

Psychological Self-Help Bibliography

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(c2004)



Since the writing of this book has continued from the mid-sixties to now (2005), the references span 50 years or so. In fact, the heyday of self-help in the 1970s followed and was partly inspired by the revolutionary 1960s.

Therefore, don't discount some of the older references cited here. The early self-help publications are the proud parents of our somewhat better science-based self-control techniques being developed today.

Look up each reference by author:

A | B | C | D | E | F | G | H | I-J | K | L | M | N-O | P | Q-R | S
| T | U-V | W | Y-Z

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