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.
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.
____________________ & Vicki Soltz, R.N.  Children: The Challenge.  $16.00.
____________________.  Understanding Your Children.  $2.50 (used).
Gaetano, Ronald, R.Ph. & James J. Masterson.  Teenage Drug Abuse:  100 Most Commonly Asked Questions about Adolescent Substance Abuse.  $3.00 (used).
Gottman, John, Ph.D. & Joan Declaire.  Raising an Emotionally Intelligent Child.  $10.00 (used).
Lew, Amy, Ph.D. & Betty Lou Bettner, Ph.D.  A Parent’s Guide to Understanding and Motivating Children.  $3.00 (used).
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.
Moyers, Bill.  Healing and the Mind.  $25.00.
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.
____________________.  No More Sibling Rivalry!  $4.50.
______.  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

California Newsreel, Unnatural Causes . . . Is inequality making us sick?  4-hr. DVD, rental only, $5/wk.
____________________.  Positive Discipline (2 hr.), with Study Guide.  Video or DVD, $49.95.  CD $19.95.
Books for Parents


Dreikurs, Rudolf, M.D., & Vicki Soltz. Children: The Challenge. $15.00.

Dreikurs, Rudolf, M.D., & Pearl Cassel. Discipline Without Tears. $9.95.


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.

Kohn, Alfie. Connection Parenting – Parenting through Connection instead of Coercion, Through Love instead of Fear. $15.00.


McKay, Gary, Ph.D., & Steven A. Maybell, Ph.D. Calming the Family Storm: Anger Management for Moms, Dads, and All the Kids. $16.95.


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.


Walton, Francis, Ph.D. Winning Teenagers Over, or Como Ganarse La Cooperacion de los adolescentes. $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. audiotaape. $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**


**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.


Dreikurs, Rudolf, M.D., Pearl Cassel, M.Ed., & Eva Dreikurs Ferguson, Ph.D. Discipline Without Tears (rev.). $12.95.


Grunwald, Bernice & Floy C. Pepper. Maintaining Sanity in the Classroom. $29.00.

Kohn, Alfie. Beyond Discipline: From Compliance to Community. $23.95.


Kohn, Alfie. Feel Bad Education: And Other Contrarian Essays on Children and Schooling. $15.00.


Lott, Lynn & Dru West. Together and Liking It: Improve Communication, Resolve Conflicts, Become Closer. $7.95.

Williamson, Bonnie. 101 Ways to Put Pizzazz into Your Teaching. $12.95.

**Books & Tapes for Couples**

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Jampolsky, Gerald C., 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.


I Do?: Being Happy Being Married. $4.00 (used).

Shaw, Leonard. Money, Sex, & Food. $15.00 (audiotaape), and When Love is a Rollercoaster. $15.00 (audiotaape).
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.


___________. Journal Articles: 1898-1909. Vol. 2. $59.00 + $7.00 shipping.

___________. Journal Articles: 1910-1913. Vol. 3. $59.00 + $7.00 shipping.


___________. 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).


_________________, & Len Sperry, M.C., Ph.D., eds. The Disordered Couple. 1998. $55.95.


_________________. 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.


Shulman, Bernard H., Ph.D.  Contributions to Adlerian Psychology.  $14.50
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Essays in Schizophrenia.  $19.95.
$38.95.

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