

Reading Well: Books on Prescription core list

| | Title | Author | Publisher |
|-------------------------------------|---|--|-------------------------|
| Anger | Overcoming Anger and Irritability | Davies, William | Constable & Robinson |
| Anxiety | Overcoming Anxiety | Kennerley, Helen | Robinson |
| | Overcoming Anxiety, Stress and Panic : A Five Areas Approach | Williams, Chris | Hodder Arnold |
| | Feel the Fear and Do it Anyway | Jeffers, Susan | Vermillion |
| Binge Eating/Bulimia Nervosa | Overcoming Binge Eating | Fairburn, Christopher G. | Guilford Press |
| | Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders | Schmidt, Ulrike and Treasure, Janet | Psychology Press |
| | Overcoming Bulimia Nervosa and Binge Eating | Cooper, Peter J. | Constable & Robinson |
| Chronic Fatigue | Chronic Fatigue Syndrome (second edition) | Campling, Frankie and Sharpe, Michael | Oxford University Press |
| | Overcoming Chronic Fatigue | Burgess, Mary and Chalder, Trudie | Constable & Robinson |
| Chronic Pain | Overcoming Chronic Pain | Cole, Frances; Carus, Catherine; Howden-Leach, Hazel; and Macdonald, Helen | Constable & Robinson |
| Depression | Overcoming Depression and Low Mood: A Five Areas Approach (third edition) | Williams, Chris | Hodder Arnold |
| | Mind Over Mood: Change How You Feel by Changing the Way You Think | Greenberger, Dennis and Padesky, Christine | Guilford Press |
| | Overcoming Depression: A Guide to Recovery with a Complete Self-help Programme | Gilbert, Paul | Constable & Robinson |
| Health Anxiety | Overcoming Health Anxiety | Veale, David and Willson, Rob | Constable & Robinson |

| | Title | Author | Publisher |
|-----------------------------------|--|--|----------------------|
| Health Anxiety ctd | Introduction to Coping with Health Anxiety | Hogan, Brenda and Young, Charles | Constable & Robinson |
| Obsessions and Compulsions | Overcoming Obsessive Compulsive Disorder | Veale, David and Willson, Rob | Constable & Robinson |
| | Understanding Obsessions and Compulsions | Tallis, Frank | Sheldon |
| | Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT | Challacombe, Fiona, Oldfield, Victoria Bream and Salkowskis, Paul M. | Vermillion |
| Panic | Overcoming Panic and Agoraphobia | Silove, Derrick and Manicavasagar, Vijaya | Constable & Robinson |
| | Panic Attacks: What They Are, Why They Happen and What You Can Do About Them | Ingham, Christine | Harper Collins |
| Phobias | An Introduction to Coping with Phobias | Hogan, Brenda | Constable & Robinson |
| Relationship Problems | Overcoming Relationship Problems | Crowe, Michael | Constable & Robinson |
| Self-Esteem | Overcoming Low Self-Esteem | Fennell, Melanie | Constable & Robinson |
| | The Feeling Good Handbook | Burns, David | Penguin |
| Social Phobia | Overcoming Social Anxiety and Shyness | Butler, Gillian | Constable & Robinson |
| Sleep Problems | Overcoming Insomnia and Sleep Problems | Espie, Colin A. | Constable & Robinson |
| Stress | The Relaxation and Stress Reduction workbook | Davis, Martha | New Harbinger |
| | Manage your Stress for a Healthier Life | Looker, Terry and Gregson, Olga | Hodder |
| Worry | The Worry Cure: Stop Worrying and Start Living | Leahy, Robert, L. | Piatkus Books |
| | How to Stop Worrying | Tallis, Frank | Sheldon Press |

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