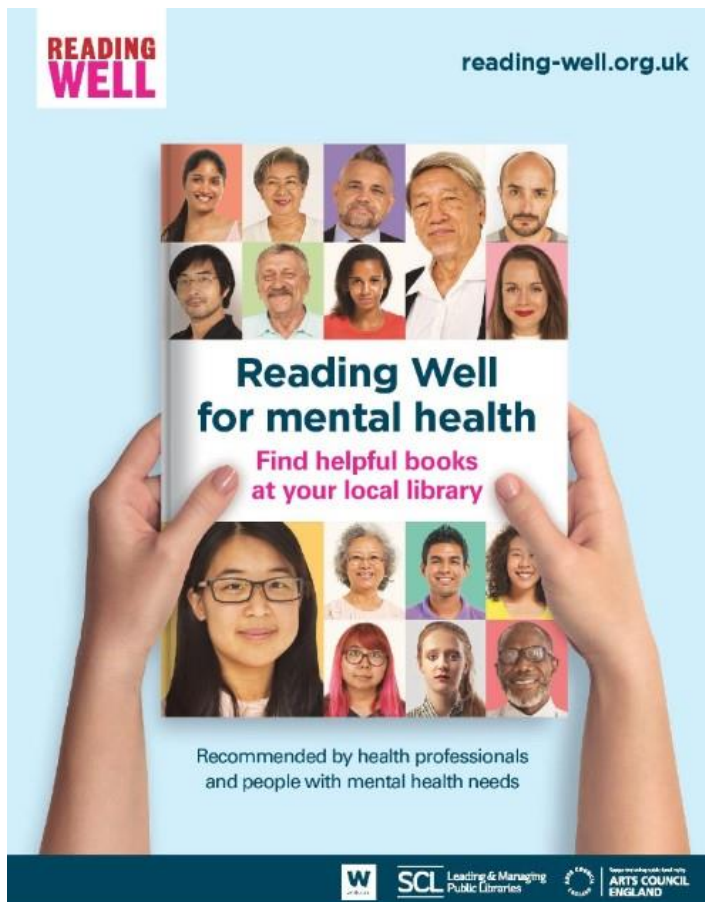


Reading Well - Books on Prescription

Mental Health Needs Reading List – June 2018



A promotional poster for 'Reading Well for mental health'. The poster features a central image of two hands holding a white card. The card displays the title 'Reading Well for mental health' in blue, followed by the subtitle 'Find helpful books at your local library' in pink. The card is surrounded by a grid of diverse people's faces. The background is light blue. At the top left is the 'READING WELL' logo, and at the top right is the website 'reading-well.org.uk'. At the bottom, there are logos for 'W', 'SCL Leading & Managing Public Libraries', and 'ARTS COUNCIL ENGLAND'. Below the poster is the 'THE READING AGENCY' logo.

READING WELL

reading-well.org.uk

**Reading Well
for mental health**

Find helpful books
at your local library

Recommended by health professionals
and people with mental health needs

W **SCL** Leading & Managing Public Libraries **ARTS COUNCIL ENGLAND**

THE READING AGENCY

Topic	Title	Author
Anxiety	An Introduction to Coping with Anxiety. 2 nd edition	Lee Brosnan and Brenda Hogan
	Overcoming Social Anxiety and Shyness: A Self-Help Guide Using Cognitive Behavioural Techniques. 2 nd edition	Dr Gillian Butler
	We're All Mad Here: The No-Nonsense Guide to Living with Social Anxiety	Claire Eastham
	Overcoming Worry and Generalised Anxiety Disorder: A Self-Help Guide Using Cognitive Behavioural Techniques. 2 nd edition	Mark Freeston
	Overcoming Anxiety: A Self-help Guide Using Cognitive Behavioural Techniques	Helen Kennerley
	Overcoming Health Anxiety: A Self-Help Guide Using Cognitive Behavioural Techniques	David Veale and Rob Willson
Bereavement / Grief	The Essential Guide to Life After Bereavement: Beyond Tomorrow	Judy Carole Kauffmann and Mary Jordan
	An Introduction to Coping with Grief. 2 nd edition	Sue Morris
	A Manual for Heartache	Cathy Rentzenbrink
	Grief Works: Stories of Life, Death and Surviving	Julia Samuel
Depression	An Introduction to Coping with Depression. 2 nd edition	Lee Brosnan and Brenda Hogan
	Overcoming Depression: A Self-Help Guide Using Cognitive Behavioural Techniques. 3 rd edition	Paul Gilbert
	Mind Over Mood: Change How You Feel by Changing the Way You Think. 2 nd edition	Dennis Greenberger and Christine A. Padesky

Topic	Title	Author
	I Had a Black Dog	Matthew Johnstone
	Living with a Black Dog	Matthew Johnstone
	Defeating Depression: How to Use the People in Your Life to Open the Door to Recovery	Roslyn Law
	Manage Your Mood: How to Use Behavioural Activation Techniques to Overcome Depression	David Veale and Rob Willson
Eating disorders	Overcoming Binge Eating: The Proven Program to Learn Why You Binge and How You Can Stop. 2 nd edition	Dr Christopher G. Fairburn
	Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders. 2 nd edition	Ulrike Schmidt, Janet Treasure and June Alexander
Moods	Overcoming Anger and Irritability : A Self-Help Guide Using Cognitive Behavioural Techniques	Daniel Freeman and Jason Freeman
	Overcoming Mood Swings: A Self-Help Guide Using Cognitive Behavioural Techniques. 2 nd edition	Jan Scott
OCD	Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT	Dr Fiona Challacombe, Dr Victoria Bream Oldfield and Paul M. Salkovskis
Panic Attacks	Overcoming Panic: A Self-Help Guide Using Cognitive Behavioural Techniques. 2 nd edition	Vijaya Manicavasagar, Derrick Silove
Phobias	The Sheldon Short Guide to Phobias and Panic	Kevin Gournay
Postnatal Depression	The Compassionate Mind Approach to Postnatal Depression: Using Compassion Focused Therapy to Enhance Mood, Confidence and Bonding	Michelle Cree

Topic	Title	Author
Self Esteem	Body Image and Body Dysmorphic Disorder : The Definitive Treatment and Recovery Approach	Chloe Catchpole, Lauren Callaghan and Dr Annemarie O'Connor
	Overcoming Low Self-Esteem: A Self-Help Guide Using Cognitive Behavioural Techniques. 2 nd edition	Melanie Fennell
Sleep Disorders	The Sleep Book: How to Sleep Well Every Night	Dr Guy Meadows
Stress	Stress Control: A Mind, Body, Life Approach to Boosting Wellbeing	Jim White
	A Mindfulness Guide for the Frazzled	Ruby Wax
Treatments and Coping Mechanisms	Introducing Cognitive Behavioural Therapy (CBT) : A Practical Guide	Elaine Iljon Foreman and Clair Pollard
	The CBT Handbook: A Comprehensive Guide to Using CBT to Overcome Depression, Anxiety, Stress, Low Self-Esteem and Anger	Pamela Myles and Roz Shafran
	Mindfulness: A Practical Guide to Finding Peace in a Frantic World	Mark Williams and Danny Penman
Memoirs and Personal Stories	Reasons to Stay Alive	Matt Haig
	Living Life to the Full	Chris Williams
	The Boy with the Topknot: A Memoir of Love, Secrets and Lies in Wolverhampton	Sathnam Sanghera
	The Recovery Letters	James Withey and Olivia Sagan (eds)