

## RECOMMENDED READING/RESOURCES

### Anxiety/Panic Disorder

- “Coping with Stress & Burnout as a Veterinarian” - Dr Nadine Hamilton
- “Accessing the Healing Power of the Vagus Nerve” - Stanley Rosenberg
- “ACT Made Simple” - Dr Russ Harris
- “Triumph over fear” - Jerilyn Ross
- “Freedom from anxiety” - Jerilyn Ross
- “Living with IT - a survivor’s guide to panic attacks” - Bev Aisbett
- “Change Your Thinking” - Sarah Edelman, PhD
- “From Thought to Action” - Dr Antony D. Kidman, PhD
- “What you can change and what you can’t” - Martin EP Seligman PhD

### Communication & Assertiveness

- “Coping with Stress & Burnout as a Veterinarian” - Dr Nadine Hamilton
- “From Thought To Action” - Dr Antony D. Kidman

### Conflict Resolution

- “Nipped in the Bud, Not in the Butt” - Debra Vey-Voda Hamilton

### Depression

- “Coping with Stress & Burnout as a Veterinarian” - Dr Nadine Hamilton
- “Accessing the Healing Power of the Vagus Nerve” - Stanley Rosenberg
- “Change Your Thinking” - Sarah Edelman, PhD
- “ACT Made Simple” - Dr Russ Harris
- “Feeling good - the new mood therapy” - David D. Burns MD
- “How to stubbornly refuse to make yourself miserable about anything” - Albert Ellis, PhD
- “What you can change and what you can’t” - Martin EP Seligman PhD

### General/Self-Help/Self-Esteem

- “Coping with Stress & Burnout as a Veterinarian” - Dr Nadine Hamilton
- “More than just the blues - understanding serious teenage problems” - Dr Joseph Rey
- “The power of your subconscious mind” - Dr Joseph Murphy
- “The Happiness Trap” - Dr Russ Harris
- “The Confidence Gap” - Dr Russ Harris
- “Flourish” - Martin EP Seligman, PhD
- “What you can change and what you can’t” - Martin EP Seligman PhD
- “Learned optimism” - Martin EP Seligman, PhD

### **Grief / Pet Loss**

- “Coping with Grief” - Mal McKissock
- “The Loss of a Pet” - Wallace Sife, PhD

### **Pain Management**

- “Living beyond pain” - Ilan L. Cohen

### **Positive Psychology/Optimism/Wellbeing**

- “Coping with Stress & Burnout as a Veterinarian” - Dr Nadine Hamilton
- “Authentic happiness” - Martin EP Seligman, PhD
- “Learned optimism” - Martin EP Seligman, PhD
- “What you can change and what you can’t” - Martin EP Seligman PhD
- “Flourish” - Martin EP Seligman, PhD

### **Relationships**

- “ACT with Love” - Dr Russ Harris

### **Relaxation**

- “Relaxation for the body and soul” - PsyHeath (CD)

### **Stress**

- “Coping with Stress & Burnout as a Veterinarian” - Dr Nadine Hamilton
- “Turning stress into success” - Dr Peter Stebbins
- “Stress, coping, and social support - Dr Antony D. Kidman
- “ACT Made Simple” - Dr Russ Harris
- “What you can change and what you can’t” - Martin EP Seligman PhD

### **Resources / Websites**

- Positive Psych Solutions  
[www.positivepsychsolutions.com.au](http://www.positivepsychsolutions.com.au)
- Love Your Pet Love Your Vet  
[www.loveyourpetloveyourvet.com.au](http://www.loveyourpetloveyourvet.com.au)
- Australian Academic Press  
[www.australianacademicpress.com.au](http://www.australianacademicpress.com.au)
- Centre for Clinical Interventions - free workbooks on a variety of topics  
[www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au)
- Authentic Happiness (Positive Psychology)  
[www.authentichappiness.sas.upenn.edu](http://www.authentichappiness.sas.upenn.edu)