

LCCS SELF-HELP STORE ORDER FORM

Place your order by calling
570-426-9951

or mail this form with payment to:
 Leadem Counseling & Consulting Services, PC
 4 Gabriel Estates - East Stroudsburg, PA 18301

| <u>ITEM</u> | <u>DESCRIPTION/AUTHOR</u> | <u>PRICE</u> | <u>QUANTITY</u> |
|-------------|---------------------------|--------------|-----------------|
|-------------|---------------------------|--------------|-----------------|

Parenting

| | | | |
|------------------------|------------------|----------|-------|
| Answers To Distraction | Hallowel / Ratey | \$ 13.95 | _____ |
|------------------------|------------------|----------|-------|

The author's provide practical solutions to the dilemmas of ADD. This "user's guide" to ADD is presented in question-and-answer format ideal for even the most distractible reader. Each chapter covers a specific aspect of ADD, such as ADD in women, ADD and aggression, ADD and addiction, or ADD and work. The authors provide advice for teachers on recognizing ADD and helping students to cope, plus extraordinary insights into the relationship difficulties caused by ADD.

| | | | |
|-------------------------|----------|---------|--------------------------------|
| Children: The Challenge | Dreikurs | \$14.79 | <input type="checkbox"/> _____ |
|-------------------------|----------|---------|--------------------------------|

Offers excellent advice and proven strategies for parents who want to build love and trust in their families through the use of natural and logical consequences rather than punishment or behavior modification reinforcers.

| | | | |
|-----------------------|------------------|---------|-------|
| Driven To Distraction | Hallowel / Ratey | \$14.97 | _____ |
|-----------------------|------------------|---------|-------|

This book helped us to view our child's distractibility and impulsivity in a very different light. We had spent many years "blaming the victim" for not being motivated and not trying hard enough. Our child may have been driven to distraction and we had been driven to the brink benevolent dictatorship. The book help to change our views.

| | | | |
|---------------------------|--------------------|---------|-------|
| From Emotions to Advocacy | Peter & Pam Wright | \$29.99 | _____ |
|---------------------------|--------------------|---------|-------|

Authors teach you how to plan, prepare, organize - and get - quality special education services. In this comprehensive, easy-to-read book, you learn about your child's disability and educational needs, a simple method for organizing your child's file, devising a master plan for your child's special education and negotiating for special education services. This practical user-friendly book includes hundreds of strategies, tips, references, warnings, and Internet resources and includes dozens of worksheets, forms, and sample letters that you can tailor to your needs.

| | | | |
|--------------------------------|----------|---------|--------------------------------|
| The New Approach to Discipline | Dreikurs | \$13.73 | <input type="checkbox"/> _____ |
|--------------------------------|----------|---------|--------------------------------|

Offers practical suggestions on ways of establishing rapport and authority without struggling with reward systems that do not fit with your family values.

| | | | |
|-------------------------|--------|---------|-------|
| Positive Discipline A-Z | Nelsen | \$17.97 | _____ |
|-------------------------|--------|---------|-------|

Methods for encouraging the use of natural and logical consequences in a wide variety of situations.

| | | | |
|--------------------------------------|--------|---------|--------------------------------|
| Positive Discipline for Preschoolers | Nelsen | \$17.97 | <input type="checkbox"/> _____ |
|--------------------------------------|--------|---------|--------------------------------|

Methods for using kind but firm support to raise a child who is responsible, respectful, and resourceful.

| | | | |
|-------------------|--------|---------|-------|
| Positive Time Out | Nelsen | \$13.73 | _____ |
|-------------------|--------|---------|-------|

Shows teachers and parents how to make "time out" a positive learning experience for children.

| | | | |
|-------------------------------|--------------|----------|-------|
| Raising Self-Reliant Children | Glenn/Nelsen | \$ 15.95 | _____ |
|-------------------------------|--------------|----------|-------|

While the argument rages between strict and permissive parenting, both sides miss the point. If our goal as parents and educators is to help children become capable adults, then teaching them to make proper decisions and become self-reliant is paramount. In the tenth anniversary edition of this bestseller, authors and educational speakers Glenn and Nelsen provide an inspiring, workable formula for developing closeness, trust, dignity, and respect, as well as for creating self-discipline, responsibility, good judgment, and perseverance in children. With their help, you will be able to provide your children with character-building traits that last a lifetime.

| <u>ITEM</u> | <u>DESCRIPTION/AUTHOR</u> | <u>PRICE</u> | <u>QUANTITY</u> |
|-------------|---------------------------|--------------|-----------------|
|-------------|---------------------------|--------------|-----------------|

Personal Growth

| | | | |
|--|--------|---------|-------|
| Fully Human, Fully Alive Faith, hope, and love make a person fully human and fully alive. The recovery community will enjoy Powell's humanistic guide to becoming a whole person. | Powell | \$13.73 | _____ |
|--|--------|---------|-------|

| | | | |
|--|---------|---------|-------|
| I'll Quit Tomorrow A Practical Guide to Alcoholism Treatment. A book which offers proof that alcoholism is a treatable disease. It describes the emotional syndrome accompanying relapse and the significance of blackouts, and it outlines an approach to intervention and treatment that can arrest the progress of the disease and return the alcoholic to a happier, more productive life. This bestselling recovery classic has helped untold thousands of alcoholics onto the road to recovery. | Johnson | \$13.95 | _____ |
|--|---------|---------|-------|

| | | | |
|---|---------|---------|-------|
| In The Meantime You know where you want to be, but you have no clue how to get there. You know exactly what you want in life, but what you want is nowhere in sight. Perhaps your vision is unclear, your purpose still undefined. On top of it all, your relationships, particularly your romantic relationships, are failing. If these scenarios feel familiar way down in the deepest part of your gut, then you, my dear, are smack dab in the middle of the meantime. The best-selling author of Acts of Faith and The Value in the Valley -- whose books have empowered countless women -- now reaches out to anyone who yearns for love, in a book about relationships that can help them reach new levels of awareness, spiritual growth, and fulfillment. | Vanzant | \$13.00 | _____ |
|---|---------|---------|-------|

| | | | |
|--|---------------------------|---------|-------|
| In the Shadows of the Net: Breaking Free of Compulsive Online Sexual Behavior | Carnes/Delmonico/ Griffin | \$20.95 | _____ |
|--|---------------------------|---------|-------|

| | | | |
|---|---------|---------|-------|
| Playing It by Heart Beattie acknowledges that the struggle against codependency is continuous, and many in recovery find themselves slipping back into the old, self-destructive ways that brought them so much pain. Playing It by Heart helps them to understand why they return to the grasp of controlling behavior and victim hood, and shows them how to free themselves and find the healing, faith and maturity that come with a commitment to recovery. | Beattie | \$15.00 | _____ |
|---|---------|---------|-------|

| | | | |
|---|------------|---------|-------|
| Something More The author of Simple Abundance follows up that bestseller with a provocative and powerful book that has become a life "bible" for women around the world. In this insightful and eloquent book, Sarah Ban Breathnach explores the nine stages necessary to living authentically: Sensing, Surviving, Settling, Stumbling, Selling Out, Starting Over, Searching, Striving, and finally, Something More. | Breathnach | \$21.00 | _____ |
|---|------------|---------|-------|

| | | | |
|---|---------------|---------|-------|
| Spirituality of Imperfection Who are we? Why do we so often fall short of our goals for ourselves and others? By seeking to understand our limitations and accept the inevitability of failure and pain, we begin to ease the hurt and move toward a greater sense of serenity and self-awareness. The Spirituality Of Imperfection brings together stories from many spiritual and philosophical paths, weaving past traditions into a spirituality and a new way of thinking and living that works today. It speaks to anyone who yearns to find meaning within suffering. Beyond theory and technique, inside this remarkable book you will find a new way of thinking, a way of living that enables a truly human existence. | Kurtz/Ketcham | \$15.95 | _____ |
|---|---------------|---------|-------|

| | | | |
|--|----------|--------|-------|
| Talk, Trust, Feel For all of us recovering from codependency, especially those working the Twelve Steps, TALK, TRUST, AND FEEL offers reinforcement and inspiring perspectives from 10 of Hazelden's leading voices. Their wise observations help us let go of our desire to change the other person and take responsibility for ourselves as we continue our journey toward wholeness. | Hazelden | \$6.99 | _____ |
|--|----------|--------|-------|

| | | | |
|---|-----------|---------|-------|
| Worry: Controlling It and Using It Wisely The author explores every degree of worry, from healthy worry to hard-core paranoia. "Not all worry is bad," says Hallowell. One must distinguish between "wise worry that alerts you to real danger" and "unwise worry that serves no useful purpose and can hamper your life." In Worry, his latest and most engaging book, the Harvard Medical School senior lecturer examines "toxic" worry and its underlying causes and manifestations, and he offers various means for regaining control. | Hallowell | \$19.96 | _____ |
|---|-----------|---------|-------|

| <u>ITEM</u> | <u>DESCRIPTION/AUTHOR</u> | <u>PRICE</u> | <u>QUANTITY</u> |
|-------------|---------------------------|--------------|-----------------|
|-------------|---------------------------|--------------|-----------------|

Daily Meditation

24-Hours A Day Author Unknown \$12.72 _____
 A classic guide to prayer & meditation for recovering alcoholics. The entries are both practical and inspirational.

God Calling A. J. Russell \$8.43 _____
 The spiritual dialogues presented in this guide to daily mediation will help you to raise your God consciousness and show you how to make your relationship with a higher power more personal.

Jesus 2000 Link \$9.49 _____
 The author has collected inspirational stories to support a valuable collection of scriptural references to prepare the reader for a spiritually focused day.

Through Seasons of The Heart Powell \$17.97 _____
 Powell has drawn from a variety of works to generate meditative themes which can be used to enhance one's spiritual journey.

The Soul of Sponsorship Fitzgerald \$9.95 _____
 Fitzgerald explores the relationship of Bill Wilson, cofounder of Alcoholics Anonymous, and his spiritual adviser and friend, Father Ed Dowling.

Relationships

Why Am I Afraid To Tell You Who I Am? Powell \$13.73 _____
 Insights into self-awareness, personal growth, and honest communication. Powell's insight into the masks we wear is very valuable in understanding our defects of character.

Why Am I Afraid To Love? Powell \$13.73 _____
 Overcoming fears that limit our potential for enjoying love and life. The author provides a spiritual way of understanding the obstacles many of us face when trying to heal a troubled romance.

The Secret of Staying In Love Powell \$13.73 _____
 Communication is essentially an act of pure love and the secret of staying in love. The communication problems which many recovering couples experience can stand in the way of healing the relationship.

Unconditional Love Powell \$13.73 _____
 A meaningful life can result only from the experience of love, and this implies a commitment & dedication to another.

Is It Love or Is It Addiction? Schaffer \$15.95 _____
 Schaffer has developed a fresh perspective on intimacy and an invaluable practical guide to making relationships work. It has been joked that relationships are like Miracle-Grow for defects of character. Come see how to make the changes you need.

Out of the Shadows Carnes \$16.00 _____
 The author helps you understand how and why you fall into love addiction and provides ways to identify and get out of it. Sort out the unhealthy, addictive elements in your relationship, while you learn new things about accepting yourself and others.

