

Books on Prescription List

Addiction



Overcoming Your Addictions

Dryden, Windy & Mateweychuk, Walter 2000

Anger



Overcoming Anger and Irritability

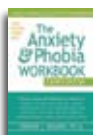
Davies, Will 2000



Managing Anger: simple steps to dealing with frustration & threat

Lindenfield, Gael 2000

Anxiety & Phobia



The Anxiety & Phobia Workbook

Bourne, Edmund J 2005



Beyond Fear

Rowe, Dorothy 2002



Feel the Fear and Do It Anyway

Jeffers, Susan 1991



Getting Through Anxiety With CBT: a young person's guide

Gurney-Smith, Ben 2004



Overcoming Anxiety

Kennerley, Helen 1997



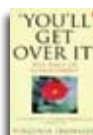
Overcoming Social Anxiety and Shyness

Butler, Gillian 1999



Living With Loss

McNeill Taylor, Liz 2000



You'll Get Over It: the rage of bereavement

Ironside, Virginia 1997

Carers' perspective



Mental Illness: a handbook for carers

Ramsey, Rosalind & Szmuckler, George et al (eds) 2001



When Someone You Love Has Depression

Baker, Barbara 2003

Depression



Getting Through Depression With CBT: a young person's guide

Dalton, Louise & Farrington, Alice 2004



Overcoming Depression

Gilbert, Paul 2000



Overcoming Depression: a five areas approach

Williams, Chris 2001



Overcoming Mood Swings

Scott, Jan 2001

Eating Disorders



Anorexia Nervosa: a survival guide for families, friends & sufferers

Treasure, Janet 2003



Overcoming Anorexia Nervosa

Freeman, Christopher & Cooper, Peter 2002



Overcoming Binge Eating

Fairburn, Chris 1995



Overcoming Weight Problems

Gauntlett-Gilbert, Jeremy 2005

West Berkshire Libraries and Local Doctor's Surgeries Working Together for Mental Health

Books on Prescription List

General Mental Health



Getting Through It With CBT: a young person's guide

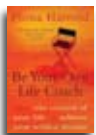
Holdaway, Claire & Connolly, Nicola 2004



Mind Over Mood

Greenberger, Dennis & Padesky, Christine 1995

Life Coaching



Be Your Own Life Coach

Harrold, Fiona 2001



Life Coaching: a cognitive behavioural approach

Neenan, Michael & Dryden, Windy 2001

Obsessions/Compulsions



Overcoming Obsessive Compulsive Disorder

Veale, David & Willson, Rob 2005



Understanding Obsessions & Compulsions

Tallis, Frank 1992

PTSD/Trauma



Overcoming Traumatic Stress

Herbert, Claudia & Wetmore, Ann 1999

Relationships



Overcoming relationship problems

Crowe, Michael 2005

Self-Esteem / Assertiveness



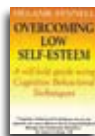
10 Days to Great Self-Esteem

Burns, David 2000



The Feeling Good Handbook

Burns, David 2000



Overcoming Low Self-Esteem

Fennell, Melanie 1999



Self-Esteem

Lindenfield, Gael 2000



Self-Esteem For Women

Field, Lynda 1997



A Woman in Your Own Right

Dickson, Anne 1982

Sexual Abuse



Breaking Free

Ainscough, Carolyn & Toon, Kay 2000



The Courage To Heal

Bass, Ellen & Davies, Laura 2002



Overcoming Childhood Trauma

Kennerly, Helen 2000

Sleep & Fatigue



Getting a Good Night's Sleep

Johnston, Fiona 2000



Sleep

Idzikowski, Chris 2007



Overcoming chronic fatigue

Burgess, Mary 2005

Stress/Panic/Worry



Assertiveness: step by step

Dryden, Windy & Constantinou, Daniel 2004



How to Stop Worrying

Tallis, Frank 1990



Managing Stress: Teach Yourself

Looker, Terry & Gregson, Olga 2003



Overcoming Panic

Silove, Derrick 1997



Panic Attacks

Ingham, Christine 2000