Best Books for Human Emotions & Disorders

Written by Volunteers

July 12, 2021

Categories and contribution

Despite the fact that the list is still a work in progress, one could add to categories or introduce books to the ones listed here. At the moment, table of content only includes categories with more than one entry.

1. Social Skills

2. Generalized Anxiety Disorder

3. Social Anxiety Disorder & Shyness

4. Overthinking

5. Jealousy

6. Self-awareness

7. Self-consciousness

8. Happiness

9. Paranoia

10. Revenge

11. Self-confidence / Self-esteem

12. False Self-confidence / Self-esteem

13. Addiction

14. OCD

15. Perfectionism

16. Child Abuse

17. Painful Past

18. Panic Attack

19. Self-harm / Self-injury

20. Suicide

21. Trauma

22. Post Traumatic Stress Disorder

23. Shizoaffective

24. Shizophernia

25. Hallucinations

26. Delusional Disorder

27. Major Depressive Disorder

28. Dysthymia

29. Bipolar Disorder
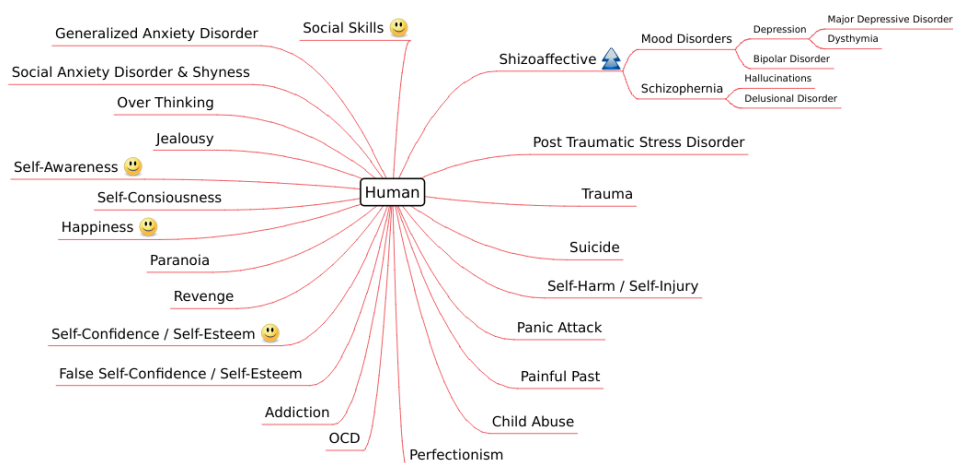
In case you also want to add to the list, consider the points below:

1. The author should have a PhD degree in related topic.

2. The author should be an expert in that field.

3. The author's methods must be applicable.

1 Social Skills

- The Social Skills Guide Book
- How to Win Friends and Influence People
- Conversationally Speaking
- How to Speak, How to Listen

Additional:

- Improve your Social Skills

2 Generalized Anxiety Disorder

- Generalized Anxiety Disorder Work Book: A Comprehensive CBT Guide
- Rewire your Anxious Brain

Additional:

- Cognitive Behavioral Anxiety Disorder Treatment for Generalized
- The Anxiety and Worry Workbook: The Cognitive Behavioural Solution
- Generalized Anxiety Disorder: Advances in Research and Practice

3 Social Anxiety Disorder & Shyness

- The Shyness & Social Anxiety Workbook
- Overcoming Social Anxiety & Shyness

4 Overthinking

- The Worry Trick
- Soundtracks: The Surprising Solution to Overthinking

5   Self-confidence / Self-esteem

- The Confidence Gap

- The Self-confidence Workbook

Additional:

- Self-esteem: A Proven Program of Cognitive Technique
- How to be yourself