

Books on prescription Read yourself to better health

October 2009

Recommended booklist

Problem Issue	No.	Book Title and ISBN	Author(s)	Year	Publisher	Reader rating (0-10)	Pages
Anger	W1	Overcoming Anger and Irritability (1854875957)	Davies, Will	2000	Constable & Robinson	8.5	192
	W2	Managing Anger (0007100345)	Lindenfeld, Gael	2000	HarperCollins	7.0	224
	W38	Beating Anger (9781844135646)	Fisher, Mike	2005	Rider	7.9	192
Anxiety	W3	Overcoming anxiety (1854874225)	Kennerley, Helen	1997	Constable & Robinson	7.5	200
	W4	Introduction to coping with anxiety (1845292782)	Brosan, Leonora	2007	Constable & Robinson	8.0	32
Assertiveness	W6	The assertiveness workbook: How to express your ideas and stand up for yourself at work and in relationships (1872242094)	Paterson, Rosemary J	2000	New Harbinger Publications	7.0	200
	W7	A woman in your own right (0704334208)	Dickson, Anne	1982	Quartet	8.0	192
	W8	Assert yourself (0722526520)	Lindenfeld, Gael	1996	HarperCollins	8.5	112
Bereavement	W9	Assertiveness step by step (0859699250)	Dryden, Windy	2004	Sheldon Press	7.5	120
	W10	You'll get over it: rage of bereavement (0140236082)	Ironside, Virginia	1997	Penguin Books	9.0	224
	W11	Living with loss (1841191051)	Taylor, Liz McNeill	2000	Robinson	8.0	212
Binge-Eating Disorder and Bulimia Nervosa	W12	Living with grief (0859694267)	Lake, Tony	1984	Sheldon Press	7.5	144
	W13	Overcoming Binge Eating (08998621798)	Fairburn, Christopher	1995	Guilford Press	9.0	247
	W39	Overcoming Bulimia workbook (9781572243262)	McCabe Randi and Macfarlane Traci	2005	New Harbinger	9.0	220
Depression	W47	Sod it: The depression virus and how to deal with it (9781901910230)	Davies, Martin	2006	Talking Life	8.0	96
	W14	Overcoming depression (1841191256)	Gilbert, Paul	2000	Constable & Robinson	8.5	352
	W15	Mind over mood (08998621283)	Greenberger, Dennis & Padesky, Christine	1995	Guilford Press	8.0	243
	W17	Dealing with depression (0749924969)	Shreeve, Caroline	2005	Platkus Books	7.0	192
	W40	Mindful way through depression (9781593851286)	Williams, Mark	2007	Guilford Press	9.0	273

(Continued overleaf)

Insomnia	W19	No more sleepless nights (0471149047)	Hauri, Peter	1996	John Wiley	8.0	304
	W20	Overcoming insomnia and sleep problems (1845290704)	Espie, Colin A	2006	Constable & Robinson	7.5	288
Obsessions and Compulsions	W21	Overcoming obsessive compulsive disorder (1841199362)	Yeale, David and Willson, Rob	2005	Constable & Robinson	8.5	288
	W22	Understanding obsessions and compulsions (0859696529)	Tallis, Frank	1992	Sheldon Press	7.5	128
Panic	W24	Overcoming Panic (1854877011)	Silove, Derrick	2003	Constable & Robinson	7.5	200
	W25	Panic Attacks (0007106904)	Ingham, Christine	2000	HarperCollins	9.5	192
	W26	Introduction to coping with panic (1845292901)	Young, Charles	2007	Robinson Publishing	8.5	32
Personal Image	W41	Overcoming body image problems (9781845292799)	Willson, Rob and Yeale, David	2009	Robinson Publishing	7.5	288
Phobias	W27	Introduction to coping with phobias (1845292898)	Hogan, Brenda	2007	Robinson Publishing	8.5	32
PTSD / Trauma	W28	Overcoming traumatic stress (1841190160)	Herbert, Claudia & Wetmore, Ann	2002	Constable & Robinson	7.0	256
	W29	Overcoming childhood trauma (1841190810)	Kennerley, Helen	1997	Constable & Robinson	8.0	240
Relationships	W42	Better relationships – Relate guide to (97800918567000)	Litvinoff, Sarah	2001	Vermilion/Relate	9.5	260
	W43	Starting again – Relate guide to (9780091856670)	Litvinoff, Sarah	2001	Vermilion/Relate	9.0	256
	W44	Families and how to survive them (9780749314101)	Skynner, Robin and Cleese, John	1993	Vermilion	9.0	304
Self-Esteem	W30	Overcoming low self esteem (1854877259)	Fennell, Melanie	2004	Constable & Robinson	7.0	256
	W31	Self esteem for women (009187632X)	Field, Lynda	2001	Vermilion	8.0	186
	W32	Change your life in 7 days (059305055X)	Mckenna, Paul	2004	Bantam	9.0	256
	W33	Self esteem: simple steps to develop self reliance and perseverance (0722540078)	Lindenfield, Gael	2000	HarperCollins	8.0	208
Social Anxiety / Social Phobia	W34	Overcoming social anxiety and shyness (1854877038)	Butler, Gillian	2003	Constable & Robinson	8.5	256
Stress	W45	Sod it all! How to deal with the stress in your life (9781901910087)	Davies, Martin	2007	Talking Life	8.0	96
	W35	The relaxation and stress reduction workbook (5 th ed) (1572242140)	Davis, Martha, Eshelman, Elizabeth Robbins & McKay, Matthew	2000	New Harbinger	9.5	276
	W36	Managing stress (teach yourself) (0340860073)	Looker, Terry & Gregson, Olga	2003	Hodder-Headline	7.5	224
	W46	How to deal with stress (9780749448660)	Palmer, Stephen and Cooper, Cary	2008	Kogan Page	8.0	164
Worry	W37	How to stop worrying (0859696103)	Tallis, Frank	1990	Sheldon Press	8.5	192

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