good General Book](#)

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White, J. (2000) *Treating Anxiety and Stress: A Group Psycho-educational Approach Using Brief CBT*. New York: John Wiley & Sons. [Good General Specific Read](#)

2. Depression – General

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O'Connor, R. (1999) *Undoing Depression: What Therapy Doesn't Teach You and What Medication Can't Give You*. New York: Berkley. [Good Read on Depression](#)

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Tanner, S., and Ball, J. (2001) *Beating The Blues: A Self-Help Approach to Overcoming Depression*. Australia: Southwood Press. [Excellent General Read](#)

3. Acceptance and Commitment Therapy

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4. Cognitive Behavioural Therapy

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