

# The Human Givens Diploma – Reading List

## REQUIRED READING

### Human Givens: the new approach to emotional health and clear thinking

Joe Griffin and Ivan Tyrrell, HG Publishing (2013). Paperback £14.99  
ISBN: 1-899398-317 Available from HG Publishing.

### Why we dream: the definitive answer

Joe Griffin and Ivan Tyrrell, HG Publishing (2014). Paperback £11.99  
ISBN: 978-1-899398-42-3 Available from HG Publishing.

### How to lift depression... fast

Joe Griffin and Ivan Tyrrell, HG Publishing (2004). Paperback £9.99  
ISBN: 1-899398-414 Available from HG Publishing.

### Freedom from addiction: the secret behind successful addiction busting

Joe Griffin and Ivan Tyrrell, HG Publishing (2005). Paperback £9.99  
ISBN: 1-899398-465 Available from HG Publishing.

### How to master anxiety: all you need to know to overcome stress, panic attacks, phobias, trauma, obsessions and more

Joe Griffin and Ivan Tyrrell, HG Publishing (2007). Paperback £9.99  
ISBN: 1-899398-813 Available from HG Publishing.

### The observing self

Arthur J Deikman, Beacon Press (1992). Paperback £12.49.  
ISBN: 0-807029-51 ISBN: 978-0807029510

### How to liberate yourself from pain: practical help for sufferers

Dr Grahame Brown, with Denise Winn, HG Publishing (2009). Paperback £9.99  
ISBN: 978-1-899398-171 Available from Amazon.

### Release from anger: practical help for controlling unreasonable rage

Joe Griffin and Ivan Tyrrell, HG Publishing (2008). Paperback £9.99  
ISBN: 978-1-899398-072 Available from HG Publishing.

**PLUS: The Human Givens Journal** (see below).

## REQUIRED LISTENING (CDs/MP3s)

### The therapeutic power of guided imagery (MP3)

Joe Griffin and Ivan Tyrrell, HG Publishing. Price £6.99  
ISBN: 1-899398-562  
Available from HG Publishing.

### Effective anxiety management – without drugs

Joe Griffin and Ivan Tyrrell, HG Publishing. Price £9.95  
ISBN: 1-899398-66X  
Available from HG Publishing.

### Effective anger management: understanding and controlling unreasonable expressions of anger in yourself and other people

Joe Griffin and Ivan Tyrrell, HG Publishing. Price £9.95  
ISBN: 1-899398-716  
Available from HG Publishing.

### Understanding and lifting depression without drugs...

Joe Griffin and Ivan Tyrrell, HG Publishing. Price £9.95  
ISBN 1-899398-21X  
Available from HG Publishing.



Books, CDs & MP3s available from:  
[www.humangivens.com](http://www.humangivens.com)

## Human Givens Journal

To help increase your effectiveness, we would also like you or your organisation to subscribe to *Human Givens*, the journal of the Human Givens Institute. Each issue contains a wealth of information and ideas relating to therapy, education, social work, health and the psychological impact of the changes we are all witnessing in society today.

**TO SUBSCRIBE:** *Human Givens* is published biannually and costs £30 for an annual UK subscription and £38 for an overseas annual subscription. You can **SAVE £5** by paying for your subscription by standing order. You can subscribe online, or over the phone by calling: **+44 (0)1323 811662** with your credit/debit card details or by visiting: [www.humangivens.com](http://www.humangivens.com)

Alternatively you can send us your details and a cheque (made payable to: 'Human Givens Publishing Ltd') to us at Human Givens Publishing, Chalvington, East Sussex, BN27 3TD, UK.

If you would like to set up a standing order, you will need to apply in writing (please complete and print out the online standing order form and send it to us at the address above).

If you would like further information please contact us at: [info@humangivens.com](mailto:info@humangivens.com) or call our office on **+44 (0)1323 811662**.



## FURTHER TITLES OF INTEREST

### **Godhead: the brain's big bang – the explosive origin of creativity, mysticism and mental illness**

HG Publishing. Joe Griffin and Ivan Tyrrell. £20.00  
ISBN: 978-1-899398-27-0 Available from HG Publishing.

### **Transforming tales**

Rob Parkinson. Jessica Kingsley Publishers (2009) £17.59  
ISBN-10: 1843109743

### **Why gender matters: what parents and teachers need to know about the emerging science of sex differences**

Leonard Sax, Broadway Books (2006). Paperback £9.85  
ISBN: 0-767916-255

### **Opening Skinner's box: great psychological experiments of the twentieth century**

Lauren Slater, Bloomsbury Publishing Plc. (2005). Paperback £6.99.  
ISBN: 978-0747568605

### **Loneliness: human nature and the need for social connection**

John T. Cacioppo and William Patrick, W.W. Norton (2009).  
Paperback £12.99 ISBN: 978-0393335286

### **My voice will go with you: the teaching tales of Milton H Erickson**

Edited/commentary by Sidney Rosen, WW Norton & Co Ltd (1991).  
Paperback £9.95 ISBN: 0-393301-354

### **A user's guide to the brain**

John Ratey, Abacus (2003). Paperback £9.99  
ISBN: 0-349112-967.ZZ

### **The optimistic child**

Martin Seligman, Random House (2007). Paperback £14.95  
ISBN: 0-618918-094.

### **Doctoring the mind: why psychiatric treatments fail**

Richard Bentall. Allen Lane. Penguin (2010) Paperback £9.99  
ISBN: 978-0141023694

### **Anger: the misunderstood emotion**

Carol Tavris, Touchstone Books (1989, revised edition). (Used copies often available on Amazon, title listed only as 'Anger' ISBN 0-671675-230).

### **Introducing mind and brain**

Angus Gellatly and Oscar Zarate, Icon Books Ltd (2007).  
Paperback £6.99 ISBN: 1-840468-548.

### **In search of solutions: a new direction in psychotherapy**

B O'Hanlon, M Weiner-Davis, W W Norton & Co Ltd (2003).  
Paperback £14.99 ISBN: 0-393704-378

### **Social intelligence: the new science of human relationships**

Daniel Goleman, Arrow Books Ltd (2007).  
Paperback £10.99 ISBN: 978-0099464921

### **Mad in America: bad science, bad medicine, and the enduring mistreatment of the mentally ill**

Robert Whitaker, Basic Books (May 2010). £10.99 ISBN: 0465020143

### **The female brain**

Louann Brizendine, Bantam (2008). Paperback £8.99  
ISBN: 978-0553818499

### **Taking sex differences seriously**

Steven R. Rhoads, Encounter Books USA (New edition May 2005).  
Paperback £9.99. ISBN: 978-1594030918

### **The sickening mind: brain, behaviour, immunity and disease**

Paul Martin, Flamingo (1998). Paperback £10.99. ISBN: 0-006550-228

### **Why marriages succeed or fail**

John Gottman, Bloomsbury (2007). Paperback £7.99 ISBN: 0-747593-604

### **Why Freud was wrong: sin, science and psychoanalysis**

Richard Webster, The Orwell Press (2005). Paperback £16.95  
ISBN: 0-951592-254

### **The Jung cult**

Richard Noll, Free Press (1997).  
Paperback £14.00 ISBN: 0-684834-235

### **The right mind**

Robert Ornstein, Harcourt Brace International (1998). Paperback. ISBN: 0-151003-246. (Available via Amazon).

### **The nurture assumption: why children turn out the way they do**

Judith Rich Harris, Bloomsbury (1999). Paperback  
ISBN: 0-747548-943 (used versions often available via Amazon).  
Revised & updated edition, Free Press (2009).  
ISBN: 978-1439101650 (available via Amazon).

### **Emotional intelligence**

Daniel Goleman, Bantam Books (2005). Paperback £8.99  
ISBN: 0-553383-71X

## HOW TO ORDER

**BY TELEPHONE:** To order any of the books or CDs available from HG Publishing, or to subscribe to the Journal, simply call our office on **01323 811662** with your credit/debit card details.

**ONLINE:** Alternatively, you can subscribe or order items securely online at: **www.humangivens.com**

**BY POST:** For UK orders, we can also accept cheques (made payable to 'Human Givens Publishing Ltd') for the total amount including postage and packing (as detailed below). Please send this along with the details of what you would like to order and your address, to:

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