

Books written, co-written or edited by
Donald Meichenbaum

Treatment of Individuals with Anger-Control Problems and Aggressive Behaviors, 2003

Nurturing Independent Learners: Helping Students Take Charge of their Learning, 1998

A Clinical Handbook/Practical Therapist Manual for Assessing and Treating Adults with PTSD, 2003

The Unconscious Reconsidered, 1984

Stress Reduction and Prevention, 1983

Cognitive-Behavior Modification: An Integrative Approach, 1977

This list contains just a few of Dr. M's works!