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The following selections are just a few resources I have recommended to patients in the past. I hope you find them useful.

BOOKS

Bourne, E., "The Anxiety and Phobia Workbook," (2015)

Diamond, L. "Sexual Fluidity," (2009)

DiAngelo, R., "White Fragility: Why It's So Hard for White People to Talk About Racism," (2018)

Dutton, D., "The Abusive Personality," (2007)

Fraiberg, S., "The Magic Years: Understanding the Problems of Early Childhood" (1996)

Fuller Torrey, E., "Surviving Schizophrenia," (2013)

Grosz, S. "The Examined Life: How We Lose and Find Ourselves," (2014)

Herman, J., "Trauma and Recover," (2015)

Hofstadter, R. "The Paranoid Style in American Politics," (2008)

Isay, R., "Being Homosexual: Gay Men and their Development," (2009)

Karen, M.D., R. "Becoming Attached," (1998)

Khantzian, E. "Understanding Addiction as Self-Medication," (2008)

Lachkar, J., "The Narcissistic Borderline Couple," (2003)

Lawrence, M., "The Anorexic Mind," (2007)

MacDougall, J., "Theatres of the Mind," (1996)

MacDougall, J., "Theatres of the Body," (1996)

Mate, G., "In The Realm of Hungry Ghosts: Close Encounters With Addiction," (2008)

Model, W., "The Blessings of a Skinned Knee," (2008)
Perry, B. "What Happened to You?: Conversations on Trauma, Resilience, and Healing," (2021)

Rosner and Hermes, "The Self Sabotage Cycle," (2006)

Rothschild, B., "The Body Remembers," (2000)

Siegel, M., "Surviving an Eating Disorder," (2009)

[25 Mental Health Podcasts That Might Help You Understand Yourself Better | SELF](#)

[Home | NAMI: National Alliance on Mental Illness](#)

Psychological, Behavioral and Educational Resources for Children and Their Families:

Valley: www.thehelpgroup.org

Westside: [Vista Del Mar - Child and Family Services](#)

Affordable Healthcare:

[Beverly Health Center - Saban Community Clinic](#)

[Venice Family Clinic](#)

Psychotherapy Clinics:

Eastside: [Rose City Center](#)

Westside: [Affordable, Low Cost Therapy | Wright Institute Los Angeles \(wila.org\)](#)

Westside: [The Saturday Center for Psychotherapy, Santa Monica](#)

North Hollywood: [VCH Home - Valley Community Healthcare](#)