

Anxiety:

Don't Sweat the Small Stuff With Your Family: Simple Ways to Keep Daily Responsibilities and Household Chaos from Taking over Your Life ~ Richard Carlson / Hyperion

Don't Sweat the Small Stuff at Work: Simple Ways to Minimize Stress and Conflict While Bringing Out the Best in Yourself and Others ~ Richard Carlson / Hyperion / November 18, 1998

The Highly Sensitive Person: How to Thrive When the World Overwhelms You ~ Elaine N. Aron / Broadway Books / July 1997

Don't Sweat the Small Stuff... and It's All Small Stuff: Simple Ways to Keep the Little Things from Taking over Your Life ~ Richard Carlson / Hyperion/ January 1997

How to Stop Worrying and Start Living ~ Dale Carnegie (Preface) / Pocket Books / May Benson's classic 1985

The Relaxation Response ~ Herbert, M. D. Benson, Miriam Z. Klipper / Avon / August 1990

Overcoming Panic, Anxiety, & Phobias: New Strategies to Free Yourself from Worry and Fear ~ Carol Goldman (Contributor), Shirley Babior / Whole Person Associates / January 1996

From Panic to Power: Proven Techniques to Calm Your Anxieties, Conquer Your Fears, and Put You in Control of Your Life ~ Lucinda Bassett / HarperCollins (paper) / January 1997

The Wellness Book : The Comprehensive Guide to Maintaining Health and Treating Stress-Related Illness ~ Herbert, M.D. Benson, Eileen M. Stuart (Contributor) / Fireside / October 1993

Thoughts & Feelings: Taking Control of Your Moods and Your Life ~ Matthew McKay, et al / New Harbinger Publications / January 1998

The Anxiety & Phobia Workbook ~ New Harbinger/ 1990.

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