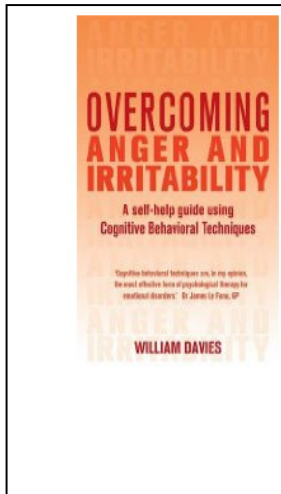


Books on Prescription - By Subject



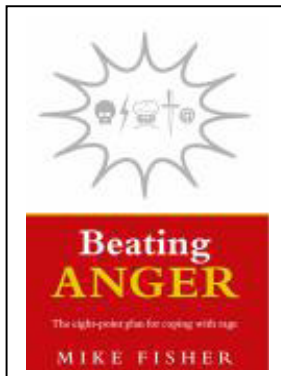
Also available in audio format.

Anger



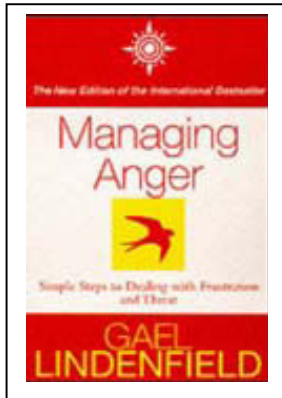
Overcoming Anger And Irritability – William Davies

This is a self-help manual which aims to help people to control their temper and to handle potentially dangerous situations effectively and non-aggressively. The book encourages the reader to keep an 'anger diary' and then to analyse any angry incidents that occur. It shows the reader how to look at situations differently so that anger occurs less frequently and explains how anger can be controlled so that it does not lead to aggression or violence (288 pages).



Beating Anger – Mike Fisher

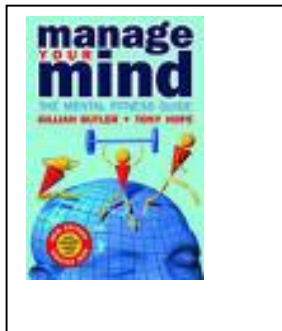
This book is divided into two parts. The first is about Understanding Anger and the second Managing Your Anger. It explains where anger comes from, how to recognise different types of anger; the key triggers of anger and the golden rules of anger management. The book is aimed at anyone who has difficulty in dealing with their own and other people's anger (264 pages).



Managing Anger - Gael Lindenfield

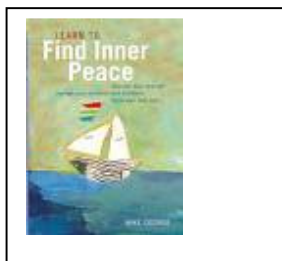
Gael Lindenfield stresses the fact that anger is a natural emotional response to threat, hurt, frustration and loss. The book explains the effects of anger on our minds and bodies and suggests ways of dealing with our own anger and that of other people. Using examples of everyday situations, the author suggests strategies for using anger in a positive and non-destructive way (224 pages).

Anxiety



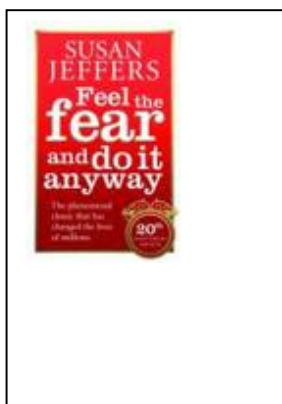
Manage Your Mind : The Mental Fitness Guide - Gillian Butler

This book shows that just as simple measures such as regular exercise and a sensible diet keep the body fit. There are attitudes and skills that can be developed to build a healthy mind. The authors, a psychologist and a psychiatrist, set out strategies that will stretch, strengthen and tune the mind to help people cope with the rigours of everyday life. The book includes a step-by-step guide to the skills and attitudes that will help people be more effective in their work, enjoy a more fulfilling personal life and make the most of their opportunities (499 pages).



Learn To Find Inner Peace - Mike George

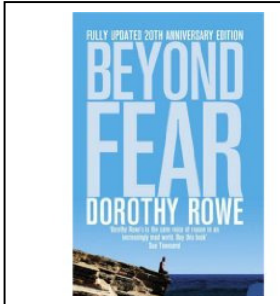
This is a guide to achieving peace of mind and a true sense of self-worth through spiritual awareness. This book contains step-by-step exercises to help you control your emotions, think clearly and positively, find tranquillity and learn to enjoy life's blessings (160 pages).



Feel the Fear And Do It Anyway - Susan Jeffers

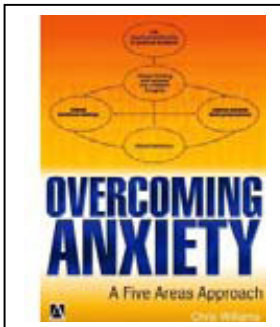
This book offers advice and strategies on how to cope with fear of various kinds, such as public speaking, self-assertion, decision-making, intimacy, being alone, ageing, losing a loved one and ending a relationship (217 pages).





Beyond Fear - Dorothy Rowe

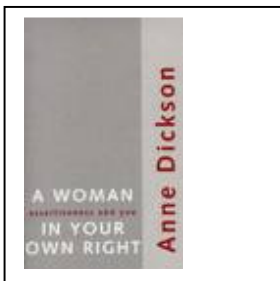
In this book the author shows us how to have the courage to acknowledge and face our fears. The author suggests that we have various fears but the main one is annihilation of the self. Denying our fear of self-destruction, around which our entire sense of self is built, can have profound effects upon ourselves and those around us in later life and can lead to physical illness or to mental health problems (679 pages).



Overcoming Anxiety: A five Areas Approach - Chris Williams

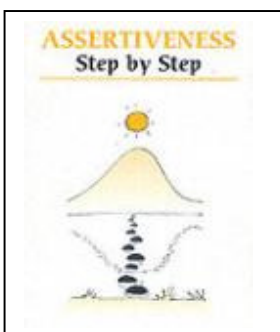
This book is divided into workbooks that are designed to help those experiencing mild to moderate levels of anxiety and panic. The workbooks are well structured and provide an easily accessible approach to understanding anxiety problems. Readers are guided through the programme, focusing on areas of personal significance and are encouraged to develop their own self-help programme based upon the principles of cognitive behavioural therapy (360 pages).

Assertiveness



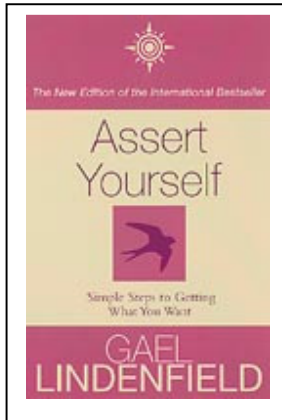
Woman In Your Own Right - Anne Dickson

In this book, the author defines assertiveness as the art of clear, honest and direct communication. The book aims to help the reader to recognise her rights, including those to be treated with respect and not to accept responsibility for other people's problems. The book is directed at women but its message is also suitable for men (171 pages).



Assertiveness Step By Step - Windy Dryden

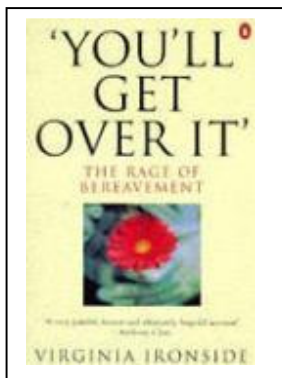
This book puts assertiveness into context and offers practical advice about how we can be more positive about ourselves and others. This is supported by the idea that respect for others is underpinned by respect for ourselves. It offers simple and straightforward ideas about how to develop a more assertive approach in life (120 pages).



Assert Yourself - Gael Lindenfield

The author is a psychotherapist and personal development trainer. The book is based on an Assertiveness Training Programme which can be adapted to the individual's needs. She aims to improve self-esteem and motivation, cope with unfair criticism and exploitation, communicate effectively and learn the art of being positive (112 pages).

Bereavement



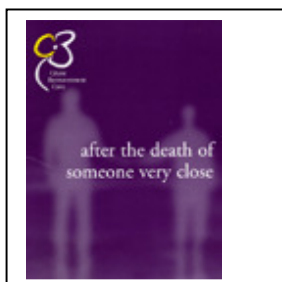
You'll Get Over It - Virginia Ironside

Virginia Ironside writes about the many emotions associated with bereavement; such as anger, hatred, sadness, suicidal urges, grief, emptiness and relief. She draws on other people's accounts as well as her own experience of bereavement. The book does not claim to have all the answers but offers an honest recognition of bereavement in all its guises (224 pages).



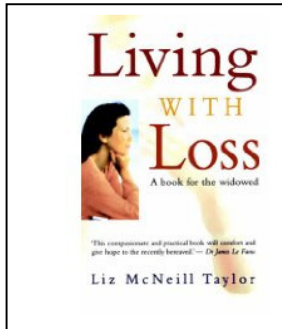
How To Survive Bereavement - Andrea Kon

The author is a journalist with personal experience of bereavement. In this book she aims to help the bereaved person accept what has happened and find a new normality. Chapters include: dealing with immediate practicalities, emotions and denial, counselling, the death of a child and complementary medicine (194 pages).



After The Death Of Someone Very Close - Caroline Morcom

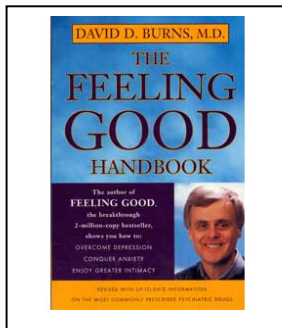
This is a booklet produced by Cruse Bereavement Care. It is about grief and describes some of the feelings that people have when they lose someone close. The booklet aims to help to reassure those who grieve that they are not alone in what they feel (16 pages).



Living With Loss - Liz McNeill Taylor

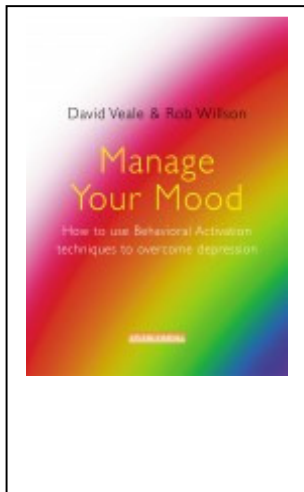
In this book the author draws on her own experience of loss and interviews with others who have suffered bereavement. She discusses the problems surrounding a recently bereaved woman and her own progression from grief and despair to anger until she felt able to take up the responsibility for her own family and life again (187 pages).

Depression



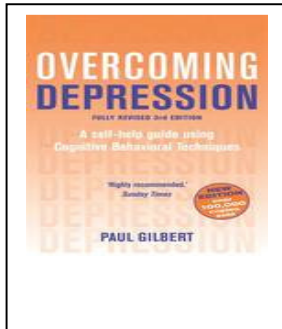
The Feeling Good Handbook - David Burns

This is a practical book that helps those who are depressed to understand how their thinking processes may have contributed to their depression, and how, by changing their thinking, they can begin to have some control over their moods. It begins with an easy-to-read overview of Cognitive Behavioural Therapy and discusses the various approaches to overcoming depression (732 pages).



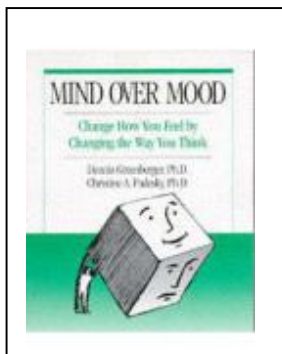
Manage Your Mood: Using Behavioural Activation Techniques to Overcome Depression – David Veale and Rob Willson

It is recognised by the World Health Organisation as one of the Top 10 most disabling health conditions. Behavioural Activation, a therapy developed from CBT, is an effective new technique in managing depression and ideally suited to self-help. By analysing, challenging and changing behaviours such as avoidance, ruminating and excessive worrying, the sufferer can gradually reinforce their positive experiences and decrease the behaviour which reinforces their depression. This title includes worksheets and practical problem-solving techniques. It adopts a step-by-step approach to analysing and changing behaviours. It includes an explanation of depression and associated behaviours and case studies. It is written by leading clinicians in the field (288 pages).



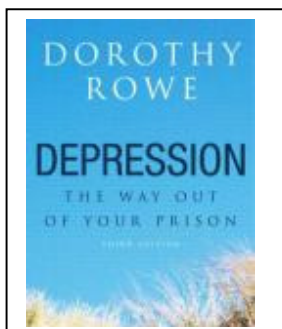
Overcoming Depression - Paul Gilbert

This self-help guide provides step-by-step strategies for recovering from sadness, loss and depression, using Cognitive Behavioural techniques that can easily be self administered. It explains how the body and mind interact and how our thinking affects our brains. It uses case histories to show how others have overcome their problems. It is useful for those affected and for their families (416 pages).



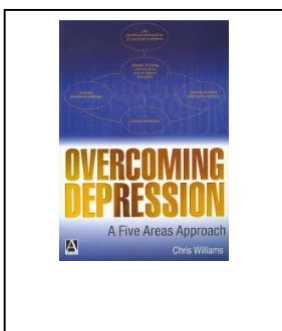
Mind Over Mood - Dennis Greenberger

Mind Over Mood provides a hands-on workbook for clients suffering from depression, panic attacks, anxiety, eating disorders, substance abuse and relationship problems. The first chapter guides the reader to develop introspective skills and new perspectives about everyday predicaments. The remaining chapters focus on specific emotional problems and provide clear, easy, step-by-step instructions for identifying distorted problematic thoughts and replacing them with more realistic and more positive thoughts (215 pages).



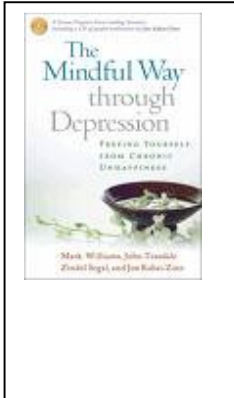
Depression : The Way Out Of Your Prison - Dorothy Rowe

In this book depression is not viewed as an illness or a mental disorder, but as a defence against pain or fear, which we can use whenever we suffer a disaster and discover that our life is not what we thought it was. This book gives a way of understanding our depression which matches our experience. It suggests changes we can make to enable us to take charge of our life (329 pages).



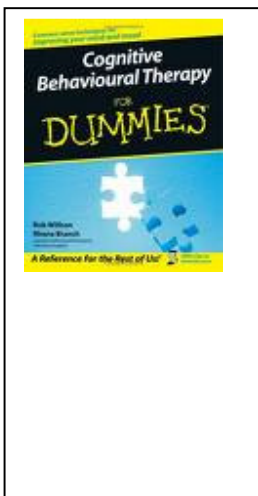
Overcoming Depression And Low Mood : A Five Areas Approach - Chris Williams

The five areas approach model, described by Dr Chris Williams, provides a clear description of the many symptoms of depression, and the common problems faced in life. The book explains the links between thoughts, feelings and behaviour and then moves on to more involved and sophisticated techniques, such as how to identify and challenge extreme and unhelpful thinking. The book is composed of a series of workbooks which the reader can select at their own pace (368 pages).



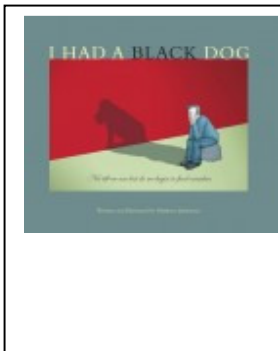
The Mindful Way Through Depression : Freeing Yourself From Chronic Unhappiness (Includes Guided Meditation Practices CD) - Mark Williams

This book is aimed at people who have been affected by repeated bouts of depression as well as those who simply want to understand their mind and emotions better. The book combines lessons and knowledge from Eastern Meditative traditions with Western Cognitive Therapy. The book describes how trying to deal with emotional difficulties by escaping or trying relentlessly to 'figure it out' can often exacerbate the problem. The book suggests, through mindfulness, that we can learn to tap into our potential to live more fully in the present and to experience the world more directly. There is an accompanying CD of guided meditations (273 pages).



Cognitive Behavioural Therapy for Dummies - Rob Willson

Cognitive Behavioural Therapy (CBT) is a proven and effective approach to mastering your thoughts. The authors show you step-by-step how to put the lessons of their book into practice. Inside there are a number of exercises and techniques to help people make positive changes. Whether you are seeking to overcome anxiety and depression, boost your self-esteem, lose weight, beat addiction or simply improve your outlook on life, this book will offer a fast and easy way to get started (329 pages).



I had a Black Dog – Matthew Johnstone

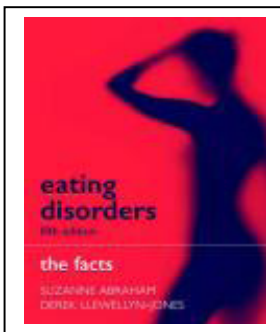
There are many different breeds of Black Dog affecting millions of people from all walks of life. The Black Dog is an equal opportunity mongrel. It was Winston Churchill who popularized the phrase Black Dog to describe the bouts of depression he experienced for much of his life. Matthew Johnstone, a sufferer himself, has written and illustrated this moving and uplifting insight into what it is like to have a Black Dog as a companion and how he learned to tame it and bring it to heel (48 pages).



Living with a Black Dog – Matthew Johnston

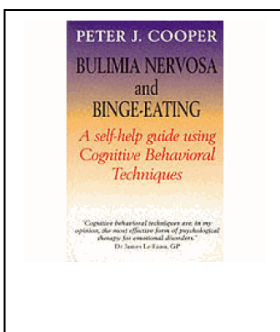
Written for those who care for those suffering from depression friends, family members, colleagues, and even therapists. Using wonderful illustrations and the image of Churchill's infamous 'black dog', Matthew and his wife Ainsley offer a moving, inspirational and often humorous portrait of life with depression – not only for those suffering from it themselves, but for those close to them. Living with a Black Dog speaks directly to the carer and offers practical and sometimes tongue-in-cheek tips on helping the depression sufferer, such as 'Socks have little do with mental health. If people could just 'snap out of it' they would.' And 'Encourage any form of regular exercise. Fitness robs the Dog of its power'. Based on their own experiences, Matthew and his wife Ainsley treat the subject of depression sympathetically, hopefully and, most importantly, humorously (80 pages).

Eating Disorders



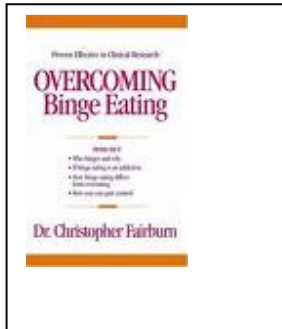
Eating Disorders : The Facts - Suzanne Abraham

This guide considers why eating disorders such as anorexia nervosa, bulimia nervosa and binge eating occur and then looks at each in turn. It goes on to describe the different eating behaviours, diagnosis and the treatments available. There are also chapters on pregnancy and issues faced by the family or friends of someone with an eating disorder (317 pages).



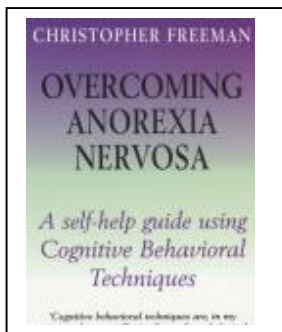
Overcoming Bulimia Nervosa and Binge Eating - Peter Cooper

Peter Cooper's guide gives a clear explanation of the disorder and the serious health issues that can result from it. He describes the treatments available today and sets out a self-help guide for those who want to tackle their difficulties for themselves, with a step-by-step programme. This is a real chance for sufferers to take the road to recovery and will give their friends and family a much clearer understanding of the illness and its remedy (160 pages).



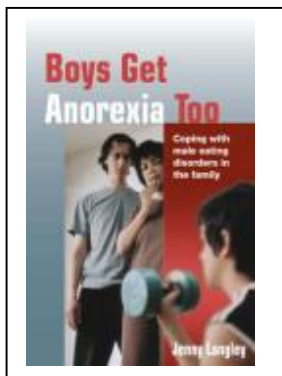
Overcoming Binge Eating - Christopher Fairburn

This book is appropriate for anyone affected by Binge Eating problems and the symptoms of Bulimia Nervosa. In the first part of the book Dr. Fairburn defines the problem and its related physical and psychological impact. The second part of the book comprises a self help step by step treatment approach designed to help the individual regain control over their eating behaviours. The book also offers advice on topics such as gaining control over forced vomiting, misuse of laxatives and diuretics and developing a relapse prevention strategy (246 pages).



Overcoming Anorexia Nervosa - Chris Freeman

This book offers a complete self-help recovery programme, incorporating aspects of Cognitive Behavioural Therapy (CBT), for overcoming Anorexia Nervosa. The author provides descriptions of the eating habits and the underlying psychological and social problems that may result in Anorexia. The suggested treatment strategies focus on reducing symptoms by changing negative beliefs and thought patterns. This self-help guide is written expressly for those who want to tackle their problem on their own and to take control of their own recovery without formal treatment (210 pages).



Boys Get Anorexia Too - Jenny Langley

Eating disorders are usually associated with females but an increasing number of males are now known to be affected by anorexia and bulimia, often linked to exercise and the quest for physical perfection. This is a detailed observational account of severe anorexia nervosa in a boy and the effect on his family. The book outlines the treatment options available and is packed with practical tips on how to manage everyday situations. It provides valuable information for adolescents, their families and clinicians (175 pages).



Getting Better Bit(e) By Bit(e) - Ulrike Schmidt

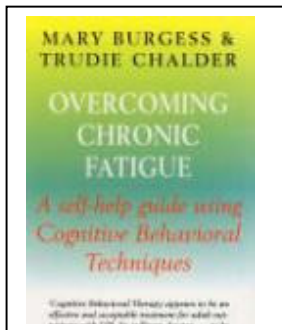
This book is illustrated with many real-life examples and addresses the specific problems faced on a daily basis by Bulimia sufferers. It aims to empower those with the disorder to take control of their lives. It concentrates on the key behaviour changes necessary, by using a programme that has been proven in clinical trials (160 pages).



Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers - Janet Treasure

This book aims to answer some of the questions asked by individuals and their families about Anorexia Nervosa. The author includes sections for parents and other carers, professionals and sufferers in order to give different perspectives on the illness (161 pages).

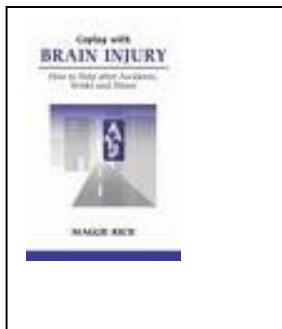
Fatigue



Overcoming Chronic Fatigue - Mary Burgess

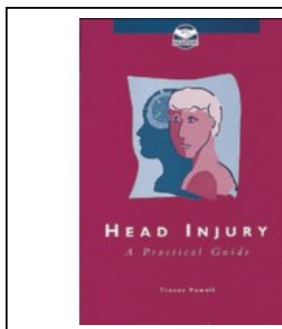
The book aims to help people with Chronic Fatigue Syndrome to improve their sleep patterns, deal with blocks to recovery and provides practical strategies for balancing activity and rest through the application of Cognitive Behavioural techniques. Readers are helped to identify unhelpful stressors and develop new ways of coping. The book may also be helpful for relatives and carers (207 pages).

Head Injury



Coping With Brain Injury - M Rich

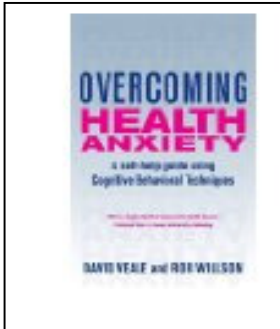
This book is aimed at those who are the family or friend of someone with a brain injury caused as a result of an accident, stroke or illness. Different types of brain injury and treatment are explained, along with the role of the professionals and what is involved in caring for someone who is affected (96 pages).



Head Injury : A Practical Guide - Trevor Powell

This volume provides a practical and down-to-earth guide to the hidden psychological, social, behavioural and emotional problems caused by head injury. The book is written in plain English and addresses the medical problems, rehabilitation and adjustment of individuals and families to the realities of life after head injury (229 pages).

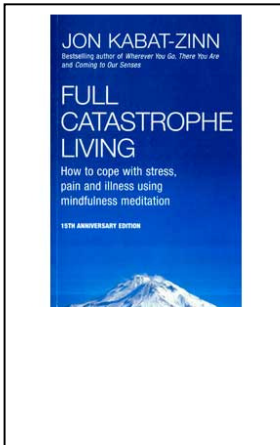
Health Anxiety



Overcoming Health Anxiety - David Veale

The author describes how, for some people, worrying about their health becomes chronic and they may spend many hours checking for symptoms, seeking reassurance from others, searching for information and repeatedly visiting the doctor. The book shows how health anxiety can be very successfully treated with Cognitive Behavioural Therapy (416 pages).

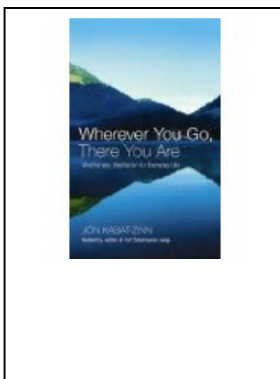
Mindfulness



Full Catastrophe Living – Jon Kabat-Zinn

A true breakthrough in the area of behavioural medicine and self control If you are looking for the best available book on this topic, this is it! Alan Marlatt, PhD Professor of Psychology, Director of the Addictive Behaviours Research Centre, University of Washington.

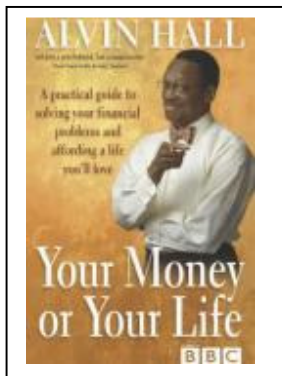
This practical, step-by-step meditation guide is based on a revolutionary eight-week programme called mindfulness-based stress reduction (MBSR), which stress-relief and meditation expert Jon Kabat-Zinn created at the world-renowned Stress Reduction Clinic at the University of Massachusetts Medical Center, Boston (496 pages).



Wherever You Go, There You Are - Jon Kabat-Zinn

This book maps out a simple path for cultivating mindfulness in our lives, and awakening us to the unique beauty and possibilities of each present moment. He shows us how this simple meditation technique can enable us to be truly in touch with where we already are, so that we can be fully aware at all times. Jon Kabat-Zinn explains: What 'mindfulness' is; How to achieve mindfulness using simple meditation techniques; How mindful meditation can enhance every aspect of your life; How to incorporate mindfulness into your everyday life (304 pages).

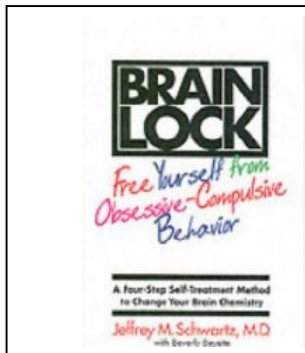
Money



Your Money Or Your Life - Alvin Hall

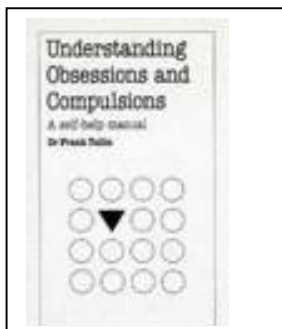
In this book the author shows the reader how to take charge of their money. It includes how to recognise and manage your personal spending style, find ways of saving money, understand the real cost of debt, how interest on credit and store card accounts can be minimised, how to plan pensions and look forward to a rewarding retirement (353 pages).

Obsessions and Compulsions



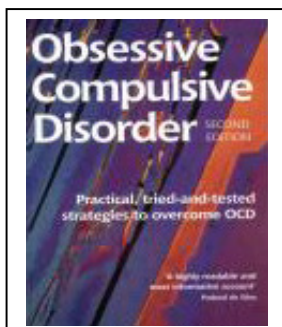
Brain Lock - M Schwartz

This book offers a four-step self-treatment guide for obsessive-compulsive disorder (OCD), which it professes to be scientifically proven to help. It shows how sufferers can cure themselves by their own determination rather than through medication. Using real-life examples from real patients, it validates Cognitive Behavioural Treatment (CBT) through visually striking brain imaging studies, which show that people can systematically modify their own brain metabolic activity (219 pages).



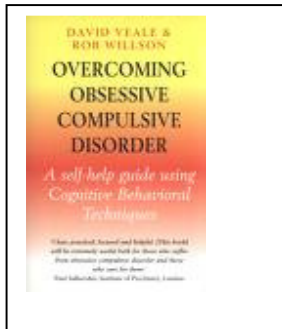
Understanding Obsessions and Compulsions - Frank Tallis

This book provides a comprehensive guide to self-help for obsessions and compulsions. It explains the principles of anxiety reduction, giving treatment instructions in easy-to-understand language. The topics covered include compulsive checking, washing, hoarding, obsessional thoughts and worry, obsessional personality and depression (138 pages).



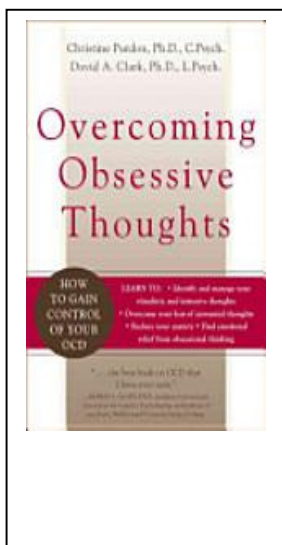
Obsessive Compulsive Disorder - Frederick Toates

The author is a psychologist and long-term sufferer of Obsessive Compulsive Disorder (OCD). The book contains effective plans and strategies for overcoming the debilitating aspects of OCD, tried and tested therapeutic techniques, insights from the author's own experience of OCD and advice and encouragement on how to deal with OCD (267 pages).



Overcoming Obsessive Compulsive Disorder - David Veale

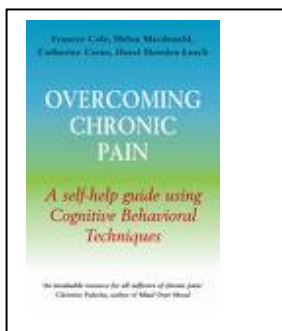
This self-treatment manual provides clear, focused and practical strategies for those suffering from Obsessive Compulsive Disorder. Several standard assessment questionnaires are included to enable the person to identify the nature, severity and consequences of their own condition. The book presents a 10-step plan, based on cognitive behavioural therapy (CBT). There is also an extensive chapter on how friends and family can help. The authors provide details of resources that might be able to offer additional help to those with more severe problems (351 pages).



Overcoming Obsessive Thoughts – Christine Purdon and David Clark

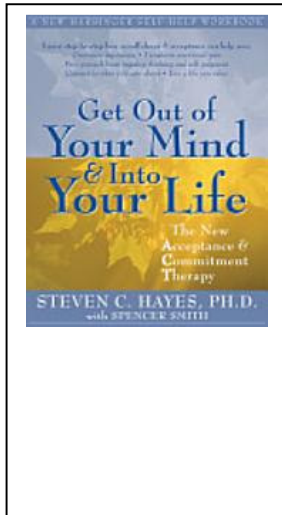
Some people with OCD wash compulsively, others hoard objects, while still others-the audience of this book-struggle with obsessive thoughts. The most effective treatment techniques vary from symptom to symptom. This book addresses the needs of those who struggle with obsessive thoughts they perceive as violent, disgusting, or blasphemous. Psychologists estimate that more than 50 percent of OCD sufferers experience aggressive, religious, or sexual thoughts. The goal of this book is to help people understand the impact of their control efforts on their obsessional thoughts. It works to help them recognize that thoughts, in themselves, are not threatening, dangerous, or harmful. Rather, it is the compulsive strategies they develop for coping that make the thoughts seem so harmful. The book offers safe and effective exposure exercises readers can use to limit the effect obsessive thoughts have on their lives. In addition to self-care strategies, the book includes information about choosing and making the most of professional care (160 pages).

Pain (Physical and Emotional)



Overcoming Chronic Pain - Frances Cole

The health team behind this book has established a self-help method based on techniques tested with patients in community and hospital programmes. The book explains such issues as why pain persists when there is no injury or disease present, practical ways to improve sleep and relaxation and how to manage feelings of depression, anxiety and anger (270 pages).

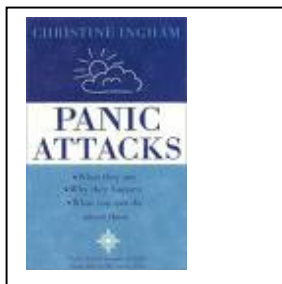


Get Out of Your Mind and into Your Life: The New Acceptance and Commitment Therapy – Spencer Smith and Steven C. Hayes

This work features step-by step mindfulness and acceptance exercises for effective relief from emotional pain. This book develops acceptance and commitment therapy (ACT), a revolutionary and exciting new direction in psychotherapy, into step-by-step exercises that readers can use to get relief from emotional pain. Written by ACT's founding theorist, it offers a self-help programme proven to be effective for coping with a range of problems, from anxiety to depression, eating disorders to poor self-esteem (190 pages).

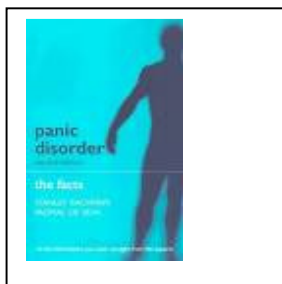


Panic



Panic Attacks - Christine Ingham

This book provides an insight into the terror and misery of panic attacks by an author who has a personal history of such attacks. The book provides insight, reassurance and practical help, explaining what panic attacks are, why they happen and what those affected can do to empower themselves, regain control and make panic a thing of the past. It includes advice for friends and family on how to help others with panic attacks (198 pages).



Panic Disorder : The Facts - Stanley Rachman

The author is a clinical psychologist with extensive clinical and research experience in anxiety disorders. The book clearly explains the causes and symptoms of panic disorder and provides up to date information on effective treatments available. The emphasis is on practical solutions and the authors include chapters on self-help advice and answers to commonly asked questions (139 pages).

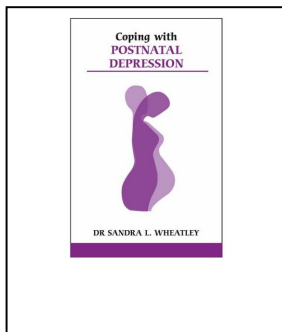


Overcoming Panic - Derrick Silove

The author offers a step-by-step management program based on cognitive behavioural therapy (CBT). The first part of the book describes the nature and origin of panic attacks and agoraphobia and considers the various ways in which these conditions affect and limit people's lives and the different treatments. In the second part of the book, readers are shown how to recognize triggers of anxiety and panic and how to control panic attacks by changing unhelpful thinking styles and dealing with physical sensations. The book includes advice on maintaining progress and preventing relapse (200 pages).



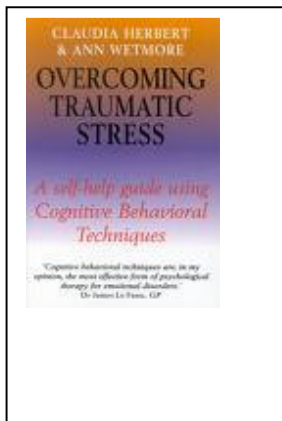
Postnatal Depression



Coping with Postnatal Depression - Sandra Wheatley

This volume offers advice and support for those who have, or think they may have, postnatal depression and their families. For some women symptoms can be relatively mild, but other women suffer from very serious, ongoing depressions. The topics covered include symptoms, causes, treatment, staying well and further resources (96 pages).

Post Traumatic Stress Disorder/Trauma



Overcoming Traumatic Stress - Claudia Herbert

This is a self help guide aimed to help sufferers, their families and those who work with them to understand the physical, mental and emotional reactions of traumatic stress. It works through accepting and managing those reactions, learning to accept the trauma itself and then letting go and moving on (269 pages).



Relationships



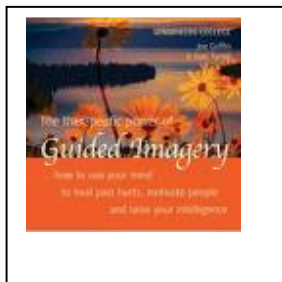
Starting Again - Sarah Litvinoff

The author looks at the lessons that can be learned from a relationship that has ended and offers clear, practical strategies for moving forward. The book includes self-assessment questionnaires, tasks and discussion points to help the reader reach greater understanding of themselves and their relationships (252 pages).



Overcoming Relationship Problems - Michael Crowe

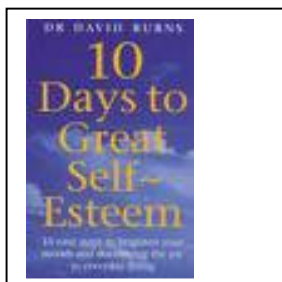
This book is written in an informative and easy to access style. It contains advice and information on ways to sustain a long term relationship, how to improve communication with your partner and family, dealing with sexual problems, coping with jealousy and other negative emotions and developing negotiation skills. Each chapter is made up of a series of easy to read sub sections, and contains exercises for the reader to complete (270 pages).



Therapeutic Power of Guided Imagery - Joe Griffin

This CD uses guided imagery to reduce emotional arousal and generate deep relaxation. Its information includes: how to use guided imagery to treat a variety of problems and to improve performance; how guided imagery taps into our natural learning and problem-solving states, enabling us to change our behaviour patterns and rehearse new ones and the connection between the REM state, daydreaming and guided imagery

Self Esteem



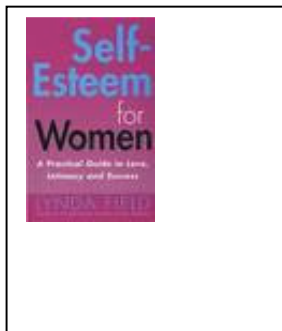
10 Days To Great Self-Esteem - David Burns

In 10 Days to Great Self Esteem, Dr Burns offers a tool providing hope, compassion and healing for people suffering from low self-esteem or unhappiness. He shows ten easy steps for people to learn specific techniques to enhance self esteem, productivity and happiness. The book contains techniques to help people change the way they think, feel and behave. The ideas are based on commonsense and are easy to apply (330 pages).



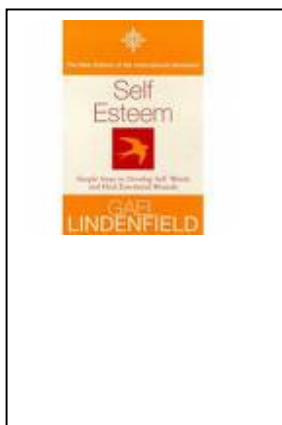
Overcoming Low Self-Esteem - Melanie Fennell

This book enables those with low self-esteem to understand their condition and to break the habit of thinking about themselves in negative ways by applying Cognitive Therapy techniques in a simple and logical programme for change. Many real-life examples are used to illustrate the nature and consequences of self-destructive thinking. The book provides a complete self-help programme for combating negativity and moving towards greater self-esteem and a more positive mental attitude (256 pages).



Self Esteem For Women - Lynda Field

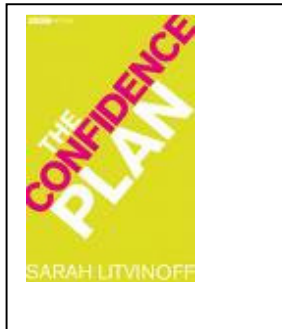
This guide shows how women can increase their self-esteem and change their lives by using specific techniques, including visualisations and affirmations. These are presented in a five-step programme for personal change. The book demonstrates how women can examine their personal history to discover and change their negative self-beliefs. Clear guidelines are provided that can enable readers to believe in themselves, to let go of guilt, to have successful personal relationships and to become empowered in the home and the workplace (165 pages).



Self Esteem - Gael Lindenfield

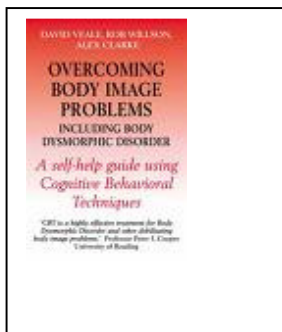
The author is a psychotherapist and one of the UK's leading personal development trainers. Her book gives a practical programme on how to increase self esteem. It examines the origins of low self esteem and gives simple, practical exercises that allow the readers to develop strategies for change (180 pages).





Confidence Plan - Sarah Litvinoff

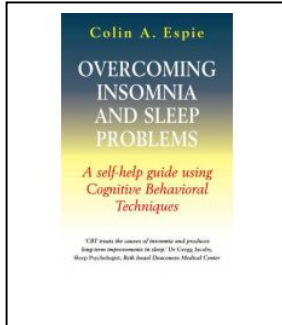
This book shows how to overcome setbacks in life, deal with fear, access a positive frame of mind, raise energy levels and develop powerful, well-placed self-confidence. It has chapters on how to create confidence, use it and then build yourself up and create the life you want (206 pages).



Overcoming Body Image Problems Including Body Dysmorphic Disorder - David Veale, Rob Willson and Alex Clarke

The authors are very experienced at treating Body Dysmorphic Disorder and have put together a clear step by step self-help course based on Cognitive Behavioural Therapy (CBT). The book uses CBT techniques to help the person identify their own issues and provides practical exercises that can be used to help (403 pages).

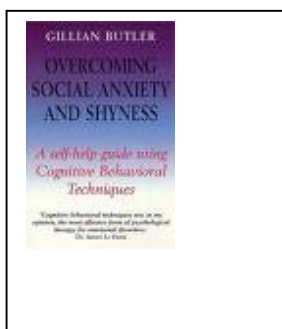
Sleep



Overcoming insomnia and sleep problems – Colin Espie

Extensive research conducted over 25 years has established Cognitive Behavioural Therapy (CBT) as the treatment of choice for insomnia. For the first time, proven CBT principles have been brought together by a practising clinician in a comprehensive self-help manual. In a clear step-by-step approach, new patterns of relaxation, sleeping and waking are quickly learnt (288 pages).

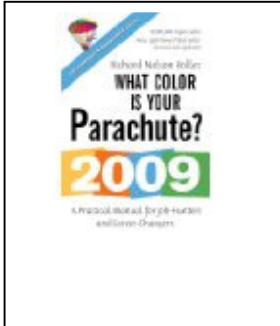
Social Anxiety



Overcoming Social Anxiety and Shyness - Gillian Butler

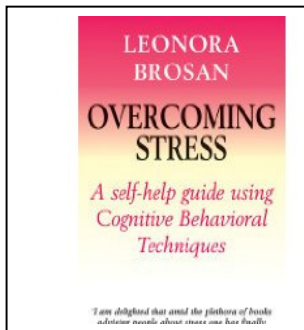
Overcoming Social Anxiety and Shyness is a self-help manual for this common problem, which explains why it happens and sets out practical methods of resolving it. This easy-to-use guide, full of real-life examples, is for those who suffer from all degrees of social anxiety and shyness, for their families and friends, and for the professionals who help them. The book explains the many forms and causes of social anxiety and contains a complete self-help programme and work sheets (336 pages).

Stress



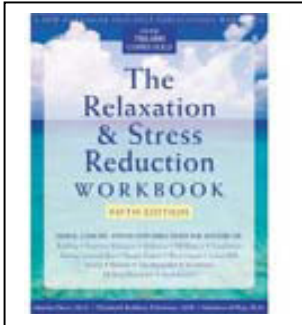
What Color Is Your Parachute? - Richard N Bolles

This book is the best-selling job-hunting book in the world with advice for first-time job seekers as well as those seeking alternative careers or new jobs. This edition particularly takes account of the current economic climate and the particular problems that this may be causing people (407 pages).



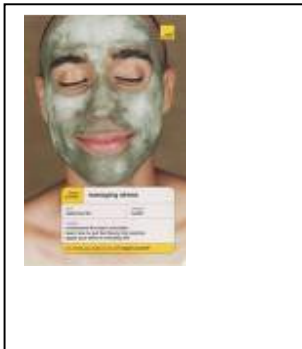
Overcoming Stress - Leonora Brosan

The authors explain how everyone needs some stress to get them going, but too much can disrupt lives almost without our realising it. The impact on health, relationships and work can be extreme, but it isn't inevitable. People can learn to understand and cope with stress, and greatly improve their quality of life. Using Cognitive Behavioural Therapy (CBT), the author demonstrates how to recognise symptoms of stress. She describes how to change how we think, feel and act so our lives become more enjoyable and effective (320 pages).



Relaxation and Stress Reduction Workbook - Martha Davis

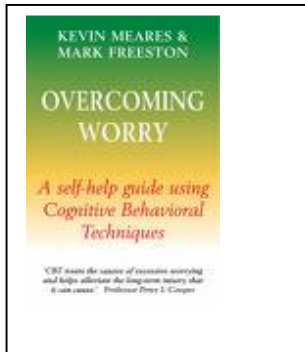
The author takes a holistic approach, describing mental coping methods along with chapters on reducing physical stress symptoms. The book discusses goals, time management, nutrition and exercise, with worksheets for the reader to dissect which areas they most need to focus on to achieve more individual balance and therefore less stress. The end of each chapter includes suggestions for further reading, providing the reader with a jumping off point for deeper work in a particular area, if needed (294 pages).



Managing Stress - Terry Looker

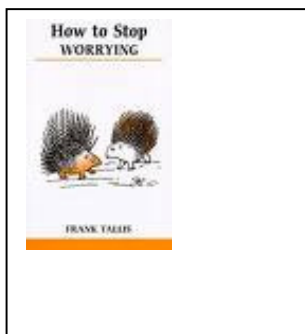
This book aims to enable readers to assess and identify their own stress and how to develop a personal stress management plan with the goal of harnessing the power of the body's natural resources to enhance health, relationships and work performance. The first part of this guide contains a questionnaire to help readers to assess their stress levels and behaviour. Part two deals with gaining an awareness and understanding of the stress concept. The biology of the stress response is explained, as are the sources of stress. Part three looks at how to deal effectively with stress and is based on optimising the "stress balance" (214 pages).

Worry



Overcoming Worry - Mark Freeston

The author explains how up to 44 in every 1000 adults are affected by excessive worrying or a condition known as Generalised Anxiety Disorder. This is much more than normal worrying and can be a debilitating disorder leading to significant personal and social problems and sometimes financial loss. Using established and proven CBT techniques, the author helps readers to understand that it is their propensity to worry, not the multitude of problems they worry about, that is the root of the problem. The user-friendly, step-by-step approach explains why they worry, how to recognise what feeds it and develop effective methods of dealing with it (465 pages).



How To Stop Worrying - Frank Tallis

Worry is discussed as the natural way of the brain warning that something is wrong and needs to be dealt with. It becomes a problem when worrying starts to spoil a person's health and enjoyment of life. This book offers a problem-solving approach, enabling people to avoid stress and anxiety by controlling worry, understanding their fears and facing life calmly. The book includes detailed instructions in problem solving and also discusses how to deal with setbacks and how to cope when the worry doesn't stop (80 pages).