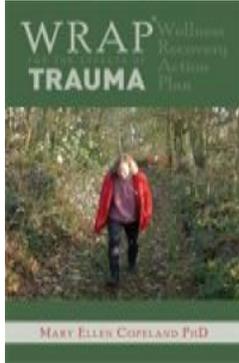


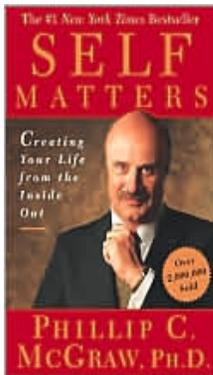
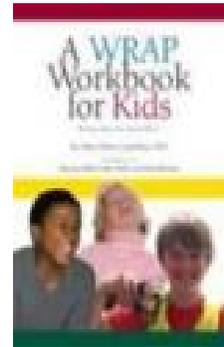
# Featured Titles Available at the OCFA Resource Center

May 2012



*Wellness Recovery Action Plan (WRAP) for the Effects of Trauma*, by Mary Ellen Copeland, PhD. Mary Ellen describes how she has used WRAP effectively to handle the impact of trauma on her life. This book focuses on how to use WRAP to cope and move forward.

*A WRAP Workbook for Kids*, by Mary Ellen Copeland PhD. Edited to appeal to youth in recovery from emotional disturbances, this workbook offers a set of tools in easy-to-understand language for maintaining health and wellness and coping with stressful events.

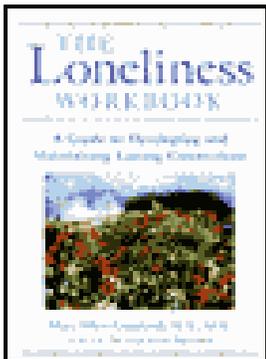
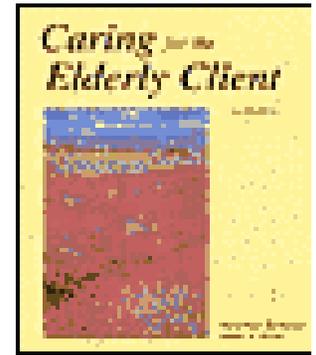


*Self Matters* by Phillip C. McGraw, PhD. According to Dr. Phil, “your life has a root core that, once understood, unlocks a powerful force to create your life the way it was meant to be, the way you want and need it to be.” This book provides a roadmap and action plan to reclaim a core self-concept that unlocks what you want and need in life.

Contact or visit The OCFA Resource Center, NH BBH, Main Building, 2nd Floor South,  
 105 Pleasant Street, Concord, NH 03301-3852 · mbilson@dhhs.state.nh.us  
 1-800-852-3345, X5045 or 271-5045

*Many Free Materials Are Available*

Read Mary Ann Anderson's *Caring for the Elderly Client* to find out how professionals approach age-related changes and promote wellness in people who are elderly. Common medical and psychological problems and cautions regarding medication use are discussed.



*The Loneliness Workbook* by Mary Ellen Copeland, PhD. This book helps people develop relationship skills, reach out for support, and create intimacy. It “offers people hope that relationships are a path to healing and growth,” according to Shery Mead, MSW.

*Overcoming Binge Eating* by Dr. Christopher Fairburn is a scientifically based program for tackling eating disorders. It uses a self-help approach for establishing stable, healthy eating habits.

