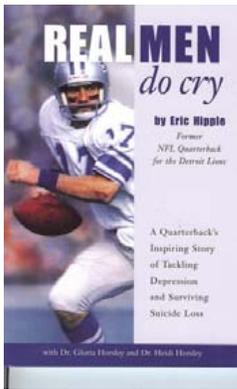
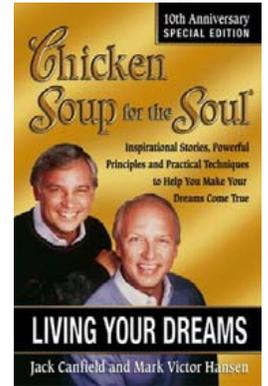


Featured Titles Available at the OCFA Resource Center

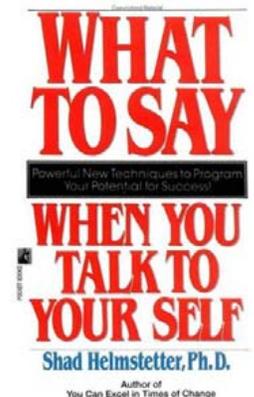
November 2012

Chicken Soup for the Soul: Living Your Dreams, by Jack Canfield and Mark Victor Hansen. In the tenth anniversary edition of their successful series, the authors share time-tested strategies that will help you create the life you want for yourself. Inspirational stories tell how people have overcome fear and adversity, replaced destructive habits with productive ones, and attained life goals despite barriers.



Real Men Do Cry: A Quarterback's Inspiring Story of Tackling Depression and Surviving Suicide Loss by Eric Hipple, former NFL quarterback. Bankrupt and jailed for drunk driving, Mr. Hipple found the strength to seek therapy and was able to make an amazing comeback. He travels nationwide speaking to teens and adults about ways to recognize the signs of depression and risks for potential suicide.

What to Say When You Talk to Your Self, by Shad Helmstetter, PhD. This book explains how as much as 77% of what you tell yourself may be working *against* you! Dr. Helmstetter describes how to use the simple, revolutionary technique of Self-Talk to reverse negative programming, fill your life with new, vital energy, and turn your dreams into reality.

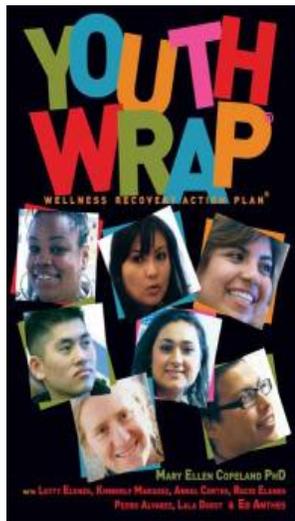
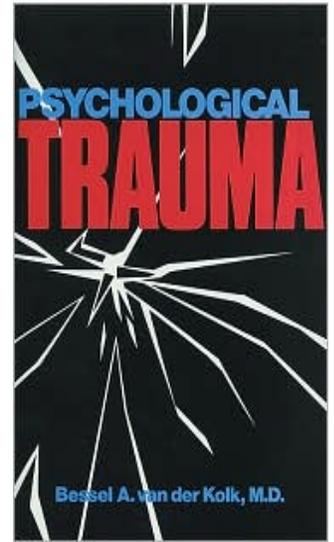


Contact or visit The OCFA Resource Center, NH BBH, Main Building, 2nd Floor South,
105 Pleasant Street, Concord, NH 03301-3852 · mbilson@dhhs.state.nh.us

1-800-852-3345, X5045 or 271-5045

Many Free Materials Are Available

Psychological Trauma by Bessel A. Van der Kolk, MD, provides a basis for understanding human response to trauma. This book examines the biological, psychodynamic, and social consequences of trauma, especially the psychological consequences of overwhelming life experiences. The book also describes a stress management approach in the treatment of learned helplessness.



Youth WRAP, by Mary Ellen Copeland, Ph.D. WRAP is a system people use to make their lives more the way they want them to be, to choose and enjoy more of the things they want to do, and to get through the hard times that can come with finishing school, finding work, and moving into new situations for home, school, and family.

Resilience: Discovering a New Strength in Times of Stress by Frederic Flach, MD. Building resilience is an on-going process. Dr. Flach describes a two-step process of disruption—giving in to the stress—and reintegration—putting the pieces of our world back together but into a new, stronger, wider-based structure.

