

## HEALTHY READING BOOK LIST

<b>AUTHOR</b>	<b>TITLE</b>	<b>CLASS No</b>
Ainscough, C	Breaking Free	362.764
Aitken, C	Surviving post-natal depression	618.76
Baer, Lee	The Imp of the Mind	616.85227
Bass, E	The courage to heal	616.858369
Biddulph, Steve	Manhood	305.31
Blaszycynski, A	Overcoming compulsive gambling	616.85841
Bourne, E.J	The anxiety and phobia workbook	616.85223
Burns, D	The Feeling Good Handbook	158.1
Butler, G	Manage your mind	158.1
Butler, G	Overcoming social anxiety and shyness	152.46
Carlson, R	Don't sweat the small stuff	158.1
Chalder, T	Coping with chronic fatigue	616.0478
Dickson, A	Woman in your own right	158.2
Donatelle, R	Health: the basics	613
Dryden, W	Assertiveness step by step	158.2
Fennell, M	Overcoming low self-esteem	158.1
Fine, Carla	No time to say goodbye	362.283
Gilbert, P	Overcoming depression	616.8527
Greenberger, D	Mind over mood	616.89142
Hauck, P	Depression: why it happens and how to overcome it	616.8527
Herbert, C	Overcoming traumatic stress	616.8521
Ingham, C	Panic Attacks	616.85223
Johnston, F	Getting a good nights sleep	616.8498
Johnstone, M	I had a Black Dog	616.8527
Johnstone M	Living with a Black Dog	616.8527
Kennerley, H	Overcoming anxiety	616.8522
Kuchemann, C	Understanding Health Anxiety	616.8525
Lake, T	Living with grief	155.937
Lukas, C	Silent Grief: Living in the wake of Suicide	362.283
McNeil, T	Living with loss	155.937
Perry, M	Confidence booster workout	158.1
Rowe, D	Beyond fear	616.8522
Silove, D	Overcoming panic	616.85223
Stein, M & J Walker	Triumph over shyness	155.232
Tallis, F	Understanding obsessions & compulsions	616.85227
Tallis, F	How to stop worrying	152.46
Weekes, C	Essential help for your nerves	616.85223
Williams, C	Overcoming depression and low mood	616.8527
Williams, C	Living Life to the full: a DVD course	616.8527
Williams, J M G	The Mindful Way through Depression	616.8528

