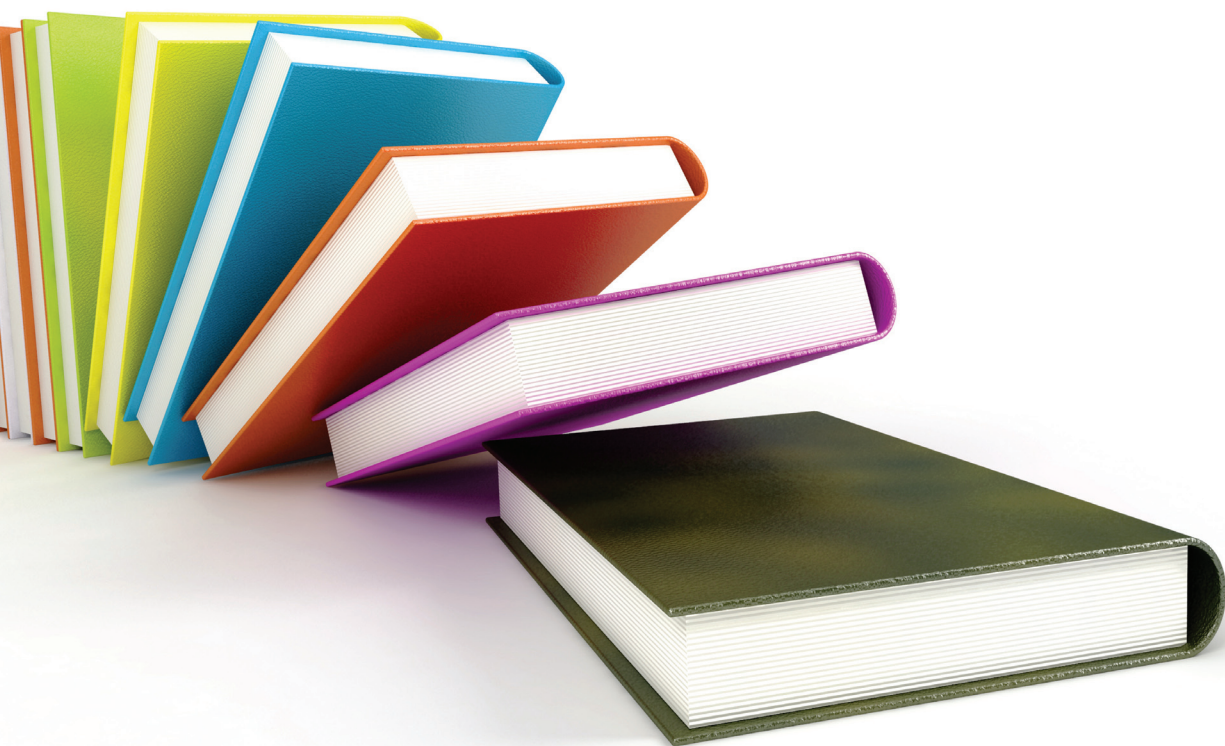


Healthy Reading: Library Booklist



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| Anger | | | |
|--|----------------------|---------------------|-------------|
| Title | Author | Publisher | ISBN |
| Overcoming Anger and Irritability: A self-help guide using Cognitive Behavioural Techniques | W. Davies | Robinson: London | 1854875957 |
| Managing Anger: Simple steps to dealing with frustration and anger | G. Lindenfield | Thorsons | 000-7100345 |
| The Anger Control Workbook: Simple, innovative techniques for managing anger and developing healthier ways of relating | M. McKay & P. Rogers | New Harbinger Press | 1572242205 |

| Anxiety - Depression | | | |
|--|-----------------------------|---------------------------------|------------|
| Title | Author | Publisher | ISBN |
| Mind over Mood | D. Greenberger & C. Padesky | Guilford Press | 0898621283 |
| Manage your mind: The mental fitness guide | G. Butler & T. Hope | Oxford University Press: Oxford | 0198527721 |

| Anxiety - Panic | | | |
|--|------------------------------|-------------------------|-------------|
| Title | Author | Publisher | ISBN |
| Overcoming Anxiety: A self-help guide using Cognitive Behavioural Techniques | H. Kennerley | Robinson: London | 1854874225 |
| Overcoming Panic: A self-help guide using Cognitive Behavioural Therapy | D. Silove & V. Manicavasagra | Constable & Pobinson | 1854877011 |
| Understanding Panic Attacks and Overcoming Fear | R. Baker | Lion Publishing: Oxford | 0-745933130 |
| Use your Brain to Beat Panic and Anxiety: The complete guide to understanding and tackling anxiety disorders | J. Illman | Cassell Illustrated | 1844031373 |

| Anxiety - Societal | | | |
|---|-------------|------------------|------------|
| Title | Author | Publisher | ISBN |
| Overcoming Social Anxiety and Shyness: A self-help guide using Cognitive Behavioural Techniques | G. Butler | Robinson: London | 1854877038 |
| Overcoming Anxiety | C. Williams | Hodder Arnold | 034081005x |

| Assertiveness and Communication | | | |
|--|----------------|---------------------|-------------|
| Title | Author | Publisher | ISBN |
| The Assertiveness Workbook: How to express your ideas and stand up for yourself at work and in relationships | R. J. Paterson | New Harbinger Press | 1572242094 |
| Confidence works: Learn to be your own life coach | G. McMahon | Sheldon Press | 0-859698696 |

| Bereavement | | | |
|---|--|------------------------------|---------------|
| Title | Author | Publisher | ISBN |
| Through Grief | E. Collick & C. Rayner | Darton, Longman & Todd Ltd | 0-232516820 |
| Death and How to Survive It: A unique, practical guide to coming to terms with the loss of your partner | K. Boydell | Vermillion | 00-91902576 |
| Living with Loss and Grief | J. Tugendhat | Sheldon | 0-859699447 |
| Losing a Child: Explorations in grief | L. Hurcombe | Sheldon Press | 0-859698866 |
| Bipolar Disorder | | | |
| Title | Author | Publisher | ISBN |
| A Lifelong Journey: Staying well with manic depression/bipolar disorder | S. Russell | Michelle Anderson Publishing | 0-855723572 |
| The Bipolar Disorder Survival Guide: What you and your family need to know | D. J. Miklowitz | Guilford | 1572305258 |
| Caring | | | |
| Title | Author | Publisher | ISBN |
| Living with Mental Illness: A book for relatives and friends | E. Kuipers & P. Bebbington | Souvenir Press | 0-28563741x |
| Mental Illness: A handbook for carers | Edited by R. Ramsay, C. Gerada, S. Mars & G. Szumukler | Jessica Kingsley Press | 1853029343 |
| When Someone you Love has Depression | B. Baker | Sheldon Press | 0-859699064 |
| Living with the Black Dog: How to cope when your partner is depressed | C. Carr | White Ladder Press Ltd | 9781905410101 |
| Childhood Trauma | | | |
| Title | Author | Publisher | ISBN |
| The Courage to heal workbook: For women and men survivors of child sexual abuse | L. Davis | Perennial (Harper Collins) | 00-60964375 |
| Breaking Free Workbook: Practical help for survivors of child sexual abuse | C. Ainscough & K. Toon | Sheldon Press | 0-859698041 |
| Overcoming Childhood Trauma: A self-help guide using Cognitive Behavioural Techniques | H. Kennerley | Robinson | 1841190810 |

| Chronic Pain | | | |
|---|---------------|----------------------------|------------|
| Title | Author | Publisher | ISBN |
| Overcoming Chronic Pain: A self-help guide using Cognitive Behavioural Techniques | F. Cole et al | Constable and Robinson | 1841199702 |
| Fibromyalgia and Chronic Myofascial Pain | D. Starlanyl | New Harbinger Publications | 1572242388 |

| Chronic Fatigue | | | |
|--|------------|------------------|------------|
| Title | Author | Publisher | ISBN |
| Overcoming Chronic Fatigue: A self-help guide using Cognitive Behavioural Techniques | M. Burgess | Robinson: London | 1841199427 |

| Dementia | | | |
|---------------------------------|---------------|-----------------------------------|---------------|
| Title | Author | Publisher | ISBN |
| Living with Alzheimer's Disease | Dr T. Smith | Sheldon Press | 0-859699560 |
| The Simplicity of Dementia | H. Buijssen | Jessica Kingsley Publishers | 1843103214 |
| Alzheimer's and Other Dementias | H. Cayton | Class Publishing | 1859591485 |
| Keeping Busy | J. R. Dowling | The John Hopkins University Press | 9780801850592 |
| Dementia Reconsidered | T. Kitwood | Open University Press | 0335198554 |
| The 36-hour Day | N. L. Mace | The John Hopkins University Press | 9780801885099 |

| Depression | | | |
|---|-----------------------|-----------------------------|---------------|
| Title | Author | Publisher | ISBN |
| Overcoming Depression: A self-help guide using Cognitive Behavioural Techniques | P. Gilbert | Constable | 1841191256 |
| Coming off Anti-depressants | J. Glenmullen | Robinson | 1841191256 |
| Use your Brain to Beat Depression | J. Illman | Cassell | 1844031969 |
| Climbing out of Depression: A practical guide for sufferers | S. Atkinson | Lion Publishing | 0-745922481 |
| Moving on from Depression | C. Rayner & E. Spring | Mind | 1903567688 |
| Coping with Postnatal Depression | Dr S. L. Wheatley | Sheldon Press | 0-859699307 |
| Overcoming Depression | C. Williams | Hodder Arnold | 9780340986059 |
| Depression: The way out of your prison | D. Rowe | Routledge | 158391286x |
| Surviving Post Natal Depression | C. Aiken | Jessica Kingsley Publishers | 9781853028618 |

| Eating | | | |
|--|--------------------------|---------------------------|-------------|
| Title | Author | Publisher | ISBN |
| Bulimia Nervosa and Binge Eating: A self help guide using Cognitive Behavioural Techniques | P. J. Cooper | Robinson | 1854871714 |
| Overcoming Binge Eating | C. Fairburn | Guilford Press: London | 0-898621798 |
| Getting Better Bit(e) by Bit(e) | U. Schmidt & J. Treasure | Psychology Press | 0-863773222 |
| Overcoming Anorexia Nervosa | C. Freeman & P. Cooper | Robinson: London | 1854879693 |
| Diet of Despair: A book about eating disorders for young people and their families | A. Paterson | Lucky Duck Publishing Ltd | 1873942192 |
| The Food and Mood Handbook | A. Geary | Thorsons | 000-7114230 |
| Overcoming Weight Problems | J. Gauntlett-Gilbert | Robinson Publishing | 1845290682 |

| Healthy Living | | | |
|---|--------------|---------------------|---------------|
| Title | Author | Publisher | ISBN |
| How to Accept Yourself | Dr W. Dryden | Sheldon Press | 0-859699420 |
| The Kitchen Sink: Foods and recipes for a healthy mind | N. Savona | DBP | 1-876490-43-X |
| Learn to Balance your Life | M. & J. Hinz | DBP | 1844830144 |
| Overcoming your smoking habit: A self-help Guide using Cognitive Behavioural Techniques | D. F. Marks | Robinson Publishing | 1845290674 |

| Intense Emotions | | | |
|--|----------------|----------------------------|---------------|
| Title | Author | Publisher | ISBN |
| Managing Intense Emotions and Overcoming Self-destructive Habits: A self-help manual | L. Bell | Brunner-Routledge | 1583919155 |
| Don't Let your Emotions Run your Life | S. E. Spradlin | New Harbinger Publications | 9781572243095 |

| Obsessions And Compulsions | | | |
|--|------------------------|------------------|------------|
| Title | Author | Publisher | ISBN |
| Overcoming Obsessive Compulsive Disorder: A self-help guide using Cognitive Behavioural Techniques | D. Veale & R. Willson | Robinson: London | 1841199362 |
| Overcoming Compulsive Gambling: A self-help guide using Cognitive Behavioural Techniques | A. Blaszczynski | Robinson: London | 1854874845 |
| Obsessive Compulsive Disorder: And how to overcome it | Dr F. Toates | Class | 1859590691 |
| Freedom from Addiction: The secret behind successful addiction busting | J. Griffin & I. Tyrell | HG Publishing | 1899398465 |

| Paranoid Thoughts | | | |
|---|-------------------------------------|-----------|------------|
| Title | Author | Publisher | ISBN |
| Overcoming Paranoid and Suspicious Thoughts: A self-help guide using Cognitive Behavioural Techniques | D. Freeman, J. Freeman, & P. Garety | Robinson | 1845292197 |

| Phobias | | | |
|--|-----------|-------------------------|------------|
| Title | Author | Publisher | ISBN |
| An Introduction to Coping with Phobias | B. Hogan | Robinson | 1845292898 |
| Overcoming Panic, Anxiety and Phobias: New strategies to free yourself from worry and fear | S. Babior | Whole Person Associates | 1570250723 |

| PTSD and Trauma | | | |
|--|-------------------------|------------------|------------|
| Title | Author | Publisher | ISBN |
| Overcoming Traumatic Stress | C. Herbert & A. Wetmore | Robinson: London | 1841190160 |
| It's My Life Now: Starting over after an abusive Relationship or domestic violence | M. K. Dugan | Routledge | 0415923251 |

| Relationships and Sexual Health | | | |
|---|--------------------------|--|-------------|
| Title | Author | Publisher | ISBN |
| Overcoming Relationship Problems: A self-help guide using Cognitive Behavioural Techniques | M. Crowe | Robinson | 1845290666 |
| Overcoming Sexual Problems: A self-help guide using Cognitive Behavioural Techniques | V. Ford | Robinson: London | 1845290690 |
| Stop Arguing and Start Talking | S. Quillam (Relate) | Vermilion | 00-91856698 |
| The Seven Principles for Making Marriage Work | J. Gottman & N. Silver | Orion Paperbacks | 0-752837265 |
| Communication Miracles for Couples: Easy and effective tools to create more love and less conflict | J. Robinson | Conari Press | 1573240834 |
| The Relationship Cure: A 5 step guide for building better connections with family, friends and lovers | J. Gottman & J. Declaire | Crown | 0-609608096 |
| The Good Vibrations Guide to Sex | C. Winks & A. Semans | Cleis Press | 1573441589 |
| The New Male Sexuality | B. Zibergeld | Bantam Doubleday Dell Publishing Group | 0553380427 |

| Relaxation | | | |
|--|--------------|---------------------------|------------|
| Title | Author | Publisher | ISBN |
| Relaxation: Exercises and inspirations for wellbeing | Dr S. Brewer | Duncan Baird Publishers | 1904292070 |
| The Relaxation and Stress Reduction Workbook | M. Davis | New Harbinger Publication | 1572245492 |

| Self-Esteem | | | |
|--|------------|---------------------|-------------|
| Title | Author | Publisher | ISBN |
| Overcoming Low Self-Esteem: A self help guide using Cognitive Behavioural Techniques | M. Fennell | Robinson: London | 1854877259 |
| Creating a Positive Self-Image | U. Markham | Sterling Pub Co Inc | 185230622x |
| The Power of Positive Thinking | N. Peale | Fawcett | 0-749307153 |
| Feel the Fear and Do It Anyway | S. Jeffers | Rider & Co | 0099741008 |

| Self Harm | | | |
|--|-------------|--------------|---------------|
| Title | Author | Publisher | ISBN |
| Healing the Hurt Within: Understand self-Injury and self-harm, and heal the emotional wounds | J. Sutton | How To Books | 1845280369 |
| Who's Hurting Who? Young people, self-harm, and suicide | H. Spandler | 42nd Street | 9781874690320 |

| Sleeping Problems | | | |
|--|---------------|----------------------|-------------|
| Title | Author | Publisher | ISBN |
| Learn To Sleep Well | C. Idzikowski | DBP | 0-811828948 |
| Overcoming Insomnia and Sleep Problems: A self-help guide using Cognitive Behavioural Techniques | C. Espie | Constable & Robinson | 1845290704 |
| Learn to Sleep Well Kit (Includes audio CD) | C. Idzikowski | Duncan Baird | 1903296927 |

| Stress | | | |
|------------------------|------------|--------------------------|---------------|
| Title | Author | Publisher | ISBN |
| How To Stop Worrying | F. Tallis | Sheldon Press | 0-859696103 |
| The Big Book Of Stress | R. Epstein | Mcgraw-Hill Professional | 9780070218666 |

| Substance Misuse | | | |
|---|----------------------|------------------------|------------|
| Title | Author | Publisher | ISBN |
| Controlling your Drinking | W. Miller & R. Munoz | Guilford Press: London | 1572309032 |
| Overcoming Problem Drinking: A self-help guide using Cognitive Behavioural Techniques | M. Spada | Robinson | 1845291123 |

| User Perspectives | | | |
|--|--------------------------|--------------------|-------------|
| Title | Author | Publisher | ISBN |
| Stop Paddling, Start Sailing: A journey and some ideas | R. Smith | Publish Britannica | 141372020x |
| Sunbathing in the Rain: A cheerful book about depression | G. Lewis | Flamingo | 000-7232802 |
| To Walk on Eggshells | J. Johnstone | The Cairn | 0-954809211 |
| You Don't Have to be Famous to Have Manic Depression | J. Thomas & Dr T. Hughes | Penguin | 0-718149688 |

Healthy Reading: Adult Reading for Children and Adolescents

| Parenting | | | |
|--|---------------------------------|---------------------------------------|-------------|
| Title | Author | Publisher | ISBN |
| New Toddler Taming | C. Green | Vermilion | 00-91902584 |
| Beyond Toddlerdom | C. Green | Vermilion | 00-91816246 |
| Understanding ADHD | C. Green | Vermilion | 00-91817005 |
| The Secret of Happy Children | S. Biddulph | Thorsons | 0-722536690 |
| How to Talk so Kids Will Listen and Listen so Kids Will Talk | A. Faber & E. Maxlish | Piccadily Press Ltd | 1853407054 |
| Siblings Without Rivalry | A. Faber & E. Mazlish | Piccadily Press Ltd | 1853406309 |
| Helping Your Anxious Child | R. Rapee, S. Spence & V. Cobham | New Harbringer Publications | 1572241918 |
| Helping Children Cope with Divorce | R. Wells | Sheldon Press | 0-859697770 |
| Finding Out About Aspergers Syndrome: High Functioning Autism and PDD | G. Gerland | Jessica Kingsley Publishers | 1853028401 |
| Helping Children with Dyspraxia | M. Boon | Jessica Kingsley Publishers | 1853028819 |
| A Practical Guide to Dyslexia | J. Blight | Egon Publishers Ltd | 0-905858336 |
| Solving Children's Sleep Problems | L. Quine | Beckett-Karlson | 1901292010 |
| Helping Children Cope with Grief | R. Wells | Sheldon Press | 0-85969599X |
| Waterbugs and Dragonflies: Explaining death to young children | D. Stickney & G. Hernandez | Pilgrim Press/ United Church Press | 0-82981180X |
| No More Bedwetting: How to help your children stay dry | S. Arnold | John Wiley & Sons | 0-470857552 |
| Coping with Depression in Young People: a guide for parents | C. Fitzpatrick & J. Sharry | John Wiley & Sons | 0-470857552 |
| Overcoming your Child's Fears and Worries: A self-help guide using Cognitive Behavioural Techniques | C. Cresswell & L. Willetts | Robinson | 1845290860 |
| Overcoming your Child's Shyness and Social Anxiety: A self-help guide using Cognitive Behavioural Techniques | C. Cresswell & L. Willetts | Robinson | 1845290879 |
| When Your Child Is Bullied | J. Alexander | Pocket Books | 1416522352 |
| Raising Boys | S. Biddulph | Harper Thorsons | 0007153694 |
| Raising Our Children | L. Goldman | Routledge | 0415949068 |

| Children/Adolescents | | | |
|--|---------------------------|----------------------------|-------------|
| Title | Author | Publisher | ISBN |
| Getting Through Anxiety with CBT: A young person's guide | B. Gurney-Smith | Blue Stallion Publications | 1904127053 |
| Getting Through Depression with CBT: A young person's guide | A. Farrington & L. Dalton | Blue Stallion Publications | 1904127061 |
| The Huge Bag of Worries | V. Ironside & F. Rogers | Hodds Wayland | 0-750021241 |
| Going Up!: The No-worries Guide to Secondary School | J. Alexander | A & C Black Publishers Ltd | 0-713669748 |
| Bullies, Bigmouths and So-called Friends | J. Alexander | Hodder Children's Books | 0-340911840 |

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