



# HEALTHY READING Booklist

Westhill Library

## Anxiety and Panic

Title	Author	Publisher	ISBN
Overcoming Anxiety: A self-help guide using Cognitive Behavioural Techniques	H. Kennerly	Robinson: London	1854874225
Overcoming panic: a self-help guide using Cognitive Behavioural Therapy	D. Silvoe & V. Manicavasagra	Constable & Robinson	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

## Societal Anxiety

Title	Author	Publisher	ISBN
Overcoming Social Anxiety and Shyness: A self-help guide using Cognitive Behavioural Techniques	G. Butler	Robinson: London	1854877038

## Phobias

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
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

## Relaxation

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
Relaxation: exercises and inspirations for wellbeing	Dr S. Brewer	Duncan Baird Publishers	1904292070

## Depression and Anxiety

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
Mind Over Mood	D. Greenberger & C. Padesky	Guilford Press	898621283
Manage Your Mind: The Mental Fitness Guide	G. Butler & T. Hope	Oxford University Press: Oxford	198527721

## Depression

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
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

## Stress

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
How to stop worrying	F. Tallis	Sheldon Press	0-859696103

## Self-Esteem

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
Overcoming Low Self-Esteem: A self help guide using Cognitive Behavioural Techniques	M. Fennell	Robinson: London	1854877259
Creating a Positive Self-image	U. Markham		185230622X
The Power of Positive Thinking	N. Peale		0-749307153
Feel the Fear and Do It Anyway	S. Jeffers		0-99741008

## Anger

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
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

## Obsessions and Compulsions

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
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

## Chronic Pain

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
Overcoming chronic pain: A self-help guide using CBT	F. Cole et al	Constable and Robinson	1841199702

## Chronic Fatigue

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

## PTSD and Trauma

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
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. Kennedy & R.R. Hock	Routledge	0-415923581

## Relationships and Sexual Health

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
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

## Substance Misuse

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
Controlling your drinking	W. Miller & R. Munoz	Guilford Press: London	1572309032
Overcoming problem drinking: a self-help guide using CBT	M. Spada	Robinson	1845291123

## Childhood Trauma

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
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. Kennerly	Robinson	1841190810

## Self Harm

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
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	42 <sup>nd</sup> Street	

## Sleeping Problems

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
Learn to sleep well	C. Idzikowski	DBP	0-811828948
Overcoming insomnia and sleep problems: a self-help guide using CBT	C. Espie	Constable & Robinson	1845290704
Learn to sleep well kit (includes audio CD)	C. Idzikowski	Duncan Baird	1903296927

## Assertiveness and Communication

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
The assertiveness workbook: how to express your ideas and stand up for yourself at work and in relationships	R.J. Peterson	New Harbinger Press	1572242094
Confidence works: learn to be your own life coach	G. McMahon	Sheldon Press	0-859698696

## Bereavement

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
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

## Caring

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
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. Rmasay, C. Gerada, S. Mars & G. Szmukler	Jessica Kingsley Press	1853029343
When someone you love has depression	B. Baker	Sheldon Press	0-859699064

## Eating

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
Bulimia Nervosa and Binge Eating: a self help guide using CBT	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: a self-help guide using CBT	J. Guantlett-Gilbert & C. Grace	Robinson	1845290682

## Healthy Living

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
How to accept yourself	Dr W. Dryden	Sheldon Press	0-859699420
The kitchen sink: foods and recipes for a healthy mind	N. Savona	DBP	
Learn to balance your life	M. & J. Hinz	DBP	1844830144
Overcoming Your Smoking Habit: a self-help guide using CBT	D.F. Marks	Robinson Publishing	1845290674

## Dementia

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
Living with Alzheimer's Disease	Dr T. Smith	Sheldon Press	0-859699560

## Bipolar Disorder

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
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

## Paranoid Thoughts

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
Overcoming paranoid and suspicious thoughts: a self-help guide using CBT	D. Freeman, J. Freeman, & P. Garety	Robinson	1845292197

## Intense Emotions

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
Managing intense emotions and overcoming self-destructive habits: a self-help manual	L. Bell	Brunner-Routledge	1583919155

## User Perspectives

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
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 & Adolescents

### Parenting

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
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	D. Stickney & G. Hernandez	Pilgrim Press / United	0-82981180X

Death to Young Children		Church Press	
No More Bedwetting: How to Help Your Children Stay Dry	S. Arnold	John Wiley & Sons	0-750021241
Coping with depression in young people: a guide for parents	C. Fitzpatrick & J. Sharry	John Wiley & Sons	0-470857552
Overcoming your childs fears and worries: a self-help guide using CBT	C. Cresswell & L. Willetts	Robinson	1845290860
Overcoming your childs shyness and social anxiety: a self-help guide using CBT	C. Cresswell & L. Willetts	Robinson	1845290879
When Your Child Is Bullied	J. Alexander	Pocket Books	1416522352

## Healthy Reading: Reading for Children / Adolescents

### Children/Adolescents

<b>Title</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
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