



# Read Two Books and Let's Talk Next Week: Using Bibliotherapy in Clinical Practice

*Janice Maidman Joshua, Donna DiMenna*

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A complete guide to more than 300 of the best reading resources for use in your practice

Bibliotherapy can be a valuable adjunct to virtually any psychotherapeutic approach. Recommending books that focus on your clients' core problem issues helps them see that they are not alone in their suffering. It also may help them more rapidly gain insight and a more realistic sense of control regarding their situation. And, by extending the therapeutic process beyond the therapist's office, bibliotherapy functions as a valuable cost-containment strategy.

But, with thousands of self-help titles to choose from, how do you separate the wheat from the chaff and find the best match between client and book?

Read Two Books and Let's Talk Next Week provides you with the detailed information you'll need to confidently navigate the vast, ever-growing sea of self-help literature. Organized by nineteen major presenting problems, it features reviews of more than 300 of the best self-help books published over the past thirty years.

Each summary includes:

- \* A concise synopsis detailing the book's main subject area and its author's approach
- \* A description of the three major client groups for whom the book is appropriate
- \* Five main therapeutic insights readers may gain by reading the book
- \* Complete publishing information to facilitate easy access

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