

Reading Well for mental health booklist

Title	Author(s)	ISBN	Date	Other format
Introductions to Therapies and Approaches				
Cognitive Behavioural Therapy (CBT)				
Cognitive Behavioural Therapy: Your Toolkit to Modify Mood, Overcome Obstructions and Improve Your Life	Elaine Iljon Foreman, Clair Pollard	978-1848319509	2016	ebook 9781848319516
Mindfulness				
Mindfulness: A Practical Guide to Finding Peace in a Frantic World	Mark Williams and Danny Penman	978-0749953089	2011	Enclosed CD, ebook 9780748126514, Soundcloud online audio meditations
Common feelings and experiences				
Anger				
Overcoming Anger and Irritability, 2nd edition: A Self-help Guide using Cognitive Behavioural Techniques	William Davies	978-1472120229	2016	ebook 9781472120465, downloadable resources www.overcoming.co.uk , app also available
Bereavement and loss				
An Introduction to Coping with Grief, 2nd edition	Sue Morris	978-1472140081	2017	ebook 9781472140098, downloadable resources www.overcoming.co.uk , app also available
Grief Works: Stories of Life, Death and Surviving	Julia Samuel	978-0241270776	2018	ebook 9780241270752, audiobook 9780241980569
The Essential Guide to Life After Bereavement: Beyond Tomorrow	Judy Carole Kauffmann and Mary Jordan	978-1849053358	2013	ebook 9780857006691
Low self-esteem				

Overcoming Low Self-Esteem, 2nd edition: A Self-Help Guide Using Cognitive Behavioural Techniques	Melanie Fennell	978-1472119292	2016	ebook 9781472119308, downloadable resources www.overcoming.co.uk , app also available
Social anxiety and shyness				
Overcoming Social Anxiety and Shyness, 2nd edition: A Self-Help Guide Using Cognitive Behavioural Techniques	Gillian Butler	978-1472120434	2016	ebook 9781472120441, downloadable resources www.overcoming.co.uk , app also available
Sleep problems				
The Sleep Book: How to Sleep Well Every Night	Guy Meadows	978-1409157618	2014	ebook 9781409158042
Stress				
Stress Control: A Mind, Body, Life Approach to Boosting Your Well-being	Jim White	978-1472137104	2017	ebook 9781472137111
Self-help books to support mental health				
Wellbeing				
Living Life to the Full: Key Life Skills to Change Your Life	Chris Williams	978-1906564582	2018	digital worksheets, audio recordings and other free online resources www.lttf.com
The CBT Handbook: A Comprehensive Guide to Using CBT to Overcome Depression, Anxiety, Stress, Low Self-Esteem and Anger	Pamela Myles and Roz Shafran	978-1780332017	2015	ebook 9781472102362, downloadable resources www.overcoming.co.uk , app also available
Mind Over Mood, 2nd edition: Change How You Feel by Changing the Way You Think	Dennis Greenberger, Christine A. Padesky	978-1462520428	2015	online resources www.guilford.com/MOM2-materials , ebook 9781462522934 (or website download here)

Depression				
An Introduction to Coping with Depression, 2nd edition	Lee Brosan and Brenda Hogan	978-1472140210	2018	ebook 9781472140227, downloadable resources www.overcoming.co.uk , app also available
Manage Your Mood: How to Use Behavioural Activation Techniques to Overcome Depression	David Veale, Rob Willson	978-1845293147	2007	ebook 9781472137708, downloadable resources www.overcoming.co.uk , app also available
Overcoming Depression, 3rd edition: A Self-Help Guide Using Cognitive Behavioural Techniques	Paul Gilbert	978-1849010665	2009	ebook 9781849011556, downloadable resources www.overcoming.co.uk , app also available
Anxiety and panic				
An Introduction to Coping with Anxiety, 2nd edition	Brenda Hogan and Lee Brosan	978-1472140241	2018	ebook 9781472140234, downloadable resources
Overcoming Anxiety, 2nd edition: A Self-Help Guide Using Cognitive Behavioural Techniques	Helen Kennerley	978-1849018784	2014	ebook 9781472113979, downloadable resources www.overcoming.co.uk , app also available
Overcoming Health Anxiety: A Self-Help Guide Using Cognitive Behavioural Techniques	Rob Willson and David Veale	978-1845298241	2009	ebook 9781849014205, downloadable resources www.overcoming.co.uk , app also available
Overcoming Worry and Generalised Anxiety Disorder, 2nd edition: A Self-Help Guide Using Cognitive Behavioural Techniques	Kevin Meares and Mark Freeston	978-1472107428	2015	ebook 9781472113948, downloadable resources www.overcoming.co.uk , app also available

Overcoming Panic, 2nd edition: A Self-Help Guide Using Cognitive Behavioural Techniques	Vijaya Manicavasagar, Derrick Silove	978-1472135827	2017	ebook 9781472135834, downloadable resources www.overcoming.co.uk , app also available
The Sheldon Short Guide to Phobias and Panic	Kevin Gournay	978-1847093684	2015	ebook 9781847093691
Obsessions and compulsions				
Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT	Fiona Challacombe, Victoria Bream Oldfield, Paul M Salkovskis	978-0091939694	2011	ebook 9781446491843
Other common conditions				
Binge eating and bulimia nervosa				
Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders, 2nd edition	Ulrike Schmidt, Janet Treasure and June Alexander	978-1138797376	2015	ebook 9781317622833,
Overcoming Binge Eating, 2nd edition: The Proven Program to Learn Why You Binge and How You Can Stop	Christopher G. Fairburn	978-1572305618	2013	ebook 9781462510788 (also website download here), supporting digital resources at www.credo-oxford.com
Body image and body dysmorphic disorder				
Body Image Problems and Body Dysmorphic Disorder: The Definitive Treatment and Recovery Approach	Chloe Catchpole, Lauren Callaghan, Annemarie O'Connor	978-1911246107	2017	ebook 9781911246114, audiobook 9781911246145
Mood swings				
Overcoming Mood Swings, 2nd edition: A Self-Help Guide Using Cognitive Behavioural Techniques	Jan Scott	978-1849011297	2010	ebook 9781849014236, downloadable resources

				www.overcoming.co.uk , app also available
Depression and relationships				
Defeating Depression: How to Use the People in Your Life to Open the Door to Recovery	Roslyn Law	978-1849017121	2013	ebook 9781780330808
Postnatal depression				
The Compassionate Mind Approach To Postnatal Depression: Using Compassion Focused Therapy to Enhance Mood, Confidence and Bonding	Michelle Cree	978-1780330853	2015	ebook 9781472104915
Personal stories				
Wellbeing				
A Mindfulness Guide for the Frazzled	Ruby Wax	978-0241972069	2016	ebook 9780241972076, audiobook 9780241976128
Reasons to Stay Alive	Matt Haig	978-1782116820	2015	ebook 9781782115090, audiobook 9781510015975
Bereavement and loss				
A Manual for Heartache	Cathy Rentzenbrink	978-1509824465	2017	ebook 9781509824441, audiobook 9781509844869
Depression				
I Had a Black Dog	Matthew Johnstone	978-1845295899	2009	ebook 9781780339030
The Recovery Letters	James Withey and Olivia Sagan (eds.)	978-1785921834	2017	ebook 9781784504601, www.therecoveryletters.com
Social anxiety				
We're All Mad Here: The No-Nonsense Guide to Living with Social Anxiety	Claire Eastham	978-1785920820	2016	ebook 9781784503437
Support for carers				

Living With a Black Dog	Matthew Johnstone, Ainsley Johnstone	978-1845297435	2007	ebook 9781780339047
The Boy with the Topknot: A Memoir of Love, Secrets and Lies in Wolverhampton	Sathnam Sanghera	978-0141028590	2009	ebook 9780670923090, audiobook 9781510094550, DVD