



Self-Help That Works: Resources to Improve Emotional Health and Strengthen Relationships

John C. Norcross, Linda F. Campbell, John M. Grohol, John W. Santrock, Florin Selagea, Robert Sommer

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Self-help is big business, but alas, not always a scientific one. Self-help books, websites, and movies abound and are important sources of psychological advice for millions of Americans. But how can you sift through them to find the ones that work?

Self-Help That Works is an indispensable guide that enables readers to identify effective self-help materials and distinguish them from those that are potentially misleading or even harmful. Six scientist-practitioners bring careful research, expertise, and a dozen national studies to the task of choosing and recommending self-help resources.

Designed for both laypersons and mental-health professionals, this book critically reviews multiple types of self-help resources, from books and autobiographies to films, online programs, support groups, and websites, for 41 different behavioral disorders and life challenges. The revised edition of this award-winning book now features online self-help resources, expanded content, and new chapters focusing on autism, bullying, chronic pain, Glb issues, happiness, and nonchemical addictions. Each chapter updates the self-help resources launched since the previous edition and expands the material. The final chapters provide key strategies for consumers evaluating self-help as well as for professionals integrating self-help into treatment.

All told, this updated edition of *Self-Help that Works* evaluates more than 2,000 self-help resources and brings together the collective wisdom of nearly 5,000 mental health professionals. Whether seeking self-help for yourself, loved ones, or patients, this is the go-to, research-based guide with the best advice on what works.

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