

## Neshomo Wellbeing Library Booklist:

<b>Book Title</b>	<b>Author</b>	<b>Brief Description</b>
<b>Anger The Inner Teacher</b>	Pliskin, Zelig	<i>A nine-step program to free yourself from anger</i>
<b>Appreciating People (Including Yourself)</b>	Adahan, Miriam	<i>Insights into the personality types &amp; the needs that determine an individual's nature</i>
<b>Awaken The Giant Within</b>	Robbins, Anthony	<i>Take immediate control of your mental, emotional, physical &amp; financial destiny</i>
<b>Being and Becoming</b>	Saunders, Deborah	<i>Discovering inner peace and empowerment in our lives</i>
<b>Calling Out To You</b>	Edelman	<i>Journeys and discoveries through clinical depression and anxiety</i>
<b>Developing Resilience</b>	Neenan, Michael	<i>How we respond to meanings we attach to life's adversities; a cognitive behavioural approach</i>
<b>Emett</b>	Adahan, Miriam	<i>A step-by-step guide to Emotional Maturity Established Through Torah</i>
<b>Feel The Fear And Do It Anyway</b>	Jeffers, Susan	<i>What are you afraid of – and how is it holding you back?</i>
<b>Finding Light in the Darkness</b>	Rosenblatt	<i>The toughest challenges and how to grow from them</i>
<b>Gateway to Happiness</b>	Pliskin, Zelig	<i>A practical guide that will enable the reader to increase his level of happiness</i>
<b>Gateway to Self Knowledge</b>	Pliskin, Zelig	<i>A practical guide that will supply you with tools to gain greater self-awareness</i>
<b>If You Knew</b>	Saunders, Deborah	<i>Quotes and questions to liberate the mind and heal the heart</i>
<b>It's All In Your Head</b>	O'Sullivan, Suzanne	<i>Stories from the frontline of psychosomatic illness</i>
<b>It's All A Gift</b>	Adahan, Miriam	<i>Achieve greater appreciation of Torah &amp; closeness to G-d in the midst of distress</i>
<b>It's Not As Tough As You Think</b>	Twerski, Abraham	<i>How to smooth out life's bumps</i>
<b>Life In The Balance</b>	Pelcovitz	<i>Applying Jewish wisdom to research &amp; clinical findings from the field of Positive Psychology</i>
<b>Lifelines</b>	Shulman, Avi	<i>Techniques for nurturing personal growth</i>
<b>Life's Too Short</b>	Twerski, Abraham	<i>Pull the plug on self-defeating behaviour and turn on the power of self-esteem</i>
<b>Longing For Dawn</b>	Bulman, R'Nachman	<i>Tragedy strikes; timeless wisdom for both the sufferer &amp; those who want to offer consolation</i>
<b>Mind Over Mood</b>	Greenberger & Padetsky	<i>Change how you feel by changing the way you think</i>
<b>Mindfulness, Finding Peace in a Frantic World</b>	Williams, Mark & Penman, Danny	<i>Simple, powerful practices that you can incorporate into daily life</i>
<b>Mindset</b>	Dweck, Dr Carol S	<i>Changing the way you think to fulfil your potential; discover the mindset for achieving success</i>
<b>Out of The Shadows</b>	Carnes, Patrick	<i>Understanding sexual addiction</i>
<b>Overcoming Binge Eating</b>	Fairburn, Dr Christopher G.	<i>The proven program to learn why you binge and how you can stop.</i>
<b>Overcoming Paranoid &amp; Suspicious Thoughts</b>	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>

<b>Overcoming: Anxiety</b>	Kennerley, Helen	<i>Learn to master your anxiety using tried-and-tested CBT techniques</i>
<b>Overcoming: Depression</b>	Gilbert, Paul	<i>Break free from the nightmare of depression</i>
<b>Overcoming: Health Anxiety</b>	Willson, Rob and Veale, David	<i>How you can stop worrying about your health and enjoy life.</i>
<b>Overcoming: Insomnia and Sleep Problems</b>	Espie, Colin A	<i>All the help you need to conquer your sleep problems and start living life to the full</i>
<b>Overcoming: Low Self Esteem</b>	Fennell, Melanie	<i>Boost your confidence and change your life for the better</i>
<b>Overcoming: Mood Swings</b>	Scott, Jan	<i>Feel like you're stuck on an emotional rollercoaster? Learn to take control</i>
<b>Overcoming: Obsessive Compulsive Disorder</b>	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>
<b>Overcoming: Panic</b>	Manicavasagar, Vijaya & Silove, Derrick	<i>Overcome the crippling effects of panic attacks</i>
<b>Overcoming: Social Anxiety and Shyness</b>	Butler, Gillian	<i>A self-help guide using cognitive behavioural techniques</i>
<b>Overcoming: Worry &amp; Generalised Anxiety Disorder</b>	Meares, Kevin & Freeston, Mark	<i>How to stop excessive worrying and start enjoying life</i>
<b>Self Esteem</b>	Tauber, Rabbi Eziel	<i>You can run away, but you cannot hide from yourself. Discover who you are. discover what it means to have self-esteem.</i>
<b>Sticks and Stones</b>	Adahan, Miriam	<i>Examining all forms of verbal abuse; emotional support and practical help</i>
<b>Ten Steps To Being Your Best</b>	Twerski	<i>Learn how to improve your mindset for the better. A practical handbook to enhance your life</i>
<b>The Blessing of a Broken Heart</b>	Mandell, Sherri	<i>A spiritual journey of faith, hope and redemption</i>
<b>The Body Keeps The Score</b>	Van Der Kolk, Bessel	<i>Mind, brain and body in the transformation of trauma</i>
<b>The Boy, the Mole, the Fox and The Horse</b>	Charlie Mackesy	<i>A graphic novel, the pictures &amp; text work together telling a story about friendship &amp; acceptance</i>
<b>The Chimp Paradox</b>	Peters, Prof Steve	<i>The mind management programme for confidence, success and happiness</i>
<b>The Worry Cure</b>	Leahy, Dr Robert L	<i>Stop worrying and start living</i>
<b>Where Earth and Heaven Kiss</b>	Bergman, Ozer	<i>A guide to Rebbe Nachman's path of meditation</i>

Neshomo also has several filtered tablets for accessing Zoom (only), available to borrow for Neshomo members.

If you wish to borrow a book or device from the Neshomo library, please contact Shulamit: **07790 271 523**