

Neshomo Wellbeing Library Booklist

Book Title	Author	Brief Description
Anger The Inner Teacher	Pliskin, Zelig	<i>A nine-step program to free yourself from anger</i>
Appreciating People (Including Yourself)	Adahan, Miriam	<i>Insights into the personality types & the needs that determine an individual's nature</i>
Asperger's Syndrome, the Complete Guide	Attwood, Tony	<i>Definitive handbook for anyone affected by AS. All aspects of the syndrome for children-adults.</i>
Autism and Asperger Syndrome	Baron-Cohen, Simon	<i>A factual guide for those with the diagnosis, their parents and families, and professionals</i>
Awaken The Giant Within	Robbins, Anthony	<i>Take immediate control of your mental, emotional, physical & financial destiny</i>
Being and Becoming	Saunders, Deborah	<i>Discovering inner peace and empowerment in our lives</i>
Calling Out To You	Edelman	<i>Journeys and discoveries through clinical depression and anxiety</i>
Developing Resilience	Neenan, Michael	<i>How we respond to meanings we attach to life's adversities; a cognitive behavioural approach</i>
Emett	Adahan, Miriam	<i>A step-by-step guide to Emotional Maturity Established Through Torah</i>
Families of Adults with Autism	Johnson, Jane & Van Rensselaer, Anne	<i>Stories and advice for the next generation</i>
Feel The Fear And Do It Anyway	Jeffers, Susan	<i>What are you afraid of – and how is it holding you back?</i>
Finding Light in the Darkness	Rosenblatt	<i>The toughest challenges and how to grow from them</i>
Gateway to Happiness	Pliskin, Zelig	<i>A practical guide that will enable the reader to increase his level of happiness</i>
Gateway to Self Knowledge	Pliskin, Zelig	<i>A practical guide that will supply you with tools to gain greater self-awareness</i>
I had a Black Dog	Johnstone, Matthew	<i>Stunningly illustrated, a must-have for anyone who has ever had a Black Dog or knows someone who has (Depression)</i>
If You Knew	Saunders, Deborah	<i>Quotes and questions to liberate the mind and heal the heart</i>
It's All In Your Head	O'Sullivan, Suzanne	<i>Stories from the frontline of psychosomatic illness</i>
It's All A Gift	Adahan, Miriam	<i>Achieve greater appreciation of Torah & closeness to G-d in the midst of distress</i>
It's Not As Tough As You Think	Twerski, Abraham	<i>How to smooth out life's bumps</i>
Life In The Balance	Pelcovitz	<i>Applying Jewish wisdom to research & clinical findings from the field of Positive Psychology</i>
Lifelines	Shulman, Avi	<i>Techniques for nurturing personal growth</i>
Life's Too Short	Twerski, Abraham	<i>Pull the plug on self-defeating behaviour and turn on the power of self-esteem</i>
Living with a Black Dog	Johnstone, Mattew	<i>A moving & surprisingly funny insight into depression and how to find hope in the darkness</i>
Longing For Dawn	Bulman, R'Nachman	<i>Tragedy strikes; timeless wisdom for both the sufferer & those who want to offer consolation</i>
Mind Over Mood	Greenberger & Padetsky	<i>Change how you feel by changing the way you think</i>
Mindfulness, Finding Peace in a Frantic World	Williams, Mark & Penman, Danny	<i>Simple, powerful practices that you can incorporate into daily life</i>

Mindset	Dweck, Dr Carol S	<i>Changing the way you think to fulfil your potential; discover the mindset for achieving success</i>
Neurotribes: the Legacy of Autism	Silberman, Steve	<i>How to think smarter about people who think differently. The secret history of autism.</i>
Out of The Shadows	Carnes, Patrick	<i>Understanding sexual addiction</i>
Overcoming Binge Eating	Fairburn, Dr Christopher G.	<i>The proven program to learn why you binge and how you can stop.</i>
Overcoming Paranoid & Suspicious Thoughts	Freeman, Daniel and Jason, & Garety, Philippa	<i>Do you feel as if others are out to get you? CBT techniques to treat disorders by changing unhelpful patterns of behaviour and thought. A self-help guide.</i>
Overcoming: Anxiety	Kennerley, Helen	<i>Learn to master your anxiety using tried-and-tested CBT techniques</i>
Overcoming: Depression	Gilbert, Paul	<i>Break free from the nightmare of depression</i>
Overcoming: Distressing Voices	Hayward, Strauss, Kingdon	<i>Practical help for managing distressing voice hearing experiences</i>
Overcoming: Health Anxiety	Willson, Rob and Veale, David	<i>How you can stop worrying about your health and enjoy life.</i>
Overcoming: Insomnia and Sleep Problems	Espie, Colin A	<i>All the help you need to conquer your sleep problems and start living life to the full</i>
Overcoming: Low Self Esteem	Fennell, Melanie	<i>Boost your confidence and change your life for the better</i>
Overcoming: Mood Swings	Scott, Jan	<i>Feel like you're stuck on an emotional rollercoaster? Learn to take control</i>
Overcoming: Obsessive Compulsive Disorder	Veale, David and Willson, Rob	<i>Clear, practical, focused and helpful. This book will be extremely useful both for those who suffer from obsessive compulsive disorder and those who care for them.</i>
Overcoming: Panic	Manicavasagar, Vijaya & Silove, Derrick	<i>Overcome the crippling effects of panic attacks</i>
Overcoming: Social Anxiety and Shyness	Butler, Gillian	<i>A self-help guide using cognitive behavioural techniques</i>
Overcoming: Worry & Generalised Anxiety Disorder	Meares, Kevin & Freeston, Mark	<i>How to stop excessive worrying and start enjoying life</i>
Promoting Recovery from First Episode Psychosis	Baker, Sabrina and Martens, Lisa	<i>Designed to help families support their relatives' recovery, and focus on the family's journey to recovery.</i>
Self Esteem	Tauber, Rabbi Ezriel	<i>You can run away, but you cannot hide from yourself. Discover who you are. discover what it means to have self-esteem.</i>
Self-Harm, Understanding and Responding To Sticks and Stones	House, Professor Allan Adahan, Miriam	<i>Providing practical information and advice for anyone who has an experience of self-harm Examining all forms of verbal abuse; emotional support and practical help</i>
Ten Steps To Being Your Best	Twerski	<i>Learn how to improve your mindset for the better. A practical handbook to enhance your life</i>
Ten Things Every Child with Autism Wishes You Knew	Notbohm, Ellen	<i>Framed with both humour and compassion, the book describes 10 characteristics that help illuminate – not define – children with autism.</i>
The Blessing of a Broken Heart	Mandell, Sherri	<i>A spiritual journey of faith, hope and redemption</i>
The Body Keeps The Score	Van Der Kolk, Bessel	<i>Mind, brain and body in the transformation of trauma</i>
The Boy, the Mole, the Fox and The Horse	Charlie Mackesy	<i>A graphic novel, the pictures & text work together telling a story about friendship & acceptance</i>
The Chimp Paradox	Peters, Prof Steve	<i>The mind management programme for confidence, success and happiness</i>

The Recovery Letters	Sagan, Olivia & Withey, James	<i>Letters written by people recovering from depression, addressed to those currently affected by a mental health condition. Providing hope and support and testament that recovery is possible.</i>
The Suicidal Thoughts Workbook	Gordon, Kathryn Hope	<i>CBT skills to reduce emotional pain, increase hope and prevent suicide</i>
The Worry Cure	Leahy, Dr Robert L	<i>Stop worrying and start living</i>
Uri's Dream – Educating Children for Dental Health	Weinstein, Dr Joel	<i>A delightful story for children conveying the importance for caring for their teeth</i>
What's Going on with my Mother?	Kaufman, Rivka	<i>A Jewish approach to helping children with a parent deal with a parent's depression</i>
Where Earth and Heaven Kiss	Bergman, Ozer	<i>A guide to Rebbe Nachman's path of meditation</i>