1. **Mindfulness-Based Stress Reduction Workbook**  
   Stahl and Goldstein

2. **The Mindful Way Through Depression**  
   Williams et al.

3. **Mindful Path to Self-Compassion**  
   Germer

4. **Present Perfect: A Mindfulness Approach to Letting Go of Perfectionism and the Need for Control**  
   Somov

5. **When Perfect is not good enough**  
   Antony and Swinson

6. **The EQ Edge**  
   Stein and Book

7. **Arriving at Your Own Door**  
   Kaba-Zinn

8. **Wherever You Go, There you are**  
   Kabat-Zinn

9. **Restoring Hope and Trust**  
   Lewis, Kelly and Allen

10. **How to be an Adult in Relationships**  
    Richo

11. **The Seven Principles for Making Marriage Work**  
    Gottman

12. **Succeeding with Adult ADHD**  
    Levrini

13. **Getting things Done**  
    Allen

14. **Difficult Conversations**  
    Stone, Patton, Heen

15. **Dialectical Behavior Therapy Skills workbook**  
    McKay

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