

Stage Four

These resources offer strategies to manage all types of problematic Stage Four hooks; overcome negative feelings and challenge self-defeating beliefs; build self-acceptance; overcome anger, anxiety and depression; learn assertiveness and much more.

Books

[The Disease To Please: Curing the People-Pleasing Syndrome](#)

By Harriet B. Braiker

[From Panic to Power: Proven Techniques to Calm Your Anxieties, Conquer Your Fears, and Put You in Control of Your Life](#)

By Lucinda Bassett

Reduce anxiety and fear to feel more confident

[Feel the Fear . . . and Do It Anyway](#)

By Susan Jeffers

Activate courage and overcome fear!

[The Feeling Good Handbook](#)

By David D. Burns

[Ten Days to Self-Esteem](#)

By David D. Burns

Develop a more positive outlook on life in a short amount of time

[Self-Esteem: A Proven Program of Cognitive Techniques for Assessing, Improving, and Maintaining Your Self-Esteem](#)

By Matthew McKay & Patrick Fanning

[The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships](#)

By Randy J. Paterson Ph.D

Tools and techniques to communicate confidently in your relationships

[Time Warrior: How to defeat procrastination, people pleasing, self-doubt, over-commitment, broken promises and chaos](#)

By Steve Chandler

[Boundaries: When to Say Yes, How to Say No to Take Control of Your Life](#)

By Henry Cloud & John Townsend

[The Art of Staying Together](#)

By Michael S. Broder Ph.D

[Can Your Relationship Be Saved? How to Know Whether to Stay or Go](#)

By Michael S. Broder Ph.D

[The Art of Living Single](#)

By Michael S. Broder Ph.D

[Reason and Emotion in Psychotherapy: A New and Comprehensive Method of Treating Human Disturbances](#)

By Albert Ellis

[A Guide to Rational Living](#)

By Albert Ellis

[Mindfulness for Beginners: Reclaiming the Present Moment--and Your Life](#)

By Jon Kabat-Zinn

Learn the basics of transforming how you think and feel.

[A Mindfulness-Based Stress Reduction Workbook](#)

By Bob Stahl and Elisha Goldstein

This workbook provides scientifically based tools to lead a more centered and present life.

Audio Programs

[Crucial Choices & Major Life Changes](#)

By Michael S. Broder Ph.D

[How to Develop Self-Confidence and a Positive Self-Image: Permanently And Forever](#)

By Michael S. Broder Ph.D

[Overcoming Your Anxiety: In The Shortest Time Possible](#)

By Michael S. Broder Ph.D

[Overcoming Your Depression: In The Shortest Time Possible](#)

By Michael S. Broder Ph.D

[Overcoming Your Anger: In The Shortest Time Possible](#)

By Michael S. Broder Ph.D

Articles

[The Meaning of Life \(in Under 300 Words\)](#)

By Jeremy Dean

Looking at the four factors that influence how fulfilled and satisfied we feel about our lives.

[Later: What does procrastination tell us about ourselves?](#)

By James Surowiecki

An insightful look into procrastination.

[Do You Really Like Me?](#)

By Lybi Ma

Seeking approval from others is exhausting and never satisfying.

[The Halo Effect](#)

By Martha Beck

Approval seeking and how to gain mastery over it.

[How To Love Yourself First](#)

By Ken Page LCSW

[Why You Can't Say No](#)

By Hara Estroff Marano

[How To Raise Your Self-Esteem](#)

By Stanley J. Gross Ed.D

What is self-esteem and how to strengthen it.

[10 Secrets for Instant Self-Confidence](#)

By Ali Hale

Ten quick ways to boost self-confidence.

Websites

[More Self-Esteem](#)

Provides helpful information, articles, tips, courses and recommended products, which will enable you to improve your self-esteem and confidence.

[Psychology Today: Procrastination](#)

Articles to help you overcome procrastination and get things done.

[Psychology Today: Assertiveness](#)

Articles on assertiveness: What is it and how can we harness it in our daily lives.

[Psychology Today: Self-Esteem](#)

List of articles on self-esteem and self-worth: It's importance and how to increase it for healthier functioning.

[Psychology Today: Anxiety](#)

General overview of anxiety and relevant articles.

[Psychology Today: Self-Help](#)

Resources and articles on various Stage Four topics

[Windy Dryden](#)

Windy Dryden is one of the leading practitioners and trainers in the UK in the Cognitive Behavior Therapy (CBT) tradition of psychotherapy. The author of over 200 books, he is best known for his work in Rational-Emotive Cognitive Behavior Therapy (RECBT), a leading CBT approach. His website has an extremely comprehensive selection of excellent self-help books, in addition to his own.

Have a resource that helped you or think could help others? Please share it with us in the comments section below. Stage Climbing is constantly evolving and searching for resources that could benefit our community. We value your comments and feedback, so let us know how we can make this section better.