

## Reading Well for mental health booklist

Title	Author(s)	ISBN	Date	Other format
<b>Introductions to Therapies and Approaches</b>				
<b>Cognitive Behavioural Therapy (CBT)</b>				
Introducing Cognitive Behavioural Therapy (CBT): A Practical Guide	Elaine Iljon Foreman, Clair Pollard	978-1848312548	2011	ebook 9781848313231
<b>Mindfulness</b>				
Mindfulness: A Practical Guide to Finding Peace in a Frantic World	Mark Williams and Danny Penman	978-0749953089	2011	Enclosed CD, ebook 9780748126514, <a href="#">Soundcloud</a> <a href="#">online audio meditations</a>
<b>Common feelings and experiences</b>				
<b>Anger</b>				
Overcoming Anger and Irritability, 2nd edition: A Self-help Guide using Cognitive Behavioural Techniques	William Davies	978-1472120229	2016	ebook 9781472120465, downloadable resources <a href="http://www.overcoming.co.uk">www.overcoming.co.uk</a> , <a href="#">app also available</a>
<b>Bereavement and loss</b>				
An Introduction to Coping with Grief, 2nd edition	Sue Morris	978-1472140081	2017	ebook 9781472140098, downloadable resources <a href="http://www.overcoming.co.uk">www.overcoming.co.uk</a> , <a href="#">app also available</a>
Grief Works: Stories of Life, Death and Surviving	Julia Samuel	978-0241270745	2017	ebook 9780241270752, audiobook 9780241980569
The Essential Guide to Life After Bereavement: Beyond Tomorrow	Judy Carole Kauffmann and Mary Jordan	978-1849053358	2013	ebook 9780857006691
<b>Low self-esteem</b>				

Overcoming Low Self-Esteem, 2nd edition: A Self-Help Guide Using Cognitive Behavioural Techniques	Melanie Fennell	978-1472119292	2016	ebook 9781472119308, downloadable resources <a href="http://www.overcoming.co.uk">www.overcoming.co.uk</a> , app also available
<b>Social anxiety and shyness</b>				
Overcoming Social Anxiety and Shyness, 2nd edition: A Self-Help Guide Using Cognitive Behavioural Techniques	Gillian Butler	978-1472120434	2016	ebook 9781472120441, downloadable resources <a href="http://www.overcoming.co.uk">www.overcoming.co.uk</a> , app also available
<b>Sleep problems</b>				
The Sleep Book: How to Sleep Well Every Night	Guy Meadows	978-1409157618	2014	ebook 9781409158042
<b>Stress</b>				
Stress Control: A Mind, Body, Life Approach to Boosting Your Well-being	Jim White	978-1472137104	2017	ebook 9781472137111
<b>Self-help books to support mental health</b>				
<b>Wellbeing</b>				
Living Life to the Full: Key Life Skills to Change Your Life	Chris Williams	978-1906564582	2018	digital worksheets, audio recordings and other free online resources <a href="http://www.lttf.com">www.lttf.com</a>
The CBT Handbook: A Comprehensive Guide to Using CBT to Overcome Depression, Anxiety, Stress, Low Self-Esteem and Anger	Pamela Myles and Roz Shafran	978-1780332017	2015	ebook 9781472102362, downloadable resources <a href="http://www.overcoming.co.uk">www.overcoming.co.uk</a> , app also available
Mind Over Mood, 2nd edition: Change How You Feel by Changing the Way You Think	Dennis Greenberger, Christine A. Padesky	978-1462520428	2015	online resources <a href="http://www.guilford.com/MOM2-materials">www.guilford.com/MOM2-materials</a> , ebook 9781462522934 (or website download <a href="#">here</a> )

<b>Depression</b>				
An Introduction to Coping with Depression, 2nd edition	Lee Brosan and Brenda Hogan	978-1472140210	2018	ebook 9781472140227, downloadable resources <a href="http://www.overcoming.co.uk">www.overcoming.co.uk</a> , <a href="#">app also available</a>
Manage Your Mood: How to Use Behavioural Activation Techniques to Overcome Depression	David Veale, Rob Willson	978-1845293147	2007	ebook 9781472137708, downloadable resources <a href="http://www.overcoming.co.uk">www.overcoming.co.uk</a> , <a href="#">app also available</a>
Overcoming Depression, 3rd edition: A Self-Help Guide Using Cognitive Behavioural Techniques	Paul Gilbert	978-1849010665	2009	ebook 9781849011556, downloadable resources <a href="http://www.overcoming.co.uk">www.overcoming.co.uk</a> , <a href="#">app also available</a>
<b>Anxiety and panic</b>				
An Introduction to Coping with Anxiety, 2nd edition	Brenda Hogan and Lee Brosan	978-1472140241	2018	ebook 9781472140234, downloadable resources
Overcoming Anxiety, 2nd edition: A Self-Help Guide Using Cognitive Behavioural Techniques	Helen Kennerley	978-1849018784	2014	ebook 9781472113979, downloadable resources <a href="http://www.overcoming.co.uk">www.overcoming.co.uk</a> , <a href="#">app also available</a>
Overcoming Health Anxiety: A Self-Help Guide Using Cognitive Behavioural Techniques	Rob Willson and David Veale	978-1845298241	2009	ebook 9781849014205, downloadable resources <a href="http://www.overcoming.co.uk">www.overcoming.co.uk</a> , <a href="#">app also available</a>
Overcoming Worry and Generalised Anxiety Disorder, 2nd edition: A Self-Help Guide Using Cognitive Behavioural Techniques	Kevin Meares and Mark Freeston	978-1472107428	2015	ebook 9781472113948, downloadable resources <a href="http://www.overcoming.co.uk">www.overcoming.co.uk</a> , <a href="#">app also available</a>

Overcoming Panic, 2nd edition: A Self-Help Guide Using Cognitive Behavioural Techniques	Vijaya Manicavasagar, Derrick Silove	978-1472135827	2017	ebook 9781472135834, downloadable resources <a href="http://www.overcoming.co.uk">www.overcoming.co.uk</a> , app also available
The Sheldon Short Guide to Phobias and Panic	Kevin Gournay	978-1847093684	2015	ebook 9781847093691
<b>Obsessions and compulsions</b>				
Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT	Fiona Challacombe, Victoria Bream Oldfield, Paul M Salkovskis	978-0091939694	2011	ebook 9781446491843
<b>Other common conditions</b>				
<b>Binge eating and bulimia nervosa</b>				
Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders, 2nd edition	Ulrike Schmidt, Janet Treasure and June Alexander	978-1138797376	2015	ebook 9781317622833
Overcoming Binge Eating, 2nd edition: The Proven Program to Learn Why You Binge and How You Can Stop	Christopher G. Fairburn	978-1572305618	2013	ebook 9781462510788 (also website download <a href="#">here</a> ), supporting digital resources at <a href="http://www.credo-oxford.com">www.credo-oxford.com</a>
<b>Body image and body dysmorphic disorder</b>				
Body Image Problems and Body Dysmorphic Disorder: The Definitive Treatment and Recovery Approach	Chloe Catchpole, Lauren Callaghan, Annemarie O'Connor	978-1911246107	2017	ebook 9781911246114
<b>Mood swings</b>				
Overcoming Mood Swings, 2nd edition: A Self-Help Guide Using Cognitive Behavioural Techniques	Jan Scott	978-1849011297	2010	ebook 9781849014236, downloadable resources

				<a href="http://www.overcoming.co.uk">www.overcoming.co.uk</a> , <a href="#">app also available</a>
<b>Depression and relationships</b>				
Defeating Depression: How to Use the People in Your Life to Open the Door to Recovery	Roslyn Law	978-1849017121	2013	ebook 9781780330808
<b>Postnatal depression</b>				
The Compassionate Mind Approach To Postnatal Depression: Using Compassion Focused Therapy to Enhance Mood, Confidence and Bonding	Michelle Cree	978-1780330853	2015	ebook 9781472104915
<b>Personal stories</b>				
<b>Wellbeing</b>				
A Mindfulness Guide for the Frazzled	Ruby Wax	978-0241972069	2016	ebook 9780241972076, audiobook 9780241976128
Reasons to Stay Alive	Matt Haig	978-1782116820	2015	ebook 9781782115090, audiobook 9781510015975
<b>Bereavement and loss</b>				
A Manual for Heartache	Cathy Rentzenbrink	978-1509824465	2017	ebook 9781509824441, audiobook 9781509844869
<b>Depression</b>				
I Had a Black Dog	Matthew Johnstone	978-1845295899	2009	ebook 9781780339030
The Recovery Letters	James Withey and Olivia Sagan (eds.)	978-1785921834	2017	ebook 9781784504601, <a href="http://www.therecoveryletters.com">www.therecoveryletters.com</a>
<b>Social anxiety</b>				
We're All Mad Here: The No-Nonsense Guide to Living with Social Anxiety	Claire Eastham	978-1785920820	2016	ebook 9781784503437
<b>Support for carers</b>				

Living With a Black Dog	Matthew Johnstone, Ainsley Johnstone	978-1845297435	2007	ebook 9781780339047
The Boy with the Topknot: A Memoir of Love, Secrets and Lies in Wolverhampton	Sathnam Sanghera	978-0141028590	2009	ebook 9780670923090, audiobook 9781510094550, DVD