

SELF-HELP BOOK LIST

Subject	Title	Author
Anger	Overcoming Anger and Irritability	W. Davies
	Managing Anger	G. Lindenfield
Anxiety	Overcoming Anxiety	H. Kennerly
	Anxiety and Phobia Workbook	E. Bourne
	Introduction to Coping with Anxiety	L. Brosan & B.Hogan
	How to master anxiety	J. Griffin & I. Tyrrell
Bereavement	You'll get over it: Rage of bereavement	V. Ironside
	Living With Grief	T. Lake
	A Grief Observed	C.S. Lewis
Confidence	The Little Book of Confidence	S. Jeffers
	Instant Confidence	P. McKenna
Depression & low mood	Mind over Mood	D. Greenberger & C. Padesky
	Overcoming Depression	P. Gilbert
	Overcoming Mood Swings	J. Scott
	The Feeling Good Handbook	D. Burns
	Introduction to Coping with Depression	L. Brosan & B. Hogan
	Manage Your Mind: The Mental Fitness Guide	G. Butler & T. Hope
	Depression: The way out of your prison	D. Rowe
	How to lift depression	J. Griffin & I. Tyrrell
Eating disorders	Breaking free from anorexia nervosa: survival guide for families, friends and sufferers	J.Treasure
	Bulimia Nervosa and Binge Eating	P. Cooper
	Getting better bit(e) by bit(e)	U. Schmidt & J. Treasure
	Overcoming Anorexia Nervosa	C. Freeman & P. Cooper
	Bulimia Nervosa: A Cognitive Therapy Programme for Clients	M. Cooper, G. Todd & A. Wells
	Overcoming Binge Eating	C. Fairburn
Exams	The Exam Skills Handbook	S. Cottrell
	The Student's Guide to Exam Success	E. Tracy
Family life	Families and how to survive them	R. Skynner & J. Cleese
Gambling	Overcoming Compulsive Gambling	A. Blaszczynski
Obsessive Compulsive Disorder	Overcoming Obsessive Compulsive Disorder	D. Veale & R. Willson
	Obsessive Compulsive Disorder	F. Toates & O. Coschug-Toates
	Understanding Obsessions and Compulsions	F. Tallis
	Brain lock – how to free yourself from OCD	J. Schwartz

Panic	Overcoming Panic	D. Silove
	Panic Attacks	C. Ingham
Relationships	Overcoming Relationship Problems	M. Crowe
	Nonviolent Communication	M. Rosenberg
Self-esteem	Overcoming Low Self Esteem	M. Fennel
	Self-Esteem for women	L. Field
	Self-Esteem	G. Lindenfield
	10 Days to Great Self Esteem	D. Burns
Sexual abuse	Breaking Free	C. Ainscough & K. Toon
	Overcoming Childhood Trauma	H. Kennerly
Social anxiety	Overcoming Social Anxiety and Shyness	G. Butler
	Overcoming Loneliness and Making Friends	M. Csoti
Stress	The Relaxation and Stress Reduction Workshop	David, Robbins, Eshelman & McKay
	Managing Stress: Teach Yourself	T. Looker & O. Gregson
	Overcoming Traumatic Stress	C. Herbert & A. Wetmore
Student life	Student Life: A Survival Guide,	N. Roe
Worrying	How to stop worrying	F. Tallis