

### Self-Help Book List (Resources for the Students)

To borrow the book, visit: <https://koha1.imu.edu.my/>

E-Book: <https://ebookcentral.proquest.com/lib/imu-ebooks/home.action>

| Category/Sub-category        | Title                                                                                                     | Publication                                             | Year of Publication | Author                              | Availability In Library (Branches)                                                                                                                    | Call No              |
|------------------------------|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------------|---------------------|-------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| Mental Health<br>- Autistic  | A Friend Like Henry: The Remarkable True Story of an Autistic Boy and the Dog that Unlocked His World     | Hodder & Stoughton<br>Napperville, Illinois             | 2008                | Nuala Gardner                       | IMU Main (2 available)<br>IMU BP CC (2 available)<br>IMU Kluang CC (1 available)<br>IMU Seremban CC (1 available)                                     | WS 350.8.P4 Gar 2008 |
| Mental Health<br>- ADHD      | AD/HD and the College Student: The Everything Guide to Your Most Urgent Questions                         | Washington, DC :<br>Magination Press                    | 2012                | Patricia O. Quinn                   | IMU Main (1 available)<br>IMU BP CC (2 available)<br>IMU Kluang CC (1 available)<br>IMU Seremban CC (1 available)                                     | LC4713.4 Qui 2012    |
| Mental Health<br>- Addiction | Caught in The Net: How To Recognize The Signs of Internet Addiction – And A Winning Strategy for Recovery | New York : John Wiley &<br>Sons, Inc.                   | 1998                | Kimberly S. Young                   | IMU Main (2 available)<br>IMU BP CC (2 available)<br>IMU Kluang CC (1 available)<br>IMU Seremban CC (1 available)                                     | WM 176 .You 1998     |
| Mental Health                | Creatures of a Day: And Other Tales of Psychotherapy                                                      | London : Piatkus Books                                  | 2015                | Irvin D. Yalom                      | IMU Main (2 available)<br>IMU BP CC (0 available)<br>IMU Kluang CC (0 available)<br>IMU Seremban CC (0 available)                                     | WM 420 .Yal 2015     |
| Mental Health                | DBT Skills Training Manual                                                                                | The Guilford Press<br>New York                          | 2015                | Marsha Linehan                      | IMU Main (1 available)<br>IMU BP CC (1 available)<br>IMU Kluang CC (1 available)<br>IMU Seremban CC (1 available)<br>IMU Kuala Pilah CC (1 available) | WM 190.5.B5 Lin 2015 |
| Mental Health                | Diagnostic and Statistical Manual of Mental Disorders: DSM-5                                              | American Psychiatric<br>Association<br>Washington, D.C. | 2013                | American Psychiatric<br>Association | IMU Main (2 available)<br>IMU BP CC (1 available)<br>IMU Kluang CC (2 available)<br>IMU Seremban CC (1 available)<br>IMU Kuala Pilah CC (1 available) | WM 15 .Dia 2013      |
| Mental Health<br>- Trauma    | Experiential Treatment for PTSD: The Therapeutic Spiral Model                                             | Springer Publishing<br>Company; 1 edition<br>New York   | 2002                | M. Katherine Hudgins                | IMU Main (0 available)<br>IMU BP CC (1 available)<br>IMU Kluang CC (0 available)<br>IMU Seremban CC (2 available)                                     | WM 430.5.P8 Hud 2002 |

|                                                       |                                                                                                                                     |                                                                              |       |                                                           |                                                                                                                   |                                                |
|-------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|-------|-----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------|
| Mental Health<br>- Trauma                             | Healing World Trauma with the Therapeutic Spiral Model: Psychodramatic Stories from the Frontline                                   | Jessica Kingsley Publishers<br>Philadelphia                                  | 2013  | Kate Hudgins & Francesca<br>Toscani                       | IMU Main (1 available)<br>IMU BP CC (1 available)<br>IMU Kluang CC (1 available)<br>IMU Seremban CC (2 available) | WM 430.5.P8 Hea 2013                           |
| Mental Health<br>- Borderline Personality<br>Disorder | I Hate You--Don't Leave Me: Understanding the<br>Borderline Personality                                                             | New York : Penguin Group                                                     | 2010  | Kreisman, Jerold J.<br>(Jerold Jay)                       | IMU Main (1 available)<br>IMU BP CC (1 available)<br>IMU Kluang CC (1 available)<br>IMU Seremban CC (1 available) | WM 190.5.B5 Kre 2010                           |
| Mental Health<br>- Addiction                          | Internet Addiction: A Handbook and Guide to<br>Evaluation and Treatment                                                             | Hoboken, N.J. : John Wiley<br>& Sons                                         | c2011 | Cristiano Nabuco de<br>Abreu Young & Kimberly<br>S. Young | IMU Main (1 available)<br>IMU BP CC (2 available)<br>IMU Kluang CC (1 available)<br>IMU Seremban CC (0 available) | WM 176 .Int 2011                               |
| Mental Health<br>- Trauma                             | Life After Trauma: A Workbook for Healing                                                                                           | The Guilford Press<br>New York, London                                       | 2010  | Dena Rosenbloom                                           | IMU Main (1 available)<br>IMU BP CC (2 available)<br>IMU Kluang CC (1 available)<br>IMU Seremban CC (2 available) | WM 170 .Ros 2010                               |
| Mental Health<br>- Depression<br>- Anxiety            | Lost Connections: Uncovering the Real Causes of<br>Depression – and the Unexpected Solutions                                        | Bloomsbury<br>New York                                                       | 2018  | Johann Hari                                               | IMU Main (1 available)<br>IMU BP CC (1 available)<br>IMU Kluang CC (1 available)<br>IMU Seremban CC (1 available) | BF 575 .Har 2018                               |
| Mental Health<br>- Eating Disorder                    | Recovery From Eating Disorders - A Guide for<br>Clinicians and Clients                                                              | Chichester, West Sussex,<br>UK ; Malden, MA, USA :<br>John Wiley & Sons Inc. | 2013  | Greta Noordenbos                                          | IMU Main (1 available)<br>IMU BP CC (2 available)<br>IMU Kluang CC (1 available)<br>IMU Seremban CC (1 available) | WM 175 .Noo 2013                               |
| Mental Health<br>- Borderline Personality<br>Disorder | Stop Walking On Eggshells: Taking Your Life<br>Back When Someone You Care About Has<br>Borderline Personality Disorder, 2nd Edition | New Harbinger<br>Publications<br>Oakland, CA                                 | 2010  | Paul T Mason & Kreger<br>Randy                            | IMU Main (1 available)<br>IMU BP CC (2 available)<br>IMU Kluang CC (1 available)<br>IMU Seremban CC (2 available) | WM 190 .Mas 2010                               |
| Mental Health                                         | Teen Voices: Tales from Family Therapy                                                                                              | Wisdom Moon Publishing<br>San Diego, CA, USA                                 | 2013  | Anna Mascellani &<br>Maurizio Andolfi                     | IMU Main (1 available)<br>IMU BP CC (1 available)<br>IMU Kluang CC (1 available)<br>IMU Seremban CC (2 available) | WS WM 430.5.F2 And 2013                        |
| Mental Health<br><br>General<br>- Psychology          | The 101 Solution-focused Questions Series of<br>Books                                                                               | W. W. Norton & Company<br>New York                                           | 2015  | Fredrike Bannink                                          | IMU Main (2 available)<br>IMU BP CC (0 available)<br>IMU Kluang CC (0 available)<br>IMU Seremban CC (0 available) | WM 171 .Ban 2015 v.1, WM<br>172.5 Ban 2015 v.2 |

|                                  |                                                                                                                |                                                                                              |      |                     |                                                                                                                   |                        |
|----------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|------|---------------------|-------------------------------------------------------------------------------------------------------------------|------------------------|
| Mental Health<br>- Schizophrenia | The Colour of My Mind: The Story of Albert Wang                                                                | Oak Publication<br>Petaling Jaya, Malaysia<br><br>Can be bought at Popular<br>or Glad Sounds | 2009 | Albert Wang Tew Jit | IMU Main (0 available)<br>IMU BP CC (0 available)<br>IMU Kluang CC (0 available)<br>IMU Seremban CC (2 available) | WM 7 .Wan 2009         |
| Mental Health<br>- Trauma        | The Inner World of Trauma: Archetypal Defences<br>of the Personal Spirit                                       | Routledge<br>London, New York                                                                | 1996 | Donald Kalsched     | IMU Main (1 available)<br>IMU BP CC (0 available)<br>IMU Kluang CC (0 available)<br>IMU Seremban CC (1 available) | BF 175.5.P75 .Kal 2013 |
| Mental Health<br>- Trauma        | Trauma and the Soul: A Psycho-Spiritual<br>Approach to Human Development and Its<br>Interruption (1st Edition) | Routledge<br>London, New York                                                                | 2013 | Donald Kalsched     | IMU Main (1 available)<br>IMU BP CC (0 available)<br>IMU Kluang CC (0 available)<br>IMU Seremban CC (1 available) | BF 175.5.P75 .Kal 2013 |