

PSAS BOOKS, TAPES/CDs, VIDEOS/DVDs

Revised May 17, 2015

Puget Sound Adlerian Society

An Affiliate of the North American Society of Adlerian Psychology

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*Our mission is to nurture dignity for all
by encouraging democratic relationships and a sense of belonging.*

What We Do. A nonprofit educational organization founded in 1975, PSAS offers information, workshops, lectures, courses, and other support to parents, teachers, mental-health professionals, workplace managers, and other people who are interested in mutually respectful, cooperative relationships and democratic community-building in families, classrooms, workplaces, and elsewhere.

Adlerian Psychology in Brief. Early in the 20th century, Alfred Adler, M.D., a Viennese physician and psychiatrist, came to a holistic understanding of human nature and the great importance of our perceptions and our relationships for our own emotional and physical health and for the health of our families and communities. Adlerian Psychology holds that human beings are goal-oriented and choice-making by nature, not mechanistically victims of instinct, drives, and environment. As social beings, our basic goal is **to belong**. Although heredity and environment have strong influences, to a large extent we make our own choices of **how** to belong. Sometimes our choices result from mistaken perceptions. Children, for example, sometimes seem to believe that they belong only when they are the center of attention. Some adults act as if they believe they belong only when they can control others, or take revenge on others, or withdraw from others. Adlerians hope to let go of such “private logic” and embrace dignity and respect in all relationships, contribute to the welfare of others, and thereby become emotionally and physically healthier and create a more democratic culture.

Orders Are Welcome. We greatly appreciate your interest and your orders (see the order form on p. 8). Books in English and Spanish are available. **Spanish titles are shown in red.** Sales and rentals help support a wide range of information and referral services for parents, teachers, counselors, doctors and nurses, social service agencies, and nonprofit organizations. (Please note that prices can be changed without notice, reflecting publishers' increases.)

Discounts. PSAS members receive a **20%** discount on most purchases. Parenting instructors and sponsoring agencies receive a **15%** discount on books purchased in quantity for parenting courses. Schools and libraries receive **15%** off most purchases.

Library: Our library lends books and some tapes and videos for no charge other than shipping. Other tapes and videos may be rented for a low fee (or free if the borrower is in one of our parenting classes). See our catalog at www.LibraryThing.com/catalog/PSASLibrary, or call to browse.

The Parenting Calendar: See our website (www.psasadler.org/calendar.pdf) for a listing of parenting courses, coaches and mentors, support groups, and facilitator trainings offered by a great many organizations in the central Puget Sound area.

Contents

Books for Everyone . . .	2
Tapes/CDs, Videos/DVDs for Everyone . . .	2
Books for Parents . . .	3
Tapes/CDs, Videos/DVDs for Parents . . .	4
Books for Children & Teens . . .	4
Books for Educators & School Counselors . . .	4
Books & Tapes for Couples . . .	4
Books about Adlerian Theory & Therapy . . .	5
DVDs for Mental-Health Professionals, Students, & Educational Institutions . . .	6
Order Form . . .	7

Recent additions to the list are shown in boxes and bold type.

Books for Everyone

- Adler, Alfred, M.D. *What Life Could Mean to You*. \$29.95.
- Boyan, Susan Blyth, M.Ed., L.M.F.T. & Ann Marie Termini, M.S., L.P.C. *Cooperative Parenting and Divorce: Shielding Your Child from Conflict*. \$19.95.
- Coloroso, Barbara. *Parenting with Wit and Wisdom in Times of Chaos and Loss*. \$25.00.
- Dewey, Edith A. *Basic Applications of Adlerian Psychology*. \$10.95.
- Dinkmeyer, Don, Jr., & Lewis Lesoncy. *The Skills of Encouragement*. \$26.95.
- Dreikurs, Rudolf, M.D. *Social Equality: The Challenge of Today*. \$9.95.
- _____ & Vicki Soltz, R.N. *Children: The Challenge*. \$16.00.
- _____. *Understanding Your Children*. \$2.50 (used).
- Duffy, Roslyn Ann. *The Top Ten Preschool Parenting Problems*. \$18.95.
- Faber, Adele & Elaine Mazlish. *Liberated Parents, Liberated Children: Your Guide to a Happier Family*. \$13.00.
- Gaetano, Ronald, R.Ph. & James J. Masterson. *Teenage Drug Abuse: 100 Most Commonly Asked Questions about Adolescent Substance Abuse*. \$3.00 (used).
- Goleman, Daniel. *Emotional Intelligence: Why It Can Matter More than IQ*. \$18.00.
- Gottman, John, Ph.D. & Joan Declaire. *Raising an Emotionally Intelligent Child*. \$10.00 (used).
- Joslin, Karen Renshaw. *Positive Parenting from A to Z*. \$12.50.
- Kohn, Alfie. *Punished by Rewards*. \$14.00.
- Lew, Amy, Ph.D. & Betty Lou Bettner, Ph.D. *A Parent's Guide to Understanding and Motivating Children*. \$3.00 (used).
- Lott, Lynn, Riki Intner, & Barbara Mendenhall. *Do It Yourself Therapy*. \$14.99.
- Manaster, Guy, et al., eds. *Alfred Adler: As We Remember Him*. \$7.95.
- Marlin, Ken. *Getting through to Teens*. \$3.00.
- McCurry, Christopher, Ph.D. *Parenting Your Anxious Child with Mindfulness and Acceptance*. \$17.95.
- McKay, Gary & Don Dinkmeyer. *How You Feel Is Up To You* (2nd ed.). \$14.95.
- Mosak, Harold H. *A Child's Guide to Parent Rearing*. \$2.00 (used).
- Moyers, Bill. *Healing and the Mind*. \$25.00.
- Nelsen, Jane & H. Stephen Glenn. *Time Out: A Guide for Parents and Teachers Using Popular Discipline Methods to Empower and Encourage Children*. \$3.00 (used).
- Schnebly, Lee. *Do-It-Yourself Happiness: How To Be Your Own Counselor*. \$7.95.
- _____. *Nurturing Yourself and Others*. \$14.00. (Revision of *Out of Apples*.)
- Siegel, Daniel J., M.D. *The Mindful Brain*. \$26.95.
- Taylor, John F., Ph.D. *Helping Your Hyperactive/Attention Deficit Child* (2nd edition). \$22.95.
- _____. *No More Sibling Rivalry!* \$4.50.
- Tobin, L. *Parenting on the Go: Effective Discipline Strategies for the Busy, Devoted Parent*. \$14.95.
- _____. *What Do You Do with a Child like This?: Inside the Lives of Troubled Children*. \$19.95.
- _____. *62 Ways to Create Change in the Lives of Troubled Children*. \$3.00 (used).

Tapes/CDs, Videos/DVDs for Everyone

- Bezruchka, Stephen, M.D, M.P.H. *Building Trust and Security Builds Health and Longevity* (DVD, 60 min.). \$12.00.
- California Newsreel, *Unnatural Causes . . . Is inequality making us sick?* 4-hr. DVD, rental only, \$5/wk.
- Nelsen, Jane, Ed.D. *Positive Discipline* (90-min. audio tape). \$10.00. Rental \$2/wk.
- _____. *Positive Discipline* (2 hr.), with Study Guide. Video or DVD, \$49.95. CD \$19.95.

Books for Parents

- Bayard, Robert T, Ph.D., & Jean Bayard, Ph.D. *How To Deal with Your Acting-Up Teenager: Practical Self-Help for Desperate Parents.* \$14.95.
- Bettner, Betty Lou, Ph.D., *The “Creative Force”: How Children Create Their Personalities.* \$12.00.
- _____, & Amy Lew, Ph.D. *Raising Kids Who Can* (rev.). \$9.50.
- Coloroso, Barbara. *Kids Are Worth It! Giving Your Child the Gift of Inner Discipline* (rev.). \$14.00.
- _____. *Padres Respetuosos, Hijos Responsables.* \$15.00.
- _____. *Parenting Through Crisis: Helping Kids in Times of Loss, Grief, and Change.* \$14.00.
- _____. *Parenting with Wit and Wisdom.* \$25.00.
- _____. *The Bully, the Bullied, and the Bystander: From Preschool to High School—How Parents and Teachers Can Help Break the Cycle of Violence.* \$14.00.
- Dinkmeyer, Don, Sr., Ph.D., Gary D. McKay, Ph.D., James S. Dinkmeyer, & Don Dinkmeyer, Jr. The STEP series (Systematic Training for Effective Parenting): *Guia para los Padres*, *Parenting Young Children*, *Parenting Teens*, and *The Parent's Handbook.* \$16.99 each.
- Dreikurs, Rudolf, M.D., & Vicki Soltz. *Children: The Challenge.* \$15.00.
- _____, & Pearl Cassel. *Discipline Without Tears.* \$9.95.
- Glenn, H. Stephen, Ph.D., & Jane Nelsen, Ed.D. *Raising Self-Reliant Children in a Self-Indulgent World.* \$15.95.
- Hancock, Rick, Psy.D. *Parenting Teens without Power and Strings.* \$18.00.
- Kohn, Alfie. *Unconditional Parenting: Moving from Rewards and Punishments to Love and Reason.* \$15.00.
- Leo, Pam. *Connection Parenting ~ Parenting through Connection instead of Coercion, Through Love instead of Fear.* \$15.00.
- Lott, Lynn, & Riki Intner. *Chores without Wars: Turning Housework into Teamwork.* (2005 ed.) \$14.95.
- Kurcinka, Mary Sheedy. *Raising Your Spirited Child.* \$16.99.
- McKay, Gary, Ph.D., & Steven A. Maybell, Ph.D. *Calming the Family Storm: Anger Management for Moms, Dads, and All the Kids.* \$16.95.
- Nelsen, Jane, Ed.D. *Disciplina Positiva.* \$26.00.
- _____, & Lynn Lott. *Disciplina Positiva para Adolescentes.* Price varies.
- _____, *Positive Discipline* (rev.). \$14.95. The Positive Discipline series, with co-authors, each \$16.95: *Positive Discipline A→Z: 1001 Solutions to Everyday Parenting Problems*, *Positive Discipline for Childcare Providers*, *Positive Discipline for Preschoolers*, *Positive Discipline for Single Parents*, *Positive Discipline for Teenagers*, *Positive Discipline for Working Parents*, *Positive Discipline for Your Stepfamily*, *Positive Discipline in the Christian Home*, and *Positive Discipline: The First Three Years*, *Positive Discipline for Children with Special Needs.*
- _____. *Positive Time Out: And Over 50 Ways To Avoid Power Struggles in the Home and Classroom.* \$12.95.
- _____, & Adrian Garsia. *Positive Discipline Parenting Tools ~ 52 cards to improve your parenting skills*, or *Herramientas de Disciplina Positiva ~ 52 tarjetas para mejorar sus habilidades como padres.* \$13.70
- _____, Riki Intner, & Lynn Lott. *Positive Discipline for Parenting in Recovery.* \$18.95.
- Schafer, Alyson, Honey, *I Wrecked the Kids ~ When Yelling, Screaming, Threats, Bribes, Time-outs, Sticker Charts and Removing Privileges All Don't Work.* \$16.95.
- Rosenberg, Marshall B., Ph.D., *Raising Children Compassionately: Parenting the Nonviolent Communication Way.* \$7.95.
- Siegel, Daniel J., M.D., & Mary Hartzell, M. Ed. *Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive.* \$14.95.
- _____, & Tina Payne Bryson, *The Whole-Brain Child: Revolutionary Strategies to Nurture Your Child's Developing Mind.* \$24.00.
- Thompson, Rebecca. *Nurturing Connection: What Parents Need to Know about Emotional Expression and Bonding.* \$14.95.
- Vincell, Valia, Ph.D., & Washington State DSHS. *Winning Ways To Talk with Young Children* and *Estrategias Exitosas para hablar con niños pequeños.* Download in English from www1.dshs.wa.gov/pdf/publications/22-649.pdf, or in Spanish from www1.dshs.wa.gov/pdf/foreignlang/22-649sp.pdf.
- Walton, Francis, Ph.D. *Winning Teenagers Over*, or *Como Ganarse La Cooperacion de los adolescentes.* \$4.00.
- _____, & Robert W. Powers, M.A. *Winning Children Over*, or *Como Ganarse a Los Ninos.* Pamphlet. \$4.00.
- Ziebell, Beth, Ph.D. *Adlerian Parenting: The Early Years.* Pamphlet. \$3.50

Tapes/CDs, Videos/DVDs for Parents

- Bradbury, Bob. *Bob Bradbury's Sanity Circus*. 3½-hr. VHS or DVD condensation of course. \$25.00. Rental \$5/wk.
- Cross, Stephanie. *Sanity Circus with Stephanie Cross*. 7½-hr., 6-disc DVD set. \$25.00. Rental \$5/wk.
- Faber, Adele, & Elaine Mazlish. *How To Talk So Kids Will Listen & Listen So Kids Will Talk*. 60-min. audiotape. \$12.00.
- Nelsen, Jane, Ed.D. *Positive Discipline Birth to Five*. 2-hr, 2-CD set. \$19.95.
- _____. *Positive Discipline Classics*. 2-hr., 2-CD set, \$19.95. 2-hr. DVD \$49.95. DVD rental \$5/wk.
- _____. *Positive Discipline Parenting Tools: 52 Cards to Improve Your Parenting Skills*. \$13.70.

Books for Children & Teens

- Kaufman, Gershen, Ph.D., Lev Raphael, Ph.D., & Pamela Espeland. *Stick Up for Yourself! Every Kid's Guide to Personal Power and Positive Self-Esteem*. \$12.95.

Books, etc., for Educators & School Counselors

- Coloroso, Barbara. *Winning at Teaching... Without Beating Your Kids*. \$25.00 (DVD).
- Developmental Studies Center. *Ways We Want Our Class to Be: Class Meetings that Build Commitment to Kindness and Learning*. \$14.95.
- Dixon, Judi & John Platt Ed.D. *Homework through Cooperation: Guidelines for Parents and Teachers*. \$4.95.
- Dreikurs, Rudolf, M.D., Pearl Cassel, M.Ed., & Eva Dreikurs Ferguson, Ph.D. *Discipline Without Tears* (rev.). \$12.95.
- Faber, Adele, & Elaine Mazlish. *How To Talk So Kids Can Learn*. \$14.00.
- _____. *How To Talk So Kids Will Listen & Listen So Kids Will Talk*. \$13.95.
- Grunwald, Bernice & Floy C. Pepper. *Maintaining Sanity in the Classroom*. \$29.00.
- Kohn, Alfie. *Beyond Discipline: From Compliance to Community*. \$23.95.
- Glenn, H. Stephen. *Teachers Who Make a Difference*. \$14.95 (audiotape).
- Kohn, Alfie. *Feel-Bad Education: And Other Contrarian Essays on Children and Schooling*. \$15.00.
- Krenz, Douglas, M.E.D. & David MacDougall, Ph.D. *25 Classroom Activities to Change the World through Encouragement: A Manual for Teachers, Counsellors, and Principals*. \$3.95.
- Nelsen, Jane, Ed.D. *Positive Discipline in the Classroom* (3rd edition). \$16.95.
- _____. *Positive Time Out*. \$12.95.
- _____, & Roslyn Duffy, et al. *Positive Discipline: A Teacher's A-Z Guide*. \$16.95.
- _____, & Cheryl Erwin. *Positive Discipline for Childcare Providers*. \$16.95.
- _____, & Lynn Lott. *Positive Discipline in the Classroom: Teacher's Guide*. \$69.95.
- Platt, John, Ed.D. & Rick Soares, M.S.Ed. *Improving Life in the Classroom Zoo*. \$6.00.
- Wenc, Charlene C. *Cooperation: Learning through Laughter*. \$7.95.
- Williamson, Bonnie. *101 Ways to Put Pizazz into Your Teaching*. \$12.95.

Books & Tapes for Couples

- Dreikurs, Rudolph, M.D. *The Challenge of Marriage: The Definitive Guide to Building a Lasting Relationship – From Choosing a Mate to Raising Children Together*. \$4.00 (used).
- Jampolsky, Gerald G., MD. *Mini Course for Healing Relationships and Bringing About Peace of Mind*. \$10.00.
- Lew, Amy, & Betty Lou Bettner. *Cinderella, the Sequel: When the Fairy Tale Ends and Real Life Begins*. \$12.00.
- Lott, Lynn & Dru West. *Together and Liking It: Improve Communication, Resolve Conflicts, Become Closer*. \$7.95.
- Schnebly, Lee. *Being Happy Being Married*. \$12.95.
- _____. *I Do?: Being Happy Being Married*. \$4.00 (used).
- Shaw, Leonard. *Money, Sex, & Food*. \$15.00 (audiotape), and *When Love Is a Rollercoaster*. \$15.00 (audiotape).

Books about Adlerian Theory & Therapy

- Adler, Alfred, M.D. *The Individual Psychology of Alfred Adler: A Systematic Presentation in Selections from His Writings*, Heinz L. Ansbacher & Rowena R. Ansbacher, eds. \$17.00.
- _____. *What Life Could Mean to You*. \$13.95.
- _____. *Understanding Human Nature*. \$13.95.
- _____. *Superiority and Social Interest*. \$5.00.
- _____. *Adler Speaks: The Lectures of Alfred Adler*. \$13.95.
- _____. *The Neurotic Character: Fundamentals of Individual Psychology & Psychotherapy*. Vol. 1 of *The Collected Clinical Works of Alfred Adler*. \$95.00 + \$7.00 shipping.
- _____. *Journal Articles: 1898-1909*. Vol. 2. \$59.00 + \$7.00 shipping.
- _____. *Journal Articles: 1910-1913*. Vol. 3. \$59.00 + \$7.00 shipping.
- _____. *Journal Articles: 1914-1920*. Vol. 4. “ “ “ .
- _____. *Journal Articles: 1921-1926*. Vol. 5. “ “ “ .
- _____. *Journal Articles: 1927-1931*. Vol. 6. “ “ “ .
- _____. *Journal Articles: 1931-1937*. Vol. 7. “ “ “ .
- _____. *Lectures to Physicians & Medical Students*. Vol. 8. \$59.00 + \$7.00 shipping.
- _____. *Case Histories*. Vol. 9. \$59.00 + \$7.00 shipping.
- _____. *Case Readings & Demonstrations*. Vol. 10. \$59.00 + \$7.00 shipping.
- _____. *Social Interest: Adler's Key to the Meaning of Life*. (Unavailable at present.)
- _____. & W. Beran Wolfe, M.D. *The Pattern of Life*. \$18.95.
- Catlin, Nancy & James W. Croake. *Cows Can Be Purple: My Life and Art Therapy*. \$3.00 (used).
- Carlson, Jon, Psy.D., Ed.D., & Steven Slavik, M.A. *Techniques in Adlerian Psychology*. 1997. \$51.95.
- _____. & Len Sperry, M.C., Ph.D., eds. *The Disordered Couple*. 1998. \$55.95.
- _____. & Michael Maniacci, eds. *Alfred Adler Revisited*. 2012. \$39.95.
- _____. Richard E. Watts, & Michael Maniacci. *Adlerian Therapy: Theory and Practice*. 2006. \$59.95.
- Christensen, Oscar C., ed. *Adlerian Family Counseling* (3rd ed.). 2004. \$16.95.
- Clark, Arthur J., Ed.D., *Early Recollections: Theory and Practice in Counseling and Psychotherapy*. 2002. \$26.95.
- Dinkmeyer, Don, Jr., & Len Sperry. *Counseling and Psychotherapy: An Integrated, Individual Psychology Approach* (3rd edition). 2000. \$46.00 (no discount).
- Dreikurs, Rudolf, M.D. *Psychodynamics, Psychotherapy, and Counseling: Collected Papers of Rudolf Dreikurs, M.D.* Rev. 1973. \$13.00.
- _____. *Fundamentals of Adlerian Psychology*. \$19.95.
- _____. *Social Equality: The Challenge of Today*. \$17.95.
- Ferguson, Eva Dreikurs. *Adlerian Theory: An Introduction*. \$19.95.
- Fowler, John R., Ph.D., & James W. Croake, Ph.D. *Dreikursian Theory*. \$25.00.
- Griffith, Jane, & Robert L. Powers. *The Lexicon of Adlerian Psychology: 106 Terms Associated with the Individual Psychology of Alfred Adler* (2nd edition). 2007. E-book \$40. Available at www.LuLu.com.
- Grunwald, Bernice, M.Ed., & Harold V. McAbee, Ed.D. *Guiding the Family: Practical Counseling Techniques* (2nd edition). 1999. \$39.95.
- Kopp, Richard R., Ph.D. *Metaphor Therapy: Using Client-Generated Metaphors in Psychotherapy*. \$40.95.
- Kottman, Terry, Ph.D. *Partners in Play: An Adlerian Approach to Play Therapy*, 2nd edition. 2002. \$45.95.
- Manaster, Guy J., & Raymond J. Corsini. *Individual Psychology: Theory and Practice*. \$19.95.
- Mosak, Harold, & Roger Di Pietro, *Early Recollections: Interpretative Method and Application*. \$54.50.
- _____, Ph.D., & Michael Maniacci, Psy.D., *A Primer of Adlerian Psychology: The Analytic-Behavioral-Cognitive Psychology of Alfred Adler*. 1999. \$35.95.
- Oberst, Ursula E., & Alan E. Stewart. *Adlerian Psychotherapy: An Advanced Approach to Individual Psychology*. 2003. \$31.95.
- Peven, Dorothy E., & Bernard H. Shulman, “Who Is Sylvia?” and Other Stories: *Case Studies in Psychotherapy*. 2002. \$26.95.
- Powers, Robert L., & Jane Griffith. *Individual Psychology Client Workbook*. E-book \$20.00, paperback \$35. Available at www.LuLu.com.
- _____. *The Key to Psychotherapy: Understanding the Self-Created Individual*. (Revision of *Understanding Life-Style*.) 2013. E-book \$40, paperback \$60, hardcover \$75. Available at www.LuLu.com.
- Sherman, Robert, & Don Dinkmeyer. *Systems of Family Therapy: An Adlerian Integration*. 1987. \$65.95.

Shulman, Bernard H., Ph.D. *Contributions to Adlerian Psychology*. \$14.50

_____. *Essays in Schizophrenia*. \$19.95.

Sonstegard, Manford A. & James R. Bitter, with Peggy Pelonis. *Adlerian Group Counseling and Therapy: Step-By-Step*. 2004. \$29.95.

Sweeney, Thomas J., Ph.D. *Adlerian Counseling: A Practitioner's Approach* (4th edition). 1998. \$60.95.

Watts, Richard E., ed., *Adlerian, Cognitive, and Constructivist Therapies*. 2003. \$31.95.

_____, Ph.D., & Jon Carlson, Psy.D., Ed.D. *Interventions and Strategies in Counseling and Psychotherapy*. 1999.
\$38.95.

DVDs for Mental-Health Professionals, Students, & Educational Institutions

These DVDs are available only to mental-health professionals, students, and educational institutions for educational purposes. Any other use is a violation of the clients' rights to privacy. The material is copyrighted and may not be reproduced.

Powers, Robert L., & Deb. *The Case of Deb ~ Hidden Mourning Revealed*. \$24.95. Rental \$5/wk.

_____, Jane Griffith, & a volunteer family. *A Family Counseling Demonstration ~ A Family Reconciles*. \$24.95. Rental \$5/wk.

_____, & a volunteer couple. *A Couple Counseling Demonstration ~ Uncovering Hidden Expectations*. \$24.95.
Rental \$5/wk.

_____, & a volunteer client. *A Counseling Demonstration with a Volunteer Client ~ Overambition & the Liberation of Defeat*. \$24.95. Rental \$5/wk.

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