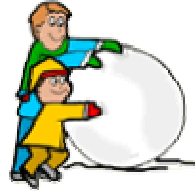


Happy
New
Year



JANUARY

THE START OF A NEW YEAR

NEW BEGINNINGS

SELF IMPROVEMENT RESOURCES

BOOKS

- | | |
|----------------------|---|
| <i>616.8522/BOU</i> | <i>THE ANXIETY & PHOBIA WORKBOOK</i> |
| <i>616.89/AME</i> | <i>CHANGE YOUR BRAIN, CHANGE YOUR LIFE</i> |
| <i>155.916</i> | <i>CODEPENDENT NO MORE</i> |
| <i>362.2928</i> | <i>COURAGE TO CHANGE</i> |
| <i>158/MCG</i> | <i>LIFE STRATEGIES</i> |
| <i>616.85225/LEV</i> | <i>PHOBIA FREE</i> |
| <i>158.1/BRO</i> | <i>POSITIVE PLUS</i> |
| <i>158.1/MCG</i> | <i>SELF MATTERS</i> |
| <i>158.1/SEL</i> | <i>WHAT YOU CAN CHANGE AND WHAT YOU CAN'T</i> |



WEBSITES OF INTEREST

SELF GROWTH

This site provides a directory of links to a number of self improvement sites.

<http://www.selfgrowth.com/>

PSYCHOLOGY SELF-HELP RESOURCES ON THE INTERNET

This site links to information about a number of psychological disorders and conditions.

<http://www.selfgrowth.com/>

THE BRIGHT SIDE

This website provides support for those going through emotional distress.

<http://www.the-bright-side.org/site/thebrightside/>

SELF-HELP LINKS ON THE WEB

This Portland State University website provides many links to resources designed to help college students and other adults cope with difficulties.

<http://www.the-bright-side.org/site/thebrightside/>

