

Problem/Issue	No	Book Title	Author(s)	Year	Publisher
Anger	1	Overcoming anger & irritability	W Davies	2000	Robinson Publishing
	2	Beating Anger	M Fisher	2005	Rider & Co.
Anxiety & Panic	3	Overcoming Anxiety	H Kennerley	1997	Robinson Publishing
	4	Overcoming Panic, Anxiety & Phobias New Strategies to Free Yourself from Worry and Fear	C Goldman & S Babior	1995	Whole Person Associates
	5	Overcoming Panic	D Silove	2001	New York University Press
	6	Overcoming Social Anxiety and Shyness	G Butler	1999	Robinson Publishing
	7	Overcoming Loneliness and Making Friends	M Csoti	2005	Sheldon Press
Assertiveness & Communication	8	Manage your mind	G Butler & A Hope	2007	Oxford University Press
	9	A Woman In Your Own Right	A Dickson	2004	Piatkus
Bereavement	10	Overcoming Grief	S Morris	2008	Robinson Publishing
	11	Helping Children Cope with Grief	R Wells	1988	Sheldon Press
Cancer Issues	12	What can I do help?	D Hutton	2005	Short Books
	13	One in Three	A Wishart	2006	Profile Books Ltd
	14	Muddles, Puddles and Sunshine	D Crossley	2000	Hawthorn Press
	15	Singing the Life	E Bryan	2006	Vermilion
	16	Remember Me	M Mitchell	2007	Routledge
	17	As Big as it Gets	J Stokes & D Stubbs	2007	Winston's Wish
	18	Badger's Parting Gift	S Varley	1994	Picture Lions
	19	The Chemotherapy and Radiation Therapy Survival Guide	J McKay & N Hirano	1998	New Harbinger Publications
Chronic Pain	20	Arthritis Help Book: A Tested Self-Management Program for coping with Arthritis and Fibromyalgia	K. Lorig	2007	Cambridge
	21	Living with Fibromyalgia	C. Craggs-Hinton	2000	Sheldon Press
	22	Overcoming Chronic Pain: A self-help guide using cognitive behavioural techniques	F. Cole	2005	Robinson Publishing
	23	Coping successfully with Pain (Overcoming common problems)	N. Shone	2002	Sheldon Press
	24	The Chronic Pain Diet Book	N. Shone	2008	Sheldon Press
	25	Explain Pain	Moseley L & Butler D	2003	Noigroup
	26	Living a Healthy Life with Chronic Conditions	K Lorig	2008	Bull Publishing
	27	Living Well with Pain and Illness: The Mindful Way to Free Yourself from Suffering	V. Burch	2008	Piatkus

Depression	28	Feeling Good Handbook	D Burns	2000	Plume Books
	29	Overcoming Depression One Step at a Time	C Martell & M Addis	2004	New Harbinger Publications
	30	Overcoming Depression and Low Mood	C Williams	2006	Hodder Arnold
	31	Mind over Mood	D Greenberger & C Padesky	1995	Guildford Press
	32	Mindful way through Depression	J Williams & J Teasdale	2007	Guilford Publications
Eating Disorders	33	Overcoming Binge Eating	C Fairbairn	1995	Guildford Press
	34	Overcoming anorexia Nervosa	C Freeman	2001	Constable & Robinson
Health Issues	35	It's Not all in Your Head	G Asmundson & S Taylor	2005	Guildford Publications
Obsessions & Compulsions	36	Overcoming Obsessive Compulsive Disorder	D Veale & R Wilson	2005	Robinson Publishing
	37	The OCD Workbook	C Pedrick & B Hyman	2005	New Harbinger Publications
Parenting	38	How to Talk so Kids Will Listen and Listen so Kids Will Talk	A Faber & E Mazlish	2001	Piccadilly Press
	39	New Toddler Taming	C Green	2006	Vermilion
	40	Dinosaurs Divorce	L K Brown & M Brown	1986	Little Brown & Company
Perinatal	41	Overcoming Postnatal Depression. A Five Areas Approach	Chris Williams, Roch Cantwell Karen Robertson.	2008	Hodder Arnold
	42	Antenatal & Postnatal Depression. Practical Advice and Support for all Sufferers	Siobhan Curham	2000	Vermilion
	43	Surviving Post-Natal Depression. At Home No One Hears You Scream	Cara Aitken	2000	Jessica Kingsley Publishers
PTSD/Trauma	44	Overcoming Traumatic Stress	C Herbert & A Wetmore	1999	Robinson Publishing
	45	Overcoming Childhood Trauma	H Kennerley	2000	Robinson Publishing
Relationships	46	Stop Arguing Start Talking	S Quiliam	2001	Vermilion
Self-Esteem	47	Overcoming Low Self-Esteem: A Self Help Guide	M Fennell	1999	Robinson Publishing
	48	How to Raise Your Self-Esteem	N Branden		
Sexual Abuse	49	Breaking Free: Help for Survivors of Child Sexual Abuse	C Aincough & K Toon	2000	Sheldon Press
	50	Courage to Heal	E Bass	2002	Vermilion
Sleeping Problems	51	Overcoming Insomnia and Sleep Problems	C Espie	2006	Robinson Publishing
Worry	52	How to Stop Worrying	F Tallis	1990	Sheldon Press