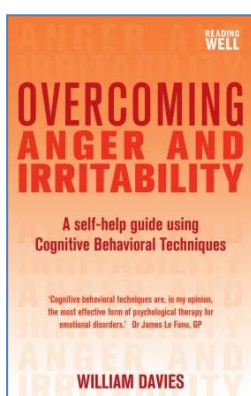


Reading Well Books on Prescription: Overview of the 30 books

READING WELL

Books in other formats that are available currently in libraries within Nottinghamshire are highlighted in **ORANGE**.

Anger



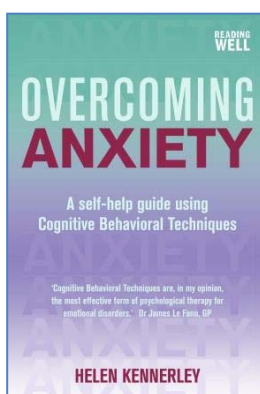
Overcoming Anger and Irritability by William Davies, published by Constable & Robinson

This is a self-help manual for those who find that they are spoiling the lives of both themselves and those around them with their almost constant irritability and flashes of bad temper. It speaks to those who often find themselves saying and doing things they later regret. It will help the reader understand why such behaviour occurs and what can be done to prevent it. Like all the *Overcoming* guides it takes a positive approach for which the long-term goal in this case is lasting 'good temper' and also looks at how best to handle situations which would tax even the most good-tempered person.

ISBN: 9781849011310 **Format:** Paperback **Publication date:** 5 November 2009 **Extent:** 304 pages

Other formats: Ebook (9781849014182); CD (9781849010603); Specialist audio, RNIB (9781849011310)

Anxiety



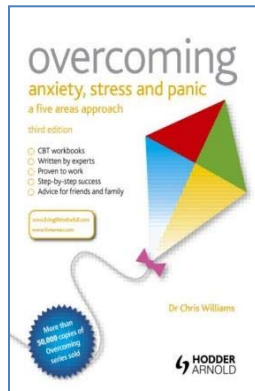
Overcoming Anxiety by Helen Kennerley, published by Constable & Robinson

In *Overcoming Anxiety*, a whole range of anxieties and fears are explained, from panic attacks and phobias to 'burn out'. The book includes an introduction to the nature of anxiety and stress and a complete self-help programme with monitoring sheets.

The following websites may offer useful further information on anxiety disorders:
www.social-anxiety.org.uk www.stress.org.uk www.triumphoverphobia.com

ISBN: 9781849010719 **Format:** Paperback **Publication date:** 30 July 2009 **Extent:** 288 pages

Other formats: Ebook (9781849011648)

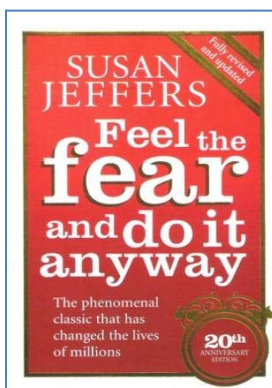


Overcoming Anxiety, Stress and Panic: A Five Areas Approach by Chris Williams, published by CRC Press

Overcoming Anxiety, Stress and Panic uses the proven and trusted five areas model of Cognitive Behavioural Therapy (CBT) to help people experiencing a range of symptoms associated with these conditions. For the third edition, new workbooks are included on: obsessive compulsive disorder (OCD), using medication, and planning for the future.

ISBN: 9781444163148 **Format:** Paperback **Publication date:** 29 June 2009 **Extent:** 432 pages

Other formats: Ebook (9786613811622);



Feel the Fear and Do it Anyway by Susan Jeffers, published by Vermilion

Internationally renowned author, Susan Jeffers, has helped millions of people around the globe to overcome their fears and heal the pain in their lives. Such fears may include:

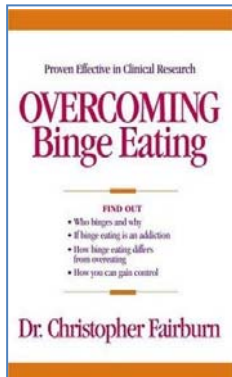
Public speaking • Asserting yourself • Making decisions • Intimacy • Changing jobs
Being alone • Ageing • Driving • Losing a loved one • Ending a relationship

But whatever your anxieties, *Feel The Fear And Do it Anyway* will give you the insight and tools to vastly improve your ability to handle any given situation. You will learn to live your life the way you want – so you can move from a place of pain, paralysis and depression to one of power, energy and enthusiasm.

ISBN: 9780091907075 **Format:** Paperback **Publication date:** 4 January 2007 **Extent:** 240 pages

Other formats: CD (9781848504325)

Binge eating/Bulimia Nervosa



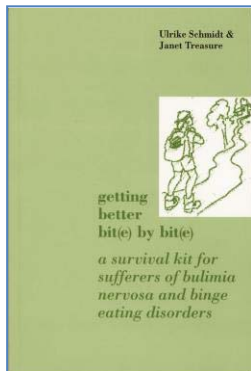
Overcoming Binge Eating by Christopher G. Fairburn, published by Guilford Press

This authoritative book provides all the information needed to understand binge eating and bring it under control. Whether you are working with a therapist or on your own, clear, step-by-step guidelines will show you how to overcome the urge to binge, gain control over eating behaviour, reduce the risk of relapse, and establish stable, healthy eating habits.

This unique book has been tested in controlled clinical research, and its success rate is outstanding.

ISBN: 9780898621792 **Format:** Paperback **Publication date:** 1995 **Extent:** 247 pages

The second edition – ‘Overcoming Binge Eating: The Proven Programme to Learn Why You Binge and How You Can Stop’ – will be available in HB and PB from 30 September 2013



Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders by Ulrike Schmidt and Janet Treasure, published by Routledge

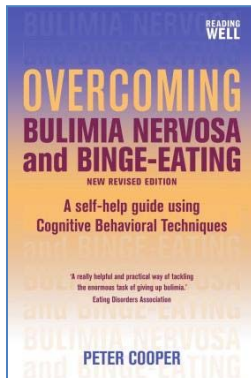
Easy to read and illustrated with many real-life examples, this book addresses the specific problems faced on a daily basis by bulimia sufferers.

The only self-help programme that has been evaluated in a randomised controlled trial, it provides detailed step-by-step advice for dealing with this condition.

This book concentrates on the key behaviour changes necessary for the sufferer to achieve a happier and more fulfilled life. Theory is closely interwoven with practice and the book draws together real problems and solutions experienced by hundreds of sufferers.

ISBN: 9780863773228 **Format:** Paperback **Publication date:** 1993 **Extent:** 160 pages

Other formats: Ebook (9780203726990)



Overcoming Bulimia Nervosa and Binge Eating by Peter Cooper, published by Constable & Robinson

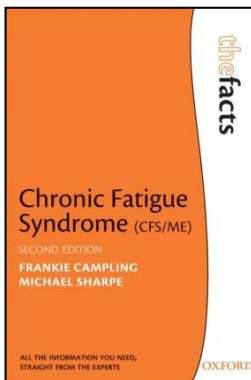
As many as one in 20 women in the western world suffer bouts of uncontrolled binge-eating. Going without food for long periods, making yourself vomit and taking laxatives you don't need are also common and are symptoms of bulimia nervosa.

Such illness costs lives if not successfully treated. Now in its second edition, Peter Cooper's sympathetic and highly acclaimed 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, most importantly, 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.

ISBN: 9781849010757 **Format:** Paperback **Publication date:** 29 October 2009 **Extent:** 256 pages

Other formats: [Ebook \(9781472105714\)](#)

Chronic fatigue



Chronic Fatigue Syndrome (second edition) by Frankie Campling and Michael Sharpe, published by Oxford University Press

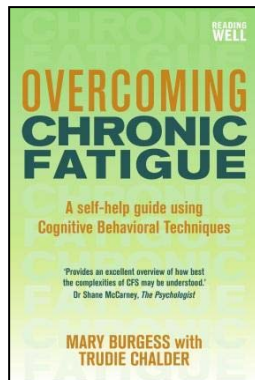
Chronic fatigue syndrome (CFS) remains one of the most controversial illnesses, both in terms of its causes, and the best ways to treat the illness. For years, sufferers have had to deal with scepticism from their families, employers, and even health care professionals. The vast amount of conflicting advice that has been published up to now has served only to confuse sufferers, and professionals, even more.

Chronic Fatigue Syndrome presents a compassionate guide to this illness, providing sufferers and their families, with practical advice, based solely on scientific evidence.

It is unique in being written by both a sufferer and a physician, both of whom have had extensive experience of talking to, and helping, patients.

ISBN: 9780199233168 **Format:** Paperback **Publication date:** 2 July 2008 **Extent:** 216 pages

Other formats: [Ebook](#)



Overcoming Chronic Fatigue by Mary Burgess and Trudie Chalder, published by Constable & Robinson

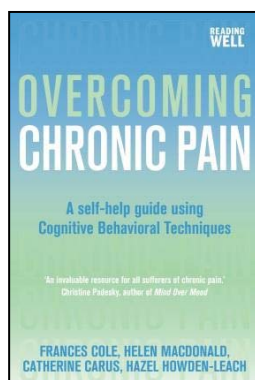
Chronic Fatigue Syndrome (CFS) is a debilitating illness, characterised by severe exhaustion and flu-like symptoms affecting possibly 10 per cent of the UK population, and for which conventional medicine currently has no cure. Now the authors, who practise at the CFS Research and Treatment Unit, University of London, have developed this new self-help guide. Via recognised CBT techniques that change our attitude and coping strategies, this approach is successful in breaking the cycle of fatigue, with a reduction in symptoms and disability in up to two-thirds of sufferers.

Includes sections on: • Improving sleep patterns • Practical strategies for balancing activity and rest • Dealing with blocks to recovery • Stress and ways of coping • How relatives and friends can help

ISBN: 9781849011327 **Format:** Paperback **Publication date:** 26 November 2009 **Extent:** 272 pages

Other formats: [Ebook \(9781849014199\)](#)

Chronic pain



Overcoming Chronic Pain by Frances Cole, Catherine Carus, Hazel Howden-Leach and Helen Macdonald, published by Constable & Robinson

This book provides a clinically proven self-help approach to pain management based on the authors' work with sufferers at Bradford Hospital. Chronic pain that has lasted more than six months can be caused by a number of factors including stress, prolonged muscle tension and the fact that nerves carrying the pain message have developed a long-term 'memory' for the pain. Cognitive Behavioural Therapy can help patients become more active, relieve negative feelings, reduce their distress and help them to manage pain more effectively.

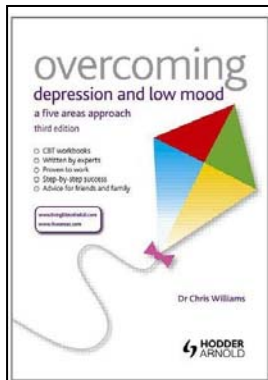
Overcoming Chronic Pain helps you to: • understand why pain persists when there's no injury or disease present • explains how to use drugs more effectively • gives guidance for how to become fitter and more active. It also provides: • practical tips on improving sleep and relaxation • advice on better management of depression, anxiety and anger • advice on maintaining healthy and happy relationships with family and friends.

Drawing on feedback from hundreds of pain patients, *Overcoming Chronic Pain* will help readers escape from the distressing cycle of chronic pain.

ISBN: 9781841199702 **Format:** Paperback **Publication date:** 2005 **Extent:** 224 pages

Other formats: [Ebook \(9781472105738\)](#)

Depression



Overcoming Depression and Low Mood: A Five Areas Approach (third edition) by Chris Williams, published by CRC Press

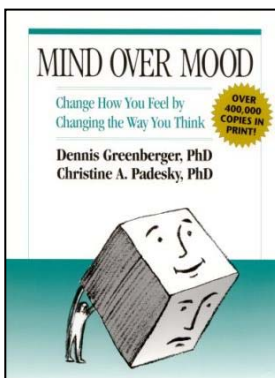
Overcoming Depression and Low Mood presents a series of self-help workbooks for use in self-assessing and managing depression and periods of low mood, with support from a health care professional.

This book covers all the issues that are known to be problematic in depression in a clear, user-friendly format. The interactive questions and worksheets are also a key feature of the series and are plentiful in this title.

Using the established Five Areas Assessment model of depression, the book provides a clear model of intervention using the proven Cognitive Behavioural Therapy evidence-based approach. It is empowering and supportive, helping readers make changes to their lives in a planned and achievable way.

ISBN: 9781444167481 **Format:** Paperback **Publication date:** 27 January 2012 **Extent:** 400 pages

Other formats: Ebook (9786612640520)



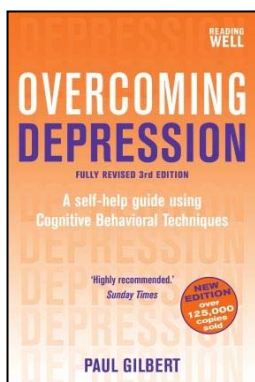
Mind Over Mood: Change How You Feel by Changing the Way You Think by Dennis Greenberger and Christine Padesky, published by Guilford Press

This guide draws on the authors' extensive experience as clinicians and teachers of cognitive therapy to help clients successfully understand and improve their moods, alter their behaviour, and enhance their relationships.

Illustrated with major case examples, the book presents, in step-by-step fashion, the skills for identifying problems, setting goals, and achieving the desired changes.

Accessibly written, it also helps therapists augment their sessions by providing clients with instructions and exercises that will reinforce the skills critical to maximizing therapy effectiveness. This book will be of interest to clients in therapy, mental health professionals wanting their clients to learn cognitive therapy skills, and anyone else interested in self-help.

ISBN: 9780898621280 **Format:** Paperback **Publication date:** 10 May 1995 **Extent:** 243 pages



Overcoming Depression by Paul Gilbert, published by Constable & Robinson

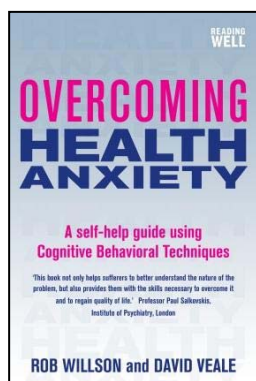
Depression is very common, affecting over 300 million people around the world. Written by Professor Paul Gilbert, internationally recognised for his work on depression, this highly acclaimed self-help book has been of benefit to thousands of people including sufferers, their friends and families, and those working in the medical profession.

This fully revised third edition has been extensively updated and rewritten to reflect over ten years of new research on understanding and treating depression, particularly the importance of developing compassionate ways of thinking, behaving and feeling. It contains helpful case studies and new, easy-to-follow, step-by-step suggestions and exercises to help you understand your depression and lift your mood.

ISBN: 9781849010665 **Format:** Paperback **Publication date:** 24 September 2009 **Extent:** 624 pages

Other formats: [Ebook \(9781849011556\)](#)

Health anxiety



Overcoming Health Anxiety by David Veale and Rob Willson, published by Constable & Robinson

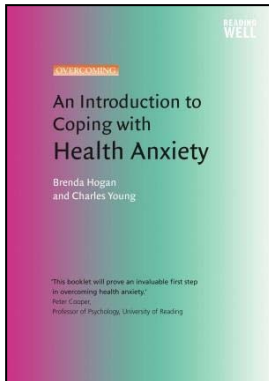
Many of us have a tendency to worry unnecessarily about our health. For some the anxiety becomes chronic, and they may spend many hours checking for symptoms, seeking reassurance from others, surfing the internet for information about different diseases, or repeatedly visiting the doctor. It is distressing for them and for everyone around them. In fact, health anxiety can be very successfully treated with Cognitive Behavioural Therapy – the approach taken in this self-help guide.

Using a structured, step-by-step approach the authors explain how the problem develops, how to recognize what feeds it and how to develop effective methods of dealing with it.

Accessible and reassuring, the book also includes questionnaires, case studies and exercises, as well as specific help for dealing with fear of death and fear of vomiting.

ISBN: 9781845298241 **Format:** Paperback **Publication date:** 26th Nov 2009 **Extent:** 336 pages

Other formats: [Ebook \(9781849014205\)](#)



An Introduction to Coping with Health Anxiety by Brenda Hogan and Charles Young, published by Constable & Robinson

Health anxiety affects thousands of people in the UK and it can be effectively treated with Cognitive Behavioural Therapy.

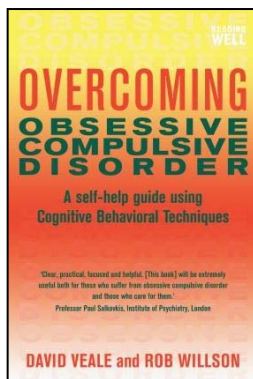
This introductory booklet is aimed at those for whom health anxiety has become a serious problem. Written by experienced practitioners, it explains what health anxiety is and how it makes you feel. It will help the reader to understand their symptoms and is ideal as an immediate coping strategy and as a preliminary to fuller therapy.

The booklet includes: What health anxiety is and how it develops • Physical symptoms • How to spot and challenge thoughts that make you anxious • Reducing your focus on illness.

ISBN: 9781845292874 **Format:** Paperback **Publication date:** 29 March 2007 **Extent:** 32 pages

Other formats: **Ebook**

Obsessions and compulsions



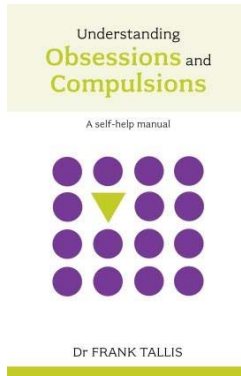
Overcoming Obsessive Compulsive Disorder by David Veale and Rob Willson by Constable & Robinson

Are you plagued by a recurring thought or idea that just won't go away, feel the need to wash your hands repeatedly, to hoard things, or to repeatedly check that all appliances in the house have been turned off before you leave? These are just some of the common symptoms of obsessive compulsive disorder (or OCD), a condition that causes distress to hundreds of thousands of people.

Cognitive Behavioural Therapy has been clinically proven to significantly reduce these and other symptoms in the majority of cases. With this step-by-step approach you can learn how to break free from the destructive cycle of obsessive behaviour and regain control of your life.

ISBN: 9781849010726 **Format:** Paperback **Publication date:** 21 April 2009 **Extent:** 480 pages

Other formats: **Ebook (9781849011761)**



Understanding Obsessions and Compulsions by Frank Tallis, published by Sheldon Press

Obsessions and compulsions affect thousands of people in the UK, many of whom are too ashamed to try and access professional help. This book offers self-help suggestions to help forge a new, anxiety-free life.

Topics include: • Understanding the principles of anxiety • How obsessions and compulsions develop • Exposure therapy: changing the way you behave • Exposure therapy: changing the way you think • Advice for compulsive washing and cleaning • Techniques for compulsive checking • Self-help for slowness, symmetry and

hoarding • Dealing with obsessional thoughts and excessive worry • Managing obsessional personality traits • Coping with concurrent depression • Coping with setbacks

ISBN: 9780859696524 **Format:** Paperback **Publication date:** 24 September 1992 **Extent:** 144 pages



Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT by Fiona Challacombe, Victoria Bream Oldfield and Paul M. Salkovskis, published by Vermilion

This practical guide, written by three leading Cognitive Behavioural Therapy experts, enables you to make sense of your symptoms, and gives a simple plan to help you conquer OCD.

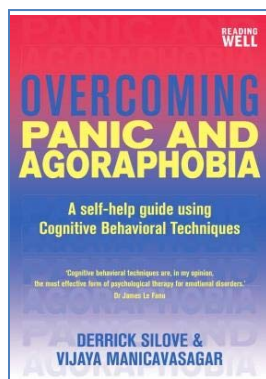
The book includes: • detailed information on the many different manifestations of OCD • the differences between normal and obsessive worries • clear information on treating your individual problem • real-life case studies and examples • advice and support for friends and family of OCD sufferers.

Whether your condition is mild or severe, this definitive resource will help you reclaim your life and keep OCD away for good.

ISBN: 9780091939694 **Format:** Paperback **Publication date:** 1 September 2011 **Extent:** 304 pages

Other formats: Ebook (9781446491843)

Panic



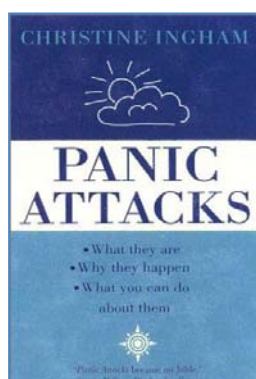
Overcoming Panic and Agoraphobia by Derrick Silove and Vijaya Manicavasagar, published by Constable & Robinson

Overcoming Panic and Agoraphobia features a step-by-step management programme that provides the necessary skills for overcoming and preventing panic attacks and associated agoraphobia. This is an indispensable guide for those affected by panic disorders, as well as an important resource for friends and families, psychologists, and those working in the medical profession.

The book explains the many forms and causes of panic, contains a complete self-help programme and monitoring sheets, and is based on clinically proven techniques of cognitive therapy.

ISBN: 9781849010023 **Format:** Paperback **Publication date:** 28 May 2009 **Extent:** 224 pages

Other formats: Ebook (9781472105776); CD (9781849010627)



Panic Attacks: What They Are, Why They Happen and What You Can Do About Them by Christine Ingham, published by HarperCollins

This authoritative guide explains what panic attacks are, why they happen and what every sufferer can do to empower themselves, regain control and make panic a thing of the past.

The book contains a helpfully broad range of topics, including: • What to do during an attack • What is happening during an attack • Self-help to prevent attacks from developing • Information for friends and relatives about panic attacks • Information on lifestyle, therapies and complementary therapies • Useful summary boxes at the

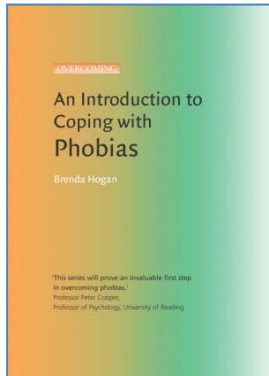
end of each chapter.

Panic Attacks is consistently straightforward, informative and reassuring.

ISBN: 9780007106905 **Format:** Paperback **Publication date:** 6 November 2000 **Extent:** 208 pages

Other formats: Downloadable audio file (9780007367269)

Phobias



An Introduction to Coping with Phobias by Brenda Hogan, published by Constable & Robinson

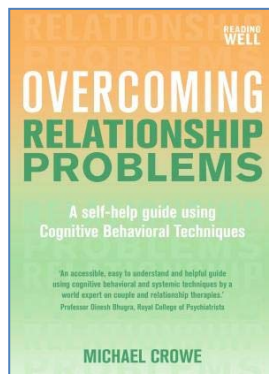
Written by an experienced practitioner, this introductory booklet explains what phobias are and how they make you feel. It will help the reader to understand their phobias and is ideal as an immediate coping strategy and as a preliminary to fuller therapy.

An Introduction to Coping with Phobias includes sections on: 'How phobias develop and what keeps them going'; 'Setting goals and starting to face your fears'; and 'Avoiding relapses and problem solving'.

ISBN: 9781845292898 **Format:** Paperback **Publication date:** 29 Mar 2007 **Extent:** 32 pages

Other formats: [Ebook](#)

Relationship problems



Overcoming Relationship Problems by Michael Crowe, published by Constable & Robinson

Internationally respected marital therapist Dr Michael Crowe has used his tried-and-tested clinical techniques to develop this new self-help guide, which deals with common difficulties in close relationships. From financial pressures to sexual problems, and from issues surrounding fidelity to the raising of children and blended families, his programme, based on proven CBT methods, will help you understand why conflict arises and show you how to negotiate a happier, more positive outcome.

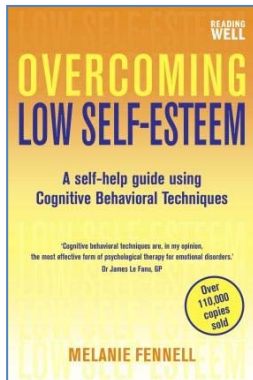
Includes sections on 'how to':

- Sustain a long-term relationship
- Develop more effective communication skills
- Deal with sexual problems
- Cope with jealousy
- Develop negotiation skills

ISBN: 9781845290665 **Format:** Paperback **Publication date:** 28 April 2005 **Extent:** 288 pages

Other formats: [Ebook \(9781472105806\)](#)

Self-esteem



Overcoming Low Self-esteem by Melanie Fennell, published by Constable & Robinson

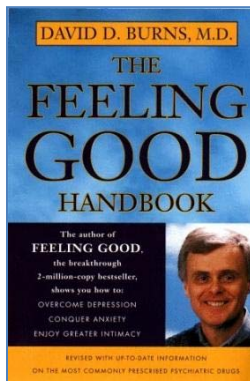
Melanie Fennell's *Overcoming Low Self-esteem* is a classic of self-help literature, winning acclaim for its practical and user-friendly approach.

This book will help readers to understand their condition and with this knowledge enable them to break out of the vicious circle of negative self-image, learn the art of self-acceptance and alter their lives for the better.

Overcoming Low Self-esteem explains the nature of low self-esteem and self-destructive thinking, and is based on clinically proven techniques of cognitive therapy. It also contains a complete a self-help programme and monitoring sheets.

ISBN: 9781849010689 **Format:** Paperback **Publication date:** 16 April 2009 **Extent:** 288 pages

Other formats: [Ebook \(9781849011563\)](#)



The Feeling Good Handbook by David Burns, published by Penguin

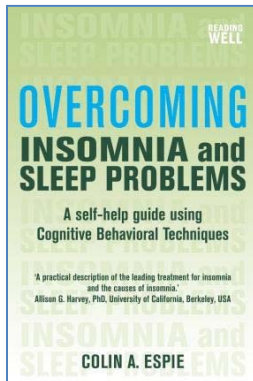
In *Feeling Good: The New Mood Therapy*, Dr David Burns introduced a ground-breaking, drug-free treatment for depression that has helped millions of people around the world.

Now, in this long-awaited sequel, he reveals powerful new techniques and provides practical exercises that will help you cope with problems and learn how to make life a happier, more exhilarating experience.

The book includes information on: • Freeing yourself from fears, phobias and panic attacks • Overcoming self-defeating attitudes • Discovering the five secrets of intimate communication • Putting an end to marital conflict • Conquering your procrastination and unleashing your potential for success

ISBN: 9780452281325 **Format:** Paperback **Publication date:** 28 October 1999 **Extent:** 608 pages

Sleep problems



Overcoming Insomnia and Sleep Problems by Colin A. Espie, published by Constable & Robinson

Overcoming Insomnia and Sleep Problems contains all the help you need to conquer your sleep problems and start living life to the full. Poor sleep is one of the most common health problems and can leave you feeling exhausted, stressed and run-down. While prescribed medications and over-the-counter remedies rarely offer lasting benefits, Cognitive Behavioural Therapy can help enormously and is the treatment of choice for insomnia.

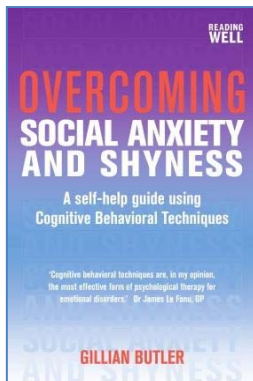
The book includes information on the most effective relaxation techniques and 'how to':

- Develop good pre-bedtime routines
- Establish a new sleeping and waking pattern
- Deal with a racing mind
- Use sleeping pills more effectively
- Handle jet lag and sleepwalking

ISBN: 9781845290702 **Format:** Paperback **Publication date:** 26 January 2006 **Extent:** 288 pages

Other formats: [Ebook \(9781472105806\)](#)

Social phobia



Overcoming Social Anxiety and Shyness by Gillian Butler, published by Constable & Robinson

Overcoming Social Anxiety and Shyness is a self-help manual for this common problem. Everyone sometimes feels foolish, embarrassed, judged or criticised, but this becomes a problem when it undermines their confidence and prevents them doing what they want to do. The book explains why it happens and sets out practical methods of resolving it.

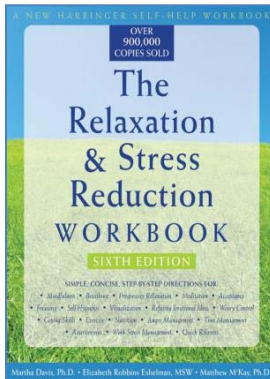
This easy-to-use guide, full of real-life examples, is for those who suffer from all degrees of social anxiety and shyness, for their families and friends, and for the professionals who help them: psychologists, doctors and others.

It explains the many forms and causes of social anxiety and is based on clinically proven techniques of cognitive therapy. It also contains a complete self-help programme and worksheets.

ISBN: 9781849010009 **Format:** Paperback **Publication date:** 30 July 2009 **Extent:** 352 pages

Other formats: [Ebook \(9781849011754\)](#)

Stress



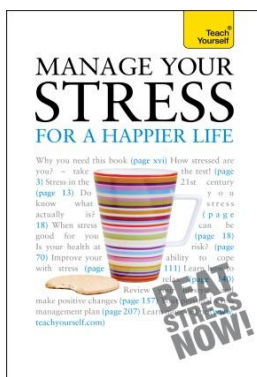
The Relaxation and Stress Reduction Workbook by Martha Davis, published by New Harbinger

Since its first publication in 1980, *The Relaxation and Stress Reduction Workbook* has become a highly useful resource for effective and up-to-date techniques for relaxing the body, calming the mind, and refreshing the spirit.

The book is a comprehensive and straightforward adaptation of all the most effective relaxation techniques. It offers easy-to-use, step-by-step instructions for using progressive relaxation, autogenics, self-hypnosis, visualization, mindfulness, acceptance, and more.

The authors provide the most proven-effective worry and anger models based on the latest research. They have simplified many of the chapters so that readers only get the best treatment methods in the most accessible manner. There are also two new chapters – ‘Facing Feelings’, which focuses on mindfulness and acceptance, and ‘Coping with Anger’.

ISBN: 9781572245495 **Format:** Paperback **Publication date:** 1 June 2008 **Extent:** 371 pages



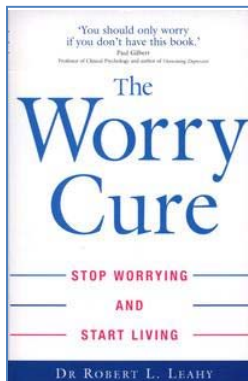
Manage Your Stress for a Happier Life by Terry Looker and Olga Gregson, published by Hodder

This book, part of the *Teach Yourself* series, explains why you feel stressed and how to do something about it. It includes a free package of ‘biodots’, which will help you diagnose and manage your stress. It will also explain the causes of your tension, and show you all the different strategies you can use to deal with it.

Manage Your Stress for a Happier Life also explains how better physical health can lead to better mental health and gives practical information on things like decluttering and work-life balance.

ISBN: 9781444107418 **Format:** Paperback **Publication date:** 26 November 2010 **Extent:** 240 pages

Worry



The Worry Cure: Stop Worrying and Start Living by Robert L. Leahy, published by Piatkus Books

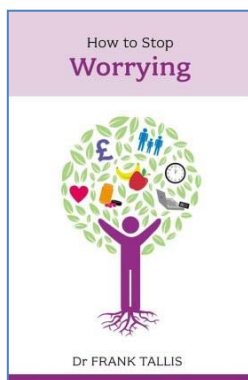
Worry is a central issue in many people's lives; 38% of people say they worry every day. In this ground-breaking book, Dr Robert Leahy offers new insight, advice and practical techniques for everyone who has ever had a sleepless night. Using the most recent research and his 25 years of experience treating patients, Dr Leahy helps us understand why we worry and how best to defeat it.

In Robert L. Leahy's easy-to-follow-programme, he tells you 'how to':

- Identify productive and unproductive worry
- Accept reality and commit to change
- Turn 'failure' into opportunity
- Use your emotions rather than worry about them.

Combining stories from his practice with unique approaches to reducing worry, *The Worry Cure* is an essential companion for everyone who is anxious.

ISBN: 9780749927240 **Format:** Paperback **Publication date:** 7 December 2006 **Extent:** 416 pages



How to Stop Worrying by Frank Tallis, published by Sheldon Press

Worry is a natural warning system. It's your brain's way of warning that something is wrong and needs to be dealt with. But sometimes things get out of hand, and worrying starts to spoil your enjoyment of life and even to affect your health. In this easy-to-read manual, Dr Frank Tallis explains how to understand your fears, and how to control your worry and make it work for you in a positive way.

Topics covered in the book include:

- Defining worry and its mechanism
- Preparing to solve your problems – skills to practise
- How to solve your problems – brainstorming, making decisions
- Problem-solving in action – did it work?
- Coping with setbacks
- When the worry won't stop – coping successfully with unavoidable problems

ISBN: 9781847090898 **Format:** Paperback **Publication date:** 23 April 2009 **Extent:** 128 pages

→ Please note: *Research suggests that most self-help books require a reading age of between 11–15 years.*

Updated by JP 18/07/2013.