

Addictions Lending Library

(The “For patients/families” books are for staff to read before recommending.
Since we only have one copy of each, **please do not lend to patients.**)

For patients/families

1. **Changing for Good: A Revolutionary Six-Stage Program for Overcoming Bad Habits and Moving Your Life Positively Forward**
James O. Prochaska, John Norcross, and Carlo DiClemente (1995)
2. **Controlling Your Drinking: Tools to Make Moderation Work for You**
William R. Miller & Ricardo F. Munoz
3. **Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening.**
Robert J. Meyers, Ph. D. & Brenda L. Wolfe, Ph.D.
4. **Problem Drinkers: Guided Self-Change Treatment**
Mark Barry Sobell , Linda C. Sobell
5. **Mindful Recovery: A Spiritual Path to Healing from Addiction**
Thomas and Beverly Bien. Wiley Publishers (2002).
6. **Sober for Good: New Solutions for Drinking Problems – Advice from Those Who Have Succeeded**
Anne M. Fletcher. Houghton Mifflin Company (2001).

For professionals

1. **Motivational Interviewing in Health Care: Helping Patients Change Behavior**
Stephen Rollnick, William R. Miller & Christopher C. Butler
2. **Health Behavior Change: A Guide for Practitioners**
Stephen Rollnick, Pip Mason, & Christopher Butler