



The Counselling & Personal Development Service Dublin City University

Live Wise Book Therapy Collection

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Subject	Book Title	Author (s)	Year	Publisher	Description	Campus
Addiction	7 Tools To Beat Addiction	Stanton Peele	2004	Three Rivers Press	For those seeking to overcome addiction.	GLA SPC
	The Addiction Workbook: A step-by-step guide to quitting alcohol and drugs	Patrick Fanning & John T. O'Neill	1996	New Harbinger Publications	A workbook for those who want to do something about their use/misuse of alcohol or other drugs.	GLA
	Freedom From Addiction: The secret behind successful addiction busting	Joe Griffin & Ivan Tyrrell	2009	Human Givens Publishing	Focus on overcoming your addiction.	GLA
	Is It Love Or Is It Addiction? (3 rd edition)	Brenda Schaeffer	2009	Hazelden Publishing & Educational Services	Addresses love addiction, power plays, romantic and sex addiction, healthy belonging.	GLA
	In the Realms of Hungry Ghosts: Close encounters with addictions	Gabor Mate	2018	Vermilion	A holistic and compassionate approach to addiction, whether to alcohol, drugs, sex, money or anything self-destructive.	SPC
	The Craving Mind: From cigarettes to smart-phones to love-why we get hooked & how we can break bad habits	Judson Brewer	2017	Yale University Press	Explains why addictions are so tenacious and how we can learn to conquer them.	Ebook

	Crave: Why you binge and how to stop	Cynthia M. Bulik	2009	Walker & Co.	Guidance to develop a variety of strategies to use in conquering their cravings and establishing healthy eating habits.	Ebook
	An Introduction To Sensible Drinking	Marcantonio Spada	2011	Robinson	Aimed at helping a person drink in a sensible way.	GLA
	Controlling Your Drinking: Tools to make moderation work for you	William R. Miller	2013	Guilford Press	Armed with authoritative facts about how much is too much, readers can set realistic, customised moderation goals. Loads of practical strategies, stories, and planning tips are included.	Ebook
	Overcoming Problem Drinking: Using cognitive behavioural techniques	Marcantonio Spada	2006	Robinson	For anyone who feels alcohol is beginning to rule their lives, this is an indispensable guide, combining the expertise of psychologists and those working in the medical profession.	GLA Ebook
	Adult Children Of Alcoholics	Janet Woititz	1990	Health Communication	Offers an overview and introduction to the impact of growing up in a family where one or both parents abuse alcohol.	GLA
	Recovery: A guide for adult children of alcoholics	Herbert L. Gravitz & Julie D. Bowden	1987	Simon & Schuster	Explores the secrets, fears, hopes and issues that confront adult children of alcoholics.	GLA
	Sex, Drugs, Gambling And Chocolate: A workbook for overcoming addictions (2 nd ed)	Arthur T. Horvath	2004	Impact Publishers	A workbook alternative to the 12-step programme can help reduce all types of addictive behaviours by approaching them in general rather than separately.	GLA

	Sex Addiction: The partners' perspective	Paula Hall	2016	Routledge	A comprehensive guide to understanding and surviving sex addiction for partners and those who want to help them.	SPC
	Understanding And Treating Sex And Pornography Addiction: A comprehensive guide for people who struggle with sex addiction and those who want to help them	Paula Hall	2013	Routledge	A comprehensive guide for people who struggle with sex addiction and those who want to help them.	GLA
Anxiety & Stress	Living Fully With Shyness And Social Anxiety	Erika B. Hilliard	2005	D Capo Press	Covers in-depth all of the relevant topics, including how to calm your body, cultivating positive thoughts, and ways to prepare for stressful social situations.	GLA
	Overcoming Social Anxiety And Shyness: A self-help guide using cognitive behavioural techniques	Gillian Butler	1999	Robinson	Provides a practical, easy-to-use self-help course which will be invaluable for those suffering from all degrees of social anxiety.	GLA SPC
	An Introduction To Coping With Anxiety	Lee Brosan & Brenda Hogan	2007	Robinson Publishing	Gives an overview of symptoms and suggestions for overcoming anxiety.	GLA

	How To be Your Own Therapist: Boost your mood and your anxiety in 10 minutes a Day	Owen O'Kane	2022	HQ	Provides the perfect toolkit for coping with the stresses and strains of modern life, drawing from a range of therapies including CBT, mindfulness and much more.	SPC
	Notes On A Nervous Planet	Matt Haig	2018	Canongate Books	A broader look at how modern life feeds our anxiety, and how to live a better life.	Ebook
	Overcoming Anxiety, Stress And Panic: A five areas approach (3 rd ed)	Chris Williams	2012	Hodder Arnold Publisher	Presents a series of self-help workbooks for use in self-assessing and managing the symptoms of stress, worry, panic and phobias.	GLA
	Owning It: Your bullsh*t-free guide to living with anxiety	Caroline Foran	2017	Hachette Books Ireland	A no-frills account of anxiety from the front line.	GLA
	The Anxiety & Phobia Workbook (4 th ed)	Edmund J. Bourne	2020	New Harbinger Publications	A self-help workbook.	GLA Ebook
	Things Might Go Terribly Horribly Wrong: A guide to life liberated from anxiety	Kelly Wilson & Tony Du Frene	2010	New Harbinger Publishers	Describes the key areas of Acceptance and Commitment Therapy for anxiety.	GLA
	An Introduction To Coping With Panic	Charles Young	2007	Robinson Publishing	An introduction to what panic attacks are with some immediate coping strategies.	GLA

	Panic Attacks	Christine Ingram	2000	Thorsons	Explains what panic attacks are, why they happen, and what every reader can do to empower themselves and regain control over their panic.	GLA SPC
	When Panic Attacks	Aine Tubridy	2007	Gill and MacMillan	Explains the psychology underlying panic and provides panic attack management skills.	GLA SPC
	When Panic Attacks: The new, drug-free anxiety therapy that can change your life	David D Burns	2007	Harmony	Shows you how to overcome every kind of anxiety.	SPC
	Understanding Panic Attacks And Overcoming Fear (3 rd Edition)	Roger Baker	2011	Lion Hudson Publishers	Offers a psychological self-help programme for panic attacks.	GLA
	Fear: Essential wisdom for getting through the storm	Thich Nhat Hanh	2012	Rider	Detailed mindfulness practises on how to deal with fears toxic presence in our lives.	SPC

	Fearless: How to win at life without losing yourself	Pippa Grange	2020	Ebury Digital	Walks you through the process of identifying and facing the fears that manifest in perfectionism, jealousy, self-criticism, and harsh judgment, and replacing those fears with acceptance, purpose, passion, or laughter. Provides effective fear-management techniques for facing moments of critical pressure.	GLA
	Feel The Fear And Do It Anyway	Susan J Jeffers	2012	Vermilion	Provides insight and tools to handle any situation.	SPC
	Joy From Fear: Create the life of your dreams by making fear your friend	Carla Marie Manly	2019	Familius LLC	Explains that fear is not the enemy we thought it was; fear, when faced with awareness, is the powerful ally and best friend we all need.	Ebook
	The Dance Of Fear: Rising above anxiety, fear and shame to be your best and bravest self	Harriet Lerner	2005	Harper	Guidance to navigate fear, anxiety, & shame.	SPC
	How To Stop Worrying	Frank Tallis	2009	Sheldon Press	A problem-solving approach.	GLA

	Overcoming Worry	Kevin Meares & Mark Freeston	2008	Robinson Publishing	A CBT self-help book that will help you to understand and deal with your tendency to worry. Addresses generalised anxiety.	GLA
	The Worry Cure	Robert L Leahy	2006	Harmony	Seven steps to stop worry.	GLA
	An Introduction To Coping With Stress	Lee Brosnan	2010	Robinson Publishing	A self-help guide using cognitive behavioural therapy strategies.	GLA
	Coping With Stress At University: A survival guide	Steven Palmer & Angela Puri	2006	Sage Publications Ltd	Covers a range of common stressful situations faced by students.	Ebook
	How To Turn Stress On Its Head: The simple truth that can change your relationship with work	Rani Bora	2017	Independently published	Addresses where do stressful feelings really come from; how can we remain resilient in the face of challenging circumstances; is it possible to be less bothered by the difficult people around us?	SPC
	I Want To Be Calm: How to de-stress	Harriet Griffey	2015	Hardie Grant	Explores the issues we face in our lives that make us feel stressed, anxious, depressed or overwhelmed, and advice on overcoming them.	SPC

	Full Catastrophe Living: How to cope with stress, pain and illness using mindfulness mediation	Jon Kabat-Zinn	2013	Piatkus Books	Specifically looks at mindfulness in relation to stress, anxiety, emotional & physical pain.	GLA SPC
	A Mindfulness-Based Stress Reduction Workbook (CD included)	Bob Stahl & Elisha Goldstein	2010	New Harbinger Inc	A stress management self-help workbook.	GLA
	Mindfulness: A practical guide to finding peace in a frantic world	J. Mack, G. Williams, M. Williams & D. Penman	2011	Piatkus Books	Based on Mindfulness Based Cognitive Therapy.	GLA SPC
	The Mindful Way Through Stress: The proven 8-week path to health, happiness, and well-being	Shamash Alidina	2015	The Guilford Press	In as little as 10 minutes a day over 8 weeks, you'll be taken step by step through a carefully structured sequence of guided meditations.	Ebook
	Stress: The common sense approach	Brenda O'Hanlon	1998	Newleaf	Checklist to assess stress levels and discuss management, relaxation techniques, nutrition, diet & medication.	SPC
	Stress Management: A comprehensive guide to wellness	Edward A. Charlesworth & Ronald G. Nathan	1993	Souvenir	Helps you identify the specific areas of stress in your life-familial, work-related, social, emotional-and offers proven techniques for dealing with every one of them.	SPC

	The Stress Solution: The 4 steps to a calmer, happier, healthier you	Rangan Chatterjee	2018	Penguin Life	Offers a series of practical solutions and simple interventions to help you de-stress and re-set your life.	GLA
	The Upside Of Stress: Why stress is good for you, and how to get good at it	Kelly McGonigal	2015	Avery	New view of stress that reveals the upside of stress, and shows us exactly how to capitalise on its benefits.	GLA
	The Relaxation And Stress Reduction Workbook (6 th Edition)	Martha Davis, Elizabeth Robbins Eshelman & Matthew McKay	2008	New Harbinger Inc	Offers a broad range of techniques for relaxation and stress management.	GLA
	Burnout: Solve your stress cycle	Emily Nagoski & Amelia Nagoski	2020	Vermilion	Explains why women experience burnout differently than men - and provides a simple, science-based plan to help women minimise stress, manage emotions and live a more joyful life.	SPC
	The Burnout Solution: 12 weeks to a calmer you	Siobhan Murray	2018	Gill Books	Offers a step-by-step path through feelings of stress and anxiety towards renewed clarity of mind.	Ebook

Depression

Coming Through Depression (CD included): A mindful approach to recovery	Tony Bates	2011	Gill & MacMillan	Gives an explanation of depression, how to recover and stay mentally healthy using mindfulness.	GLA
An Introduction To Coping With Depression	Lee Brosnan & Brenda Hogan	2007	Robinson	A self-help guide with exercises that the reader can work through.	GLA
Overcoming Depression And Low Mood: A five areas approach (3rd ed)	Chris Williams	2012	Hodder Education	A cognitive behavioural therapy self-help guide.	GLA
Mind Over Mood: Change how you feel by changing the way you think	Dennis Greenberger & Christine Padesky	1995	Guilford Press	A cognitive therapy approach with structured exercises.	GLA
Overcoming Depression: A self-help guide using cognitive behavioral techniques	Paul Gilbert	2009	Constable and Robinson	Using cognitive behavioural therapy techniques.	GLA SPC
The Mindful Way Through Depression	Mark Williams, John Teasdale, Zindel Segal & Jan Kabat-Zinn	2007	Guilford Publication	A guide using mindfulness cognitive therapy.	GLA SPC
Feeling Good: The new mood therapy (Updated edition)	David D. Burns	1999	Avan Books.	A guide on working with Depression.	GLA (other editions)
I had a Black Dog: His name was depression	Matthew Johnstone	2007	Robinson	Insight into what it is like to have depression and how author learned to control it.	SPC

	The Noonday Demon: An anatomy of depression	Andrew Solomon	2016	Vintage	Explores social, biological, chemical and medical implications of depression.	SPC
	Darkness Visible: A memoir of madness	William Styron	2004	Vintage	Tracks the progress of his depression, from misery and exhaustion to hard-won recovery.	GLA SPC
	Reasons To Stay Alive	Matt Haig	2016	Canongate	A novel and memoir based on the author's experiences of living with depression and anxiety disorder.	Ebook
	Malignant Sadness: The anatomy of depression	Lewis Wolpert	2006	Faber and Faber	Author describes his struggle with depression and investigates its causes and treatments.	GLA (other editions) SPC
	The Compassionate Mind Approach to Post-Natal Depression	Michelle Cree	2015	Robinson	Helps women to recognise some of the symptoms and, where appropriate, to normalise them, thereby alleviating their distress. It will also guide mothers-to-be and new mothers through the maze of confusing feelings that can arise.	GLA

Grief & Loss

An Introduction To Coping With Grief	Sue Morris	2010	Robinson	Focuses on recognising and coping with grief.	GLA
The Courage To Grieve: The classic guide to creative living, recovery, and growth through grief	Judy Tatelbaum	1997	Vermillion	Provides the specific help we need to enable us to face our grief fully and to recover and grow from the experience.	GLA SPC
The Loss that is Forever: The lifelong impact of the early loss of a mother or father	Maxine Harris	1996	Plume Publishers	Grieving the loss of a parent.	GLA
Facing Grief: Bereavement and the young adult	Susan Wallbank	2003	Lutterworth Press.	Discusses the effects and coping with emotions by a loss of a loved one.	GLA
You Are Not Alone: Teens talk about life after the loss of a parent	Lynne B. Hughes	2005	Scholastic Press	This guide provides young readers with techniques to cope with the loss of a parent.	SPC
When Children Grieve: For adults to help children deal with death, divorce, pet loss, moving and other losses	John W. James & Russell Friedman	2002	Quill/ HarperCollins	Guidelines offered that will cover experiences ranging from dealing with change to the loss of a family member.	SPC
Coping with Suicide	Meggie Helen	2002	Sheldon Press	Aimed at those whose loved ones have committed suicide.	GLA

	After Suicide: Help for the bereaved	Sheila Clark	1995	Hill of Content	Helps people understand the emotions they may face, provides suggestions for practical help and assists them to build a new life again.	SPC
	Aftermath: Picking up the pieces after a suicide	Gary Roe	2019	Healing Resources Publishing	Offers hope, validation, acceptance, and an understanding of the "aftermath" that is the grief journey for someone who's loved one died by suicide.	SPC
	Silent Grief: Living in the wake of suicide (rev ed)	Christopher Lukas & Henry M. Seiden	2007	Jessica Kingsley Publishers	Gives valuable insights into living in the wake of suicide and provides useful strategies and support for those affected by a suicide, as well as professionals in the field of psychology, social work, and medicine.	Ebook
	Surviving The Holidays Without You: Navigating grief during special seasons	Gary Roe	2019	Healing Resources Publishing	A grief survival kit designed for the holidays which will empower you to navigate special seasons with new confidence.	SPC
	Please Be patient, I'm Grieving: How to care for and support the grieving heart	Gary Roe	2019	CreateSpace Independent Publishing Platform	Provides the answers you need to make a difference in your own life and in the lives of others.	GLA

	Heartbroken: Healing from the loss of a spouse	Gary Roe	2015	GR Healing Resources	Help to better manage the up and down, roller-coaster emotions of grief; how to manage being misunderstood and all the relationship shifts that occur with a close loss; How to think about and face the future with hope.	SPC
	The Grieving Teen: A guide for teenagers and their friends	Helen Fitzgerald	2000	Simon & Schuster	Guides teens through everything from the sickbed to the funeral, from the first day back at school to the first anniversary of the death.	GLA
	I Wasn't Ready to Say Goodbye: Surviving, coping and healing after the sudden death of a loved one	Brook Noel & Pamela Blair	2008	Sourcebooks Inc.	Offers a comforting hand to help guide you through the grieving process, from the first few weeks to the longer-term emotional and physical effects.	Ebook
	Never The Same: Coming to terms with the death of a parent	Donna Schuurman	2004	St. Martin's Press	Offers expert advice and encouragement to empower you to reflect on your unique situation, come to terms with the influence of your parent's death, and live more healthful, peaceful lives.	SPC

	How To Go on Living When Someone You Love Dies	Therese A. Rando	1991	Bantam Books	Leads you gently through the painful but necessary process of grieving and helps you find the best way for yourself.	SPC
	Finding A Way Through When Someone Close Has Died : What it feels like and what you can do to help yourself : a workbook by young people, for young people	Pat Mood & Lesley Whittaker	2007	Jessica Kingsley Publishers	Written and illustrated by children who have experienced the death of someone close to them. Offer advice, based on their own experiences, on how to cope with the upheavals of bereavement.	Ebook
	It's OK That You're Not Ok: Meeting grief and loss in a culture that doesn't understand	Megan Devine	2017	Sounds True	Reveals a path for navigating grief and loss not by trying to escape it, but by learning to live inside it with more grace and skill.	GLA
	In A Dark Wood: What Dante taught me about grief, healing and the mysteries of love	Joseph Luzzi	2015	William Collins	A heartrending memoir and a meditation on the power of great art to give us strength in our darkest moments	SPC
Health & Illness	Living with Schizophrenia	Neel Burton & Phil Davison	2012	Acheron Press	Practical advice about day-to-day management will help sufferers take greater control over the illness.	GLA SPC

	Surviving Schizophrenia: A family manual (7 th ed)	E. Fuller Torrey	2019	Harper Perennial	Describes the nature, causes, symptoms, treatment, and course of schizophrenia and also explores living with it from both the patient's and the family's point of view.	GLA
	The First Episode of Psychosis	Michael T. Compton & Beth Broussard	2009	Oxford University Press	Helps patients and their families to take an informed role in their care.	SPC
	Back to Life, Back to Normality: Cognitive therapy, recovery and psychosis	Douglas Turkington	2009	Cambridge University Press	Illustrates what it is like to have common psychosis and how people's lives can be restored using therapy. Increases understanding of how the psychosis started, and the factors that worsen symptoms or increase the likelihood of relapse.	GLA
	The Centre Cannot Hold	Elyn R. Saks	2007	Virago	Author discusses her journey with schizophrenia, and obstacles she overcame to build a successful life and career.	GLA SPC
	Living With Bipolar Disorder: A guide for individuals and families	Michael W. Otto	2011	Oxford University Press	A skills and support based approach.	GLA

	Loving Someone With Bipolar Disorder: Understanding and helping your partner	Julie A. Fast & John Preston	2012	New Harbinger Publications	Discusses all aspects of readers' relationships with bipolar partners: work, money, sex, medications and their side effects, therapeutic treatments, and more.	SPC
	An Unquiet Mind: A memoir of moods and madness	Kay R Jamison	2011	Picador	Explores depression as a doctor and patient.	SPC GLA
	The Bipolar Disorder Survival Guide: What you and your family need to know	David J. Miklowitz	2019	Guilford Press	Shares proven strategies for managing your illness or supporting a loved one with the disorder.	SPC
	Overcoming Mood Swings: A self-help guide using cognitive behavioural techniques	Jan Scott	2010	Constable & Robinson	A CBT self-help book designed to help you identify and manage severe mood swings (such as those found in bipolar affective disorder).	GLA Ebook
	The Borderline Personality Disorder Workbook: An integrative program to understand and manage your BPD	Daniel J Fox	2019	New Harbinger Publications	Gain a greater understanding of your BPD, uncover your own emotional triggers and discover your own personal motivators for positive change.	Ebook
	A Way Out of Madness	Daniel MacKler & Matthew Morrissey	2010	Authorhouse	Offers guidance in resolving family conflict and taking control of your life.	SPC

	An Introduction To Coping With Obsessive Compulsive Disorder	Lee Brosnan	2007	Robinson	A self-help introduction to some strategies to cope with OCD.	GLA
	Understanding Obsessions And Compulsions: A self-help manual.	Frank Tallis	1992	Sheldon Press	Covers compulsive checking, washing, hoarding obsessional thoughts and worry, and obsessional thoughts and depression.	GLA
	Overcoming Obsessive Compulsive Disorder	David Veale & Rob Willson	2009	Robinson Publishing	A CBT self-help book describing techniques addressing obsessive thoughts & compulsive behaviours.	GLA
	Overcoming Obsessive Thoughts: How to gain control of your OCD	David Clark & Christine Purdon	2005	New Harbinger Publications	Focuses on unwanted obsessional thoughts.	GLA
	Rowing Without Oars	Ulla-Carin Lindquist	2006	John Murray	The author documents her final years of living with Lou Gehrig's disease.	GLA SPC
	Living Beyond Your Pain: Using ACT to ease chronic pain	Joanne Dahl & Tobias Lundgren	2006	New Harbinger Publications	Helps you recognise pain as an event in your life that doesn't need to interfere with the way you live.	GLA

	Outsmart Your Pain: Mindfulness and self-compassion to help you leave pain behind	Christine Wolf	2021	The Experiment, LLC	Evidence-based guide to relieving chronic pain with mindfulness, complete with twenty easy guided meditations and self-compassion practices.	Ebook
	Overcoming Chronic Pain: A self-help guide using cognitive behavioural techniques	Frances Cole, Helen MacDonald & Catherine Carus	2020	Robinson	Explains why pain can persist when there's no injury or disease present; how to become fitter and pace your activities; practical ways to improve sleep and relaxation; tips for returning to work, study and gaining a life you value.	SPC
	The C-Word	Lisa Lynch	2010	Arrow	An honest and darkly humorous account of 28 year old Lisa Lynch's battle with breast cancer.	SPC
	The Cancer Survivors Club	Chris Geiger	2013	CKG Ventures	Brings together first-hand accounts of ordinary people who have beaten cancer.	SPC
	Cancer Survivor's Companion: Practical ways to cope with your feelings after cancer	Frances Goodhart & Lucy Atkins	2011	Piatkus	Helps to deal with the emotional fallout of cancer whether its days, months or years since the treatment ended.	GLA

	An Introduction To Coping With Eating Disorders	Gillian Todd	2011	Robinson Publishing	An introductory guide on binge-eating disorder, bulimia nervosa and anorexia nervosa.	GLA
	Anorexia Nervosa: A survival guide for families, friends and sufferers.	Janet Treasure	2013	Psychology Press	A step-by-step treatment guide with practical advice.	GLA
	Anorexia Nervosa: The wish to change: self help and discovery: the thirty steps (2 nd ed)	A.H. Crisp	1996	Psychology Press	A self-help guide.	GLA
	Talking About Anorexia: How to cope with life without starving	Maroushka Monro	1996	Sheldon	Helps young people to acknowledge and understand that something is wrong and how to take action to get better.	SPC
	Getting Better Bit (e) by Bit (e): A survival kit for sufferers of bulimia nervosa and binge eating disorders	Ulrike Schmidt & Janet Treasure	1993	Psychology Press	Aimed at helping people improve their symptoms and gain some control over their life.	GLA SPC
	Hope: Understanding eating disorders	Marie Campion	1998	The O'Brien Press	Guide to eating disorders aims to break down barriers of isolation and to show that there is hope of recovery.	GLA SPC
	On Eating	Susie Orbach	2002	Penguin	Aims to show us how to think and feel differently about what we eat.	SPC GLA

	Understanding Your Eating	Julia Buckroyd	2011	Open University Press	Addresses how food and eating became entangled with emotion.	GLA
	Overcoming Binge Eating: The proven program to learn why you binge and how you can stop	Christopher G. Fairburn	1995 2013	Guilford Press	Step-by-step guidelines show you how to: overcome the urge to binge; gain control over what and when you eat; break free of strict dieting and other habits that may contribute to binge;. establish stable, healthy eating patterns; improve your body image and reduce the risk of relapse.	GLA
	Overcoming Bulimia Nervosa & Binge-Eating: A self-help guide using cognitive behavioural techniques	Peter Cooper	2009	Robinson	A proactive CBT approach to controlling bulimia nervosa and binge-eating.	GLA SPC
	Feel Great Lose Weight: Simple habits for lasting and sustainable weight loss	Rangan Chatterjee	2020	Penguin Life	Offers a refreshing, positive approach to weight-loss that focusses on when, where, how, and why to eat, and why it's important to enjoy the process of improving our health.	SPC

	Food For The Fast Lane: Recipes to power your body and mind	Derval O'Rourke	2014	Gill & Macmillan	Delicious, balanced recipes that will give you more energy and a better ability to focus.	SPC
	Jamie's Ministry Of Food: Anyone can learn to cook in 24 hours	Jamie Oliver	2008	Michael Joseph	Cookbook focuses on making wholesome, tasty meals.	SPC
	Livwise: Easy recipes for a healthy, happy life	Olivia Newton-John	2011	Murdoch	Cookbook focuses on healthy, well-balanced meals.	SPC
	Optimum Nutrition for the Mind	Patrick Holford	2010	Piatkus	Definitive guide to solving mental health problems through nutrition.	SPC
	Ready, Steady, Glow: Fast, fresh food designed for real life	Madeleine Shaw	2016	Orion	Weekday recipes that can be made in less than 30 minutes, alongside sumptuous show-stopping meals perfect for the weekend.	SPC
	The Happy Pear: Healthy, easy, delicious food to change your life	David & Stephen Flynn	2014	Penguin Ireland	A vegetarian cookbook that will appeal to absolutely everyone.	SPC GLA
	The Hungry Student Cookbook	Charlotte Pike	2013	Quercus	These easy-to-follow recipes are designed especially for students.	SPC
	The 4 Pillar Plan: How to relax eat move sleep your way to a longer, healthier life	Rangan Chatterjee	2018	Penguin Life	Provides a simple actionable plan to help you feel fantastic.	GLA

	Overcoming Insomnia and Sleep Problems: A self-help guide using cognitive behavioral techniques	Colin A. Espie	2010	Robinson	Helps develop good pre-bedtime routines; use effective relaxation techniques; establish a new sleeping and waking pattern; deal with a racing mind.	GLA
	Tired but Wired: How to overcome your sleep problems: The essential sleep toolkit	Nerina Ramlakhan	2010	Souvenir Press Ltd	Offers a sleep toolkit programme.	GLA
	The Effortless Sleep Companion	Sasha Stephens	2013	Dark Moon Ltd	Information and techniques to help move from insomnia to getting a better night sleep.	GLA
	The Sleep Solution: Why your sleep is broken and how to fix it	W. Chris Winter	2018	Scribe	Understand how sleep works and the ways in which food, light, and other activities act to help or hurt the process.	Ebook
	Why We Sleep: The new science of sleep and dreams	Matthew P. Walker	2018	Penguin	Illuminates the night, explaining how sleep can make us healthier, safer, smarter, and more productive.	GLA
	Sleep: The commonsense approach	Brenda O'Hanlon	1998	Newleaf	Advice on how much sleep we need and common disorders.	SPC
	Fast Exercise	Michael Mosley & Bee Peta	2013	Short Books	Demonstrations on how short bursts of exercise can benefit you.	SPC

	Walking For Fitness: The low-impact workout that tones and shapes	Nina Barough	2011	Dorling Kindersley	How to walk your way to hassle free fitness and weight loss.	SPC
	The Complete Guide to Walking: For health, weight loss, and fitness	Mark Fenton	2001	The Lyons Press	An informative and practical handbook to receiving all the benefits of walking.	SPC
	Yoga Beginner's Bible: Top 30 illustrated poses for weight loss, stress relief and inner peace	Tai Morello	2015	CreateSpace Ind	Step-by-step how to develop a life-changing yoga practice.	SPC
	Overcoming Sexual Problems: A self-help guide using cognitive behavioural techniques	Vicki Forde	2017	Constable & Robinson	Provides a guide to understanding sexual problems including impotence and loss of sexual desire, premature ejaculation and lack of orgasm.	SPC
Managing Emotions	Draw on Your Emotions	Margot Sunderland Philip Engleheart	1997	Speechmark Publishing Ltd	A manual with exercises addressing the process of talking about feelings.	GLA SPC
	Emotional Agility: Get unstuck, embrace change and thrive in work and life	Susan David	2016	Penguin Life	Shows how anyone can thrive in an uncertain world by becoming more emotionally agile.	GLA
	Emotional First Aid	Guy Winch	2014	Plume	A book for those looking to become more resilient build self-esteem, let go of hurt and hang-ups.	SPC

	Emotional Confidence: Simple steps to managing your feelings	Gael Lindenfield	2000	Thorsons Publisher	Offers a seven-step emotional healing strategy.	GLA
	The Emotional Healing Strategy	Gael Lindenfield	2008	Michael Joseph	Aims to help you to move on and develop a coping toolkit for any time of loss or hurt.	SPC
	The Emotional Life of Your Brain: How unique patterns affect the way you think, feel and live and how you change them	Richard J. Davidson & Sharon Begley	2012	Hudson Street Press	Offers a new model for understanding our emotions – their origins, their power and their malleability.	GLA SPC
	Managing Intense Emotions And Overcoming Self-Destructive Habits: A self-help manual	Lorraine Bell	2003	Brunner-Routledge	Self-help manual for people who would meet the diagnosis of 'emotionally unstable' or 'borderline personality disorder'.	SPC
	The Mindfulness Way Workbook: An 8 week programme to free yourself from depression and emotional distress	John Teasdale, Mark Williams & Zindel Segal	2014	Guilford Press	Includes an MP3 CD and downloads of guided meditations.	GLA
	The CBT Handbook: A comprehensive guide to using CBT to overcome depression, anxiety, stress, low self-esteem and anger	Pamela Myles & Roz Shafran	2015	Robinson	Easy-to-read general self-help guide is a must-have for anyone experiencing emotional and psychological problems.	SPC

	The Dialectical Behaviour Therapy Skills Workbook: Practical DBT exercises for learning mindfulness, interpersonal effectiveness, emotional regulation and distress tolerance (2 nd ed)	Matthew McKay, Jeffrey Wood & Jeffrey Brantley	2019	New Harbinger Publications	Offers step-by-step exercises for learning about distress tolerance, mindfulness, emotion regulation, and interpersonal effectiveness. and putting them to work for real and lasting change.	Ebook
	Beating Anger: The eight-point plan for coping with rage	Mike Fisher	2005	Rider	Aims to help a person manage their anger.	SPC
	Healing Rage: Women making inner peace possible	Ruth King	2007	Gotham	Explains that rage is not to be understood as a useless emotion but as clarity and untapped fuel.	GLA
	The Anger Control Workbook	Matthew. McKay & Peter.D. Rogers	2000	New Harbinger Publications	A step-by-step approach.	GLA
	The Dance of Anger: A guide to changing the pattern of intimate relationship	Harriet Lerner	2004	Thorson Publishers	Identify sources of anger and how to use anger as a vehicle for creating change.	SPC
	Managing Anger: Simple steps to dealing with frustrations and threat (2 nd ed)	Gael Lindenfield	2000	Thorsons Publishers	Explains the effects of anger on our minds and bodies, and suggests ways of dealing both with our own anger and that of other people.	GLA SPC

	Overcoming Anger and Irritability: A self-help guide to using cognitive behavioural techniques	William Davies	2009	Robinson	A self-help manual that helps to understand why bouts of anger occur, and what can be done to overcome them.	GLA
	Happy Mind, Happy Life: 10 simple ways to feel great every day	Ranga Chatterjee	2022	BenBella Books	Shares cutting-edge insights into the science of happiness and reveals 10 simple ways to put you back in control of your health.	Ebook
	The Happiness Trap: How to stop struggling and start living	Russ Harris	2008	Robinson	Helps reduce stress and worry; handle painful feelings and thoughts more effectively; break self-defeating habits; overcome insecurity and self-doubt; create a rich, full, and meaningful life.	GLA
	Hardwiring Happiness: How to reshape your brain and your life	Rick Hanson	2014	Rider Books	Shows how to use positive experiences of daily life to promote lasting health, contentment, love and inner peace.	SPC
	Just One Thing: Developing a Buddha brain one simple practice at a time	Rick Hanson	2011	New Harbinger Publications	50 brain training practices to protect against stress, lift mood, and find greater emotional resilience.	SPC

	The Practice of Happiness	John Kehoe	1999	Zoetic Inc	Inspire those who seek happiness in their own lives.	SPC
	The Happiness Trap: How to stop struggling and start living	Russ Harris	2008	Robinson	Helps reduce stress and worry; handle painful feelings and thoughts more effectively; break self-defeating habits; overcome insecurity and self-doubt; create a rich, full, and meaningful life.	GLA
	Happy Mind, Happy Life: 10 simple ways to feel great every day	Ranga Chatterjee	2022	BenBella Books	Shares cutting-edge insights into the science of happiness and reveals 10 simple ways to put you back in control of your health.	Ebook
	The U-turn: A guide to happiness	Conor Farren	2013	Orpen Press	Aims to help people control their emotions and improve relationships.	SPC
Mindfulness & Self-Compassion	Mindfulness @ Work: Reduce stress, live in the moment, and be happier and more productive at work	Anna Black	2014	CICO Books	Mindfulness techniques to reduce work-related stress and manage negative behaviours.	SPC
	Mindfulness For Beginners: Reclaiming the present moment and your life	Jon Kabat-Zinn	2016	Sounds True	A collection of reflections and practices to be opened and explored at random.	GLA

	Mindfulness Pocketbook: Little exercises for a calmer life	Gill Hasson	2015	Wiley	100 mindfulness exercises to help you get calm, collected, and balanced.	SPC
	10 Mindful Minutes: Giving our children - and ourselves - the social and emotional skills to reduce stress and anxiety for healthier, happier lives	Goldie Hawn	2011	Piatkus	Outlines short exercises for parents and children to help reduce stress, improve concentration & manage emotions.	SPC
	The Miracle of Mindfulness	Thich Nhat Hanh Mobi Ho (Translator)	1987	Beacon Press	Readers will learn to slow their lives down and arrive at greater self-understanding and peacefulness.	SPC
	The Compassionate Mind: A new approach to life's challenges	Paul Gilbert	2013	Constable	The author shows how greater compassion can lead to greater happiness.	SPC
	The Compassionate Mind Workbook: A step-by step guide to developing your compassionate self	Chris Irons & Elaine Beaumont	2017	Robinson	A step-by-step guide to build your understanding of yourself, the skills that give rise to a compassionate mind, and ways to work with whatever difficulties you're struggling with in life.	GLA

	The Mindful Self-Compassion Workbook: A proven way to accept yourself, build inner strength and thrive	Kristin Neff & Christopher K. Germer,	2018	The Guilford Press	Designed to help you learn self-compassion on your own.	SPC
	The Mindful Path to Self-Compassion: Freeing yourself from destructive thoughts and emotions	Christopher K. Germer	2009	The Guilford Press	Teaches how responding honestly to our own imperfections, without judgment or self-blame.	SPC
	Self-Compassion Step by Step	Kristin Neff	2013	Sounds True	Learn how to reduce stress, unlock your creativity and combat depression.	SPC
	A Piece Of The Quiet: Instant peace and quiet for a noisy, non-stop world	Paul Wilson	2008	Macmillan	Providing simple techniques and inspiring solutions to finding inner harmony.	GLA
	Altered Traits: Science reveals how meditation changes your mind, brain, and body	Daniel Goleman & Richard J Davidson	2017	Penguin Publishing Group	Shows the power of meditation, but also the smartest way to practice for the maximum possible benefit.	Ebook
	Golden Steps to Inner Peace, Happiness & Enlightenment:	Mildred Ryan	2015	The Columba Press	Focuses on level of enlightenment you can achieve in this lifetime.	SPC

	Mindwandering: How it can improve your mood and boost your creativity	Moshe Bar	2022	Bloomsbury Publishing	Provides practical knowledge that can help you: develop your sense of self, better relate to others, and make associations that help you understand the world around you; increase your ability to focus by understanding when to wander and when not to.	Ebook
	Stillness Speaks: Whispers of now	Eckhart Tolle	2016	Yellow Kite	Show how to become true self by embracing silence and stillness.	SPC
	The Art of Stillness: Adventures in going nowhere	Pico Iyer	2014	Simon & Schuster	Explores how to find richness in stillness by finding peace and happiness at home.	SPC
	Radical Acceptance: Embracing your life with the heart of the Buddha	Tara Brach	2003	Bantam	Step by step to trusting our innate goodness, showing how we can develop the balance of clear- sightedness and compassion that is the essence of radical acceptance.	SPC
	True Refuge: Finding peace and freedom in your own awakened heart	Tara Brach	2013	Hay House	Guide to finding inner sanctuary of peace and wisdom in the midst of difficulty.	SPC

Neurodiversity

An Asperger marriage	Christopher Slater-Walker & Gisela Slater-Walker	2002	Jessica Kingsley Publishers	Spouses coming to terms with their twelve year marriage when one is diagnosed with Asperger syndrome.	SPC
Asperger Syndrome: A love story	Sarah Hendrickx & Keith Newton	2007	Jessica Kingsley Publishers	Provides insight into the thinking of each partner in an unconventional relationship, and constructive strategies to lead to a more satisfying relationship for both parties.	GLA
Connecting With Your Asperger Partner: Negotiating the maze of intimacy	Louise Weston	2010	Jessica Kingsley Publishers	Provides strategies for connecting with your AS partner, tips for coping with hurtful words and meltdowns, and finding further sources of help and support.	GLA
Living With Asperger Syndrome and Autism In Ireland: A book for people from adolescence to adulthood who are living with autism spectrum disorder in Ireland	Stuart Nielson & Diarmuid Heffernan	2013	Cork	About life, not about autism, and refers to services, bureaucracy, social settings and other influences that create problems in everybody's life. Provides a relevant organisations, charities, services and resources related to autism in Ireland.	GLA
Unmasking Autism: The power of embracing our hidden neurodiversity	Devon Price	2022	Monoray	Gifts its readers the tools to uncover their true selves and build a new society - one where everyone can thrive on their own terms.	GLA

	Scattered Minds: The origins and healing of attention deficit disorder	Gabor Mate	2019	Vermilion	Offers a completely new perspective on ADD and a new approach to helping children and adults living with the problems Attention Deficit Disorder presents.	SPC
	Making Dyslexia Work For You (2 nd ed)	Vicki Goodwin	2012	Routledge Books	Some information to help understand dyslexia.	GLA SPC
New Approaches To Life's Challenges	A Guide To Wellbeing: From the inside Out	Hazel Boylan	2019	Orla Kelly Publishing	The how and why of what makes us who we are is examined to provide clues for identifying and tracking growth points to personal change – one step, one insight, one revelation at a time.	SPC
	A Mind of Its Own: How your brain distorts and deceives	Cordelia Fine	2007	Icon Books	Shows that the human brain can be stubborn, emotional and deceitful, and teaches you everything you always wanted to know about the brain.	GLA SPC
	Atomic Habits: Tiny changes, remarkable results	James Clear	2018	Random House Business Books	Reveals a simple four-stage method that will let you build atomic habits into your day-to-day life, starting now.	SPC
	Daring Greatly: How the courage to be vulnerable transforms the way we live, love, parent and lead	Brené Brown	2015	Penguin Life	How vulnerability is both the core of difficult emotions and the birthplace of love.	SPC

	Flip It: How to get the best out of everything	Michael Heppell	2012	Prentice Hall Life	Gives you simple ways to switch your thinking and change your actions so that you can get the very best from whatever life sends your way.	SPC GLA
	Flow: The psychology of optimal experience	Mihaly Csikszentmihalyi	2008	Harper Perennial Modern Classics	Explains how to use the principals of flow to introduce harmony into all aspects of your life.	GLA SPC
	Happiness Skills: Based on positive psychology	Michaela Avlund	2015	SOL Productions	Offers practical methods that focus on skills such as building positive emotions, self-kindness, character strengths, building optimism, assertiveness and problem solving.	SPC
	How To Cope: The welcoming approach to life's challenges	Claire Hayes	2015	Gill & Macmillan	Demonstrates how each of us can use cognitive behavioural principles to help us cope with negative feelings and unhelpful thoughts.	GLA SPC
	Passionate Presence: Seven qualities of awakened awareness	Catherine Ingram	2008	Diamond Books	Helps develop your capacity to relax and simply 'be', will teach you how to access "passionate presence" without formal meditation practice.	SPC

	Quiet: The power of introverts in a world that can't stop talking	Susan Cain	2013	Penguin	Gives introverts the tools to better understand themselves and take full advantage of their strengths.	SPC
	Rising Strong: If we are brave enough, often enough we will fail	Brene Brown	2015	Vermilion	Shows failure can become our most powerful path to learning if we're willing to choose courage over comfort.	GLA
	Rip It Up: Forget positive thinking, it's time for positive action	Wiseman, Richard	2015	Pan Books Creation Date 2015	Presents a radical new insight that turns conventional self-help on its head: simple physical actions represent the quickest, easiest and most powerful way to instantly change how you think and feel.	GLA
	Sane New World: Taming the mind	Ruby Wax	2014	Hodder	Explains how to master self-critical thoughts that cause stress.	SPC
	Sort Your Brain Out	Adrian Webster & Jack Lewis	2014	Capstone	Explains how the brain works and what you can do to alter your behaviours.	SPC Ebook
	Stop Thinking, Start Living	Richard Carlson	2012	Harper Element	Explains: how your thoughts determine how you feel; why thinking about problems only makes them worse; how to dismiss negative thoughts and discover inner contentment.	SPC

	The Art Of Effortless Living: Discover health, emotional well-being and happiness	Ingrid Bacci	2002	Bantam	Presents clear, simple techniques for developing an effortless lifestyle.	SPC
	The Book Of Secrets	Deepak Chopra	2004	Rider	Helps you unlock the mystery of your own existence, showing you how your very next thought, feeling or action can begin to uncover the deepest secrets.	SPC
	The Four Agreements: A practical guide to personal freedom	Don Miguel Ruiz	2012	Amber-Allen	Offer a code of conduct that promises freedom, true happiness, and love.	SPC
	The Happiness Project	Harper	2011	Gretchen Rubin	With humour and insight chronicles the author's adventures during the 12 months she spent test-driving the wisdom of the ages, current scientific research, and lessons from popular culture about how to be happier .	SPC
	The Path To Love: Spiritual lessons for creating the love you need	Deepak Chopra	1997	Rider	Explores how our hearts have lost their centre and why love so often falls short of filling a deep, aching need within us.	SPC
	The Power Of Now: A guide to spiritual enlightenment	Eckhart Tolle	2011	Hodder	Offers simple language to show us how to silence our thoughts, create a liberated life and find joy in ourselves.	SPC

	The Weekend Effect: The life-changing benefits of taking two days off	Katrina Onstad	2019	Piatkus	A persuasive, practical, and much needed manifesto that makes the case for reclaiming our weekends to increase joy, creativity, productivity, and success in our lives.	GLA
	Think Like A Shrink And Keep Yourself Sane	Joseph Dunn	1994	Newleaf	Illustrates many of the ways things can go wrong in our lives and shows some of the ways in which psychiatry can help.	SPC
	This Too Shall Pass: Stories of change, crisis and hopeful beginnings	Julia Samuel	2221	Penguin Life	Guides us through how the most troublesome times of our lives can teach us to grow and transform ourselves.	SPC
	Tiny Habits: The small changes that change everything	B.J. Fogg	2019	Virgin Books	A step-by-step guide that will help you design habits and make them stick through positive emotion and celebrating small successes.	GLA
	Walking on Sunshine: 52 small steps to happiness	Rachel Kelly	2015	Short Books	Offers 52 tips, tools and positive ideas (one for each week of the year) to guide you through the seasons and better manage the pressures of everyday life.	SPC
	Why Has No-Body Told Me This Before: Everyday tools for life's ups and downs	Julie Smith	2022	HarperOne	Provides the skills you need to navigate common life challenges and take charge of your emotional and mental health.	SPC

Non-Suicidal Self-Injury

Cutting It Out	Carolyn Smith	2006	Jessica Kingsley	Autobiographical account of a young woman's battle with self-injury. It explores the complex nature of her relationship with the therapist, her initial resistance to recovery and her progression towards self-knowledge and taking responsibility for her own actions.	SPC
Parent's Guide to Self-harm: What parents need to know	Jane Smith	2012	Lion	Answers are presented to parents and care givers to help understand and cope with the young people who turn to self-injury in order to cope with the pressures of modern living.	Ebook
The Luckiest Girl In The World	Steven Levenkron	1997	Penguin	This novel examines self-harm through the story of a successful figure-skating star.	GLA SPC
The Scarred Soul	Tracey Alderman	1997	New Harbinger Publications	A self help guide to what you can do to stop hurting oneself.	GLA SPC
Self Harm: The path to recovery	Kate Middleton & Sara Garvie	2008	A Lion Book	Includes what is self-harm, how it develops, recovering from self-injury & caring for sufferers.	GLA
Skin Game	Caroline Kettlewell	1999	St. Martin's Griffin	Autobiography reveals a girl whose feelings of pain and alienation led her to seek relief in physically hurting herself, from age twelve into her twenties.	GLA SPC

Parenting

Age of Opportunity: Lessons from the new science of adolescence	Laurence Steinberg	2015	Mariner Books	Draws on new research to explain why the adolescent years are so developmentally crucial, and what we must do to raise happier, more successful kids.	SPC
Baby Love: A tradition of calm parenting	Maud Bryt	1998	Dell	Presents advice for caring for a newborn covering topics such as sleeping, eating, bathing, diapering, and outings.	GLA
Conscious Parenting: A guide to raising resilient, whole-hearted & empowered kids	Pedram Shojai & Nick Polizzi	2021	Hay House	Offers advice and actionable tips for: nurturing your family unit into a cohesive whole; connecting with your kids amid technology overload; confronting real-world existential threats and fears.	Ebook
Cyber Effect	Mary Aiken	2017	John Murray	Explains how human behaviour changes online.	GLA
Raising Feminist Boys: How to talk with your child about gender, consent and empathy	Bobbi Wegner	2021	New Harbinger Publications	A parent's guide to having developmentally appropriate conversations with boys about sexual responsibility, consent, gender, empathy, and identity.	Ebook

	The Teenage Brain	Frances E. Jensen & Amy Ellis Nutt	2015	Thorsons	Shows us exactly what happens to the brain in this crucial period, how it dictates teenagers' behaviour, and how the experiences of our teenage years are what shape our attitudes, and often our happiness in later life.	SPC
Relationships	ACT With Love: Stop struggling, reconcile your differences and strengthen your relationship.	Ross Harris	2009	New Harbinger Pub	A mindfulness-based acceptance and commitment therapy to relationships.	GLA
	Atlas of the Heart: Mapping meaningful connection and the language of human experience	Brene Brown	2021	Random House	Maps the necessary skills and lays out an actionable framework for meaningful connection.	GLA
	Attached: Identify your attachment style and find your perfect match	Amir Levine & Rachel Heller	2011	Rodale	Helps you understand the three attachment styles in relationships, identify your own, and recognise others.	SPC
	Best Friends Forever: Surviving a breakup with your best friend	Irene S. Levine	2009	The Overlook Press	A resource for negotiating the ending of women's friendships.	SPC
	Boundaries and Relationships: Knowing, protecting and enjoying the self	Charles L. Whitfield	1993	Health Communications Inc.	Gives clear definitions and descriptions of boundaries, describes the 10 essential areas of human interaction wherein you can improve your relationships.	GLA

	Braving The Wilderness: The quest for true belonging and the courage to stand alone	Brene Brown	2017	Vermilion	Redefines what it means to truly belong in an age of increased polarisation, changes the cultural conversation while mapping a clear path to true belonging.	GLA
	Co-Dependent No More: How to stop controlling others and start caring for yourself	Melody Beattie	1992	Hazelden Foundation	Focuses on dysfunctional relationships and how to break self-defeating patterns of relating to others.	GLA
	Coping With The Horroffice: How to tame your working day	Heena Pattni	2014	Heena Pattni	Guidance for coping with stressful work situations.	SPC
	Coping With Your Parent's Divorce When You're No Longer A Child	Nancy Ellen Kenyon	2010	Publish America Inc.	Examines the emotions typically experienced by both the parents and the adult child; looks at how the timing of the separation affects the young adult; offers practical advice on how to handle issues.	GLA
	Crucial Conversations: Tools for talking when the stakes are high	Kerry Patterson, Joseph Grenny, Ron McMillan & Al Switzler	2022	McGraw-Hill Education	Gives you the tools you need to step up to life's most difficult and important conversations, say what's on your mind, and achieve the positive resolutions you want.	Ebook

	Emotional Blackmail: When the people in your life use fear, obligation, and guilt to manipulate you	Susan Forward with Donna Frazier	2019	HarperCollins Publishers	Outlines the specific steps readers can take, offering checklists, practice scenarios, and concrete communications techniques that will strengthen relationships and break the blackmail cycle for good.	SPC
	Escape: How to beat the narcissist	H.G. Tudor	2017	CreateSpace Independent Publishing Platform	Considers the mind set and controlling techniques the narcissist uses against you and then reveals what you can do about it.	GLA
	Facing Co-dependence : What it is, where it comes from, how it sabotages our lives	Pia Mellody; Andrea Wells Miller & J. Keith Miller	2003	HarperOne	Identify co-dependent thinking, emotions and behaviour & provides an effective approach to recovery.	SPC
	Family Secrets: The path to self-acceptance and reunion	John Bradshaw	1996	Bantam	Step-by-step guide to uncovering the secrets of the past and present, using a tool called the genogram to chart key relationships.	SPC
	Forgive For Good	Fred Luskin	2002	Harper One	Working with anger, bitterness and resentment.	GLA
	Gaslighting: Recognise manipulative and emotionally abusive people—and break free	S. Sarkis	2019	Orion Spring	Helps you determine if you are being victimised by a gaslighter and gives you the tools to break free and heal.	SPC

	Getting Past Your Breakup: How to turn a devastating loss into the best thing that ever happened to you.	Susan Elliott	2009	Da Capo Lifelong	Covers the rules of disengagement, how to work through grief, the secrets of breaking the patterns of failed relationships.	GLA
	Heal And Move On: Seven steps to recovering from a break-Up	Andrew G. Marshall	2011	Bloomsbury	Takes you from hearing the bad news or making the decision, through the fall-out from the split, the first steps of recovery & finally on to making a new life.	Ebook
	Will I ever be Good Enough?: Healing the daughters of narcissistic mothers	Karyl McBride	2013	Atria	Guide to recovery for women with selfish, emotionally abusive, and toxic mothers and to help daughters reclaim their lives.	SPC
	Hold Me Tight: Your guide to the most successful approach to building loving relationships	Sue Johnson	2011	Piatkus	Focuses on the emotional connection of every relationship by de-escalating conflict, creating a safe emotional connection, and strengthening bonds between partners.	GLA SPC
	How To break Up With Your Phone: The 30-day plan to take back your life	Catherine Price	2018	Trapeze	Discover how phones and apps are designed to be addictive, learn how the time spent on them damages our abilities to focus; think deeply, and form new memories; make customised changes to your settings, apps, environment, and mindset that will ultimately enable you to take back control of your life.	GLA

	How To Hug A Porcupine	Hatherleigh Press	2009	Hatherleigh Press	100 simple ways & easy solutions for readers to make peace with difficult individuals.	SPC
	How To Manage Your Boss: Developing the perfect working relationship	Ros Jay	2002	Prentice Hall Business	Teaches you how to be more in control when dealing with your boss.	SPC
	It's All Your Fault At Work: Managing narcissists and other high-conflict people	Bill Eddy & L. Georgi Distefano	2015	Unhooked Books	Explains how to recognise predictable patterns of behaviour; illustrates with over a dozen examples the simple four-step C.A.R.S. method to calm the HCP; analyse options, respond to hostility; and set limits on extreme behaviour.	SPC
	Living With The Dominator: A book about the Freedom Programme	Pat Craven & Jacky Fleming	2008	Freedom Publishing	Explains violent and abusive behaviour and places it in a social context; helps readers of any age and sexual orientation to change their own behaviour and to recognise when they are being controlled.	GLA
	Men Who Hate Women And The Women Who Love Them	Susan Forward	2002	Bantam Books	When loving hurts and you don't know why.	GLA

	Out Of The Fog: Moving from confusion to clarity after narcissistic abuse	Dana Mornington	2017	Morningstar Media	Helps the reader recognise when they are in a manipulative relationship, how to get out safely, and begin recovering.	SPC
	Power and Control : Why charming men can make dangerous lovers	Sandra Horley	2017	Vermilion	Shows women they are not alone and to help them walk away from the confusing, dangerous situation they find themselves in.	SPC
	Rebuilding When Your Relationship Ends	Bruce Fisher; & Robert Alberti	2014	Impact Publishers	Nineteen-step process for putting one's life back together after divorce.	SPC
	Recovering From Emotionally Immature Parents: Practical tools to establish boundaries a and reclaim your emotional autonomy	Lindsay C. Gibson	2019	New Harbinger Publications	Offers powerful tools to help you step back and protect yourself at the first sign of an emotional takeover, make sure your emotions and needs are respected, and break free from the coercive control of emotionally immature parents.	Ebook
	Surrounded by Idiots: The four types of human behaviour and how to effectively communicate with each in business and (in life)	Thomas Erikson	2019	Vermilion	Offers a simple, yet ground-breaking method for assessing the personalities of people we communicate with - in and out of the office.	GLA
	The Abusive Personality: Violence & control in intimate relationships (2nd ed)	Donald G. Dutton	2007	Guilford Press	Provides an innovative framework for understanding and treating intimate partner violence.	Ebook
	The Better Boundaries Workbook	Sharon Martin	2021	New Harbinger Publications	Teaches readers how to set healthy boundaries in all aspects of life, and still be kind, caring, and compassionate.	Ebook

	The Dance Of Intimacy	Harriet G. Lerner	1990	Harper	Steps to take so that good relationships can be strengthened and difficult ones healed.	SPC
	The Opposite Of Loneliness: Essays and stories	Marina Keegan	2014	Simon & Schuster	Essays and stories that articulates the universal struggle we all face as we work out what we aspire to be and how we can harness our talents to make an impact on the world.	GLA
	The Seven Principles For Making Marriage Work	John M Gottman & Nan Silver	1999	Three Rivers Press	A guide to relationships.	Ebook
	Toxic Parents: Overcoming their hurtful legacy and reclaiming your life	Susan Forward	2002	Bantam Books	An empowering self-help guide that liberates people from problem relationships with their parents.	GLA
	Toxic Friends: The antidote for women stuck in complicated friendships	Susan Shapiro Barash	2009	St. Martin's	Explores the various types of female friends and shows you why and how women get stuck with the worst kinds, the ways to get unstuck, and how to recognise a true friend.	SPC
	Where To Draw The Line: How to set healthy boundaries everyday	Anne Katherine	2000	Simon & Schuster	Provides the tools and insights needed to create boundaries so that we can allow time and energy for the things that matter.	GLA
	Women Who Love Too Much	Robin Norwood	1986	Arrow Publishers	A text when being in love means being in pain.	GLA

Self-Development

An Introduction To Improving Your Self-Esteem	Melanie Fennell & Lee Brosnan	2011	Robinson	Explains how low self-esteem develops and how it is maintained.	GLA
Assert Yourself	Gael Lindenfield	2001	Thorson Publishers	Offers assertiveness techniques including how to cope with unfair criticism and exploitation.	GLA
Assertiveness Step By Step	Windy Dryden & Daniel Constantnou	2004	Sheldon Press	Outlines assertive skills, approaches and beliefs.	GLA
The Assertiveness Workbook: How to express your ideas and stand up for yourself at work and in relationships	J. Randy Paterson	2000	New Harbinger Publications	A guide using cognitive behavioural techniques.	GLA
When I Say No, I Feel Guilty	Manuel J. Smith	1975	Bantam Books	Assertiveness Skills.	GLA
A Woman In Your Own Right	Ann Dickson	1995	Quarter Books	A self-guide to assertiveness.	GLA
The Confidence Gap	Russ Harris	2011	Robinson	A self-help book based on mindfulness with real world examples.	GLA
Be Confident!	Réamonn Ó Donnchadha	2002	Newleaf	Overcoming negative emotions and how people can become more confident.	SPC
An Introduction To Improving Your Self-Esteem	Melanie Fennell & Lee Brosnan	2011	Robinson	Explains how low self-esteem develops and how it is maintained.	GLA
Breaking The Spell: The key to recovering self-esteem	R. Clyne	2005	Avalon Publishers	Draws on a variety of approaches.	GLA
Overcoming Low Self-Esteem: A self-help guide using cognitive behavioural techniques	Melanie Fennell	2009	Robinson	Contains CBT self-help programme and monitoring sheets.	GLA

	Self-Esteem (4 th ed)	Matthew McKay & Patrick Fanning	2016	New Harbinger Publications	Learn how to manage negative thoughts and enhance your self-worth.	SPC GLA
	10 Days To Great Self-Esteem	D. Burns	2000	Vermillion	Outlines specific techniques.	GLA
	The Chimp Paradox: The mind management program to help achieve success, confidence and happiness	Steve Peters	2013	Jeremy P. Tarcher/Penguin	Helps you to recognise how your mind is working, understand and manage your emotions and thought,; manage yourself and become the person you would like to be.	SPC
	Change For The Better: Self-help through practical psychotherapy (4 th ed)	Elizabeth Wilde McCormick	2012	Sage Publication Ltd	Explores learned patterns of responses that can contribute to psychological problems such as depression, anxiety & relationship difficulty.	GLA
	Confidence: The power to take control and live the life you want.	Rob Yeung	2011	Pearson Education Ltd.	Uses cognitive behavioural therapy and positive psychology.	GLA
	The Confidence To Be Yourself: How to boost your self-esteem	Brian Roet	2012	Piatkus Books.	Uses practical techniques and case histories.	GLA
	Playing Big: For women who want to speak up, stand out and lead	Tara Mohr	2015	Arrow Books	Provides real, practical tools to help women quiet self-doubt, identify their callings, "unhook" from praise and criticism, unlearn counterproductive good girl habits, and begin taking bold action.	SPC

	Speak So Your Audience Will Listen: 7 steps to confident and authentic public speaking (2 nd ed)	Robin Kermode	2017	Pendle Publishing	Will help you become a confident and authentic public speaker, so that when you speak, your audience will listen.	GLA
	Eat That Frog! 21 great ways to stop procrastinating and get more done in less time	Brian Tracy	2007	Berrett-Koehler Publishers	Contains practical, proven, effective techniques that people can use to focus on their most important tasks, and get more things done faster than ever.	Ebook
	Isn't It About Time?	Andrea Perry	2002	Worth Publishing	Useful ways to overcome procrastination.	SPC
	The Procrastinator's Guide to Getting Things Done	Monica Ramirea Basco	2010	The Guildford Press	Offers tips and suggestions.	GLA
	I Thought It Was Just Me (But It Wasn't)	Brené Brown	2008	Gotham Books	Teaches readers that accepting imperfections will give them the courage to be real.	SPC
	Love For Imperfect Things: How to accept yourself in a world striving for perfection	Haemin Sunim	2020	Penguin Life	Spiritual wisdom about learning to love ourselves, with all our imperfections,	GLA
	Men, Women & Worthiness: The experience of shame and the power of being enough	Brené Brown	2012	Sounds True	Shows how to cultivate more courage, joy, and love in our lives by understanding how shame keeps us afraid and small.	SPC

	Never Good Enough: How to use perfectionism to your advantage without letting it ruin your life	Monica Ramirez Basco	2000	Touchstone / Simon & Schuster.	How perfectionism can cause depression, low self-esteem, and a program designed to release you from its grip.	SPC
	Overcoming Perfectionism	Roz Shafran, Sarah Egan & Tracey Wade	2010	Robinson Publishing	A self-help guide using cognitive behavioural techniques.	GLA SPC
	The Gifts Of Imperfection	Brené Brown	2010	Hazelden Publishing	Shows readers how to engage with the world from a place of worthiness.	GLA SPC
	When Perfect Isn't Good Enough – Strategies for coping with perfectionism (2 nd ed)	Martin M. Antony & Richard P. Swinson	2008	New Harbinger Publications	Based on Acceptance-based approaches, from a cognitive behavioural perspective.	GLA
	Presence: Bring your boldest self to your biggest challenges	Amy Cuddy	2015	Orion	Teaches us how to use simple techniques to liberate ourselves from fear in high-pressure moments, perform at our best, and connect with and empower others to do the same.	GLA
	The Success Principles: How to get from where you are to where you want to be	Jack Canfield	2015	Element	Reveals the simple set of rules for success and shows how anyone can follow these principles to achieve their own dreams.	SPC
	Transforming Negative Self-Talk: Practical, effective exercises	Steve Andreas	2012	W.W. Norton & Co.	A toolkit of practical strategies for managing intrusive, negative self-talk and how you respond to it.	GLA

	More Transforming Negative Self-Talk: Practical, effective exercises	Steve Andreas	2014	W.W. Norton & Co.	A toolkit of simple exercises to successfully tame your inner critic.	SPC
	You Are not Your Brain: The 4-step solution for changing bad habits, ending unhealthy thinking, and taking control of your life	Jeffrey Schwartz & Rebecca Gladding	2011	Penguin Publishing Group	Through explaining how the brain works and why humans often feel besieged by overactive brain circuits such as bad habit and social anxieties, the program offers practical advice for controlling indecision and self doubt.	Ebook
	Inside Therapy	Ilana Rabinowitz	1998	St. Martin's Press	This collection of essays, case histories and book chapters examines therapy from both sides of "the couch."	SPC
	Maybe You Should Talk To Someone: A therapist, her therapist, and our lives revealed	Lori Gottlieb	2019	Scribe	Offering a deeply personal yet universal tour of our hearts and minds and providing the rarest of gifts: a boldly revealing portrait of what it means to be human, and a disarmingly funny and illuminating account of our own mysterious lives and our power to transform them.	Ebook
	The Examined Life: How we lose and find ourselves	Stephen Gosz	2014	Vintage	Using psychoanalytic insight uncovers the extraordinary hidden feelings behind apparently ordinary behaviour.	SPC
	The Gift of Therapy	Irvin D. Yalom	2008	Piatkus	Guidebook that illustrates through case studies how patients and therapists alike can get the most out of therapy.	GLA SPC

	To Call Myself Beloved	Eina McHugh	2012	New Island	Explores the private world of the therapeutic experience and the search for self-understanding.	SPC
Sexuality	Body Positive Power: How to stop dieting, make peace with your body and live	Megan Jayne Crabbe	2017	Vermilion	Argues in an entertaining, engaging and accessible way for a new way of seeing ourselves, and a world where every body is celebrated.	SPC
	Overcoming Body Image Problems Including Body Dysmorphic Disorder	David Veale, Rob Willson & Alex Clarke	2009	Basic Books	A self-help guide using Cognitive Behavioural Techniques.	GLA Ebook
	The Mirror Within: A new look at sexuality	Anne Dickson	1985	Quartet	The focus is on female sexuality.	GLA
	For Yourself: The fulfilment of female sexuality (rev ed)	Lonnie Barbach	2000	Signet	Offers step-by-step programme.	GLA
	The New Male Sexuality: The truth about men, sex and pleasure	Bernard Zilbergeld	1999	Bantam	Focus is on male sexuality.	GLA
	It Gets Better: Coming out, overcoming bullying and creating a life worth living	Dan Savage	2012	Plume	A collection of original essays and expanded testimonials written to teens from celebrities, political leaders, and everyday people, because while many LGBTQ teens can't see a positive future for themselves, we can.	SPC
	The Velvet Rage: Overcoming the pain of growing up speak in a straight man's world (2 nd ed)	Alan Downs	2012	Da Capo Lifelong	Examines the impact of growing up and surviving as a gay man in a society still learning to accept all identities.	GLA

	Straight Jacket: Overcoming society's legacy of gay shame	Matthew Todd	2018	Black Swan	Offers invaluable practical advice on how to overcome a range of difficult issues.	SPC
	Coming Out, Coming Home: Helping families adjust to a gay or lesbian child	Michael C. LaSala	2010	Columbia University Press	Outlines effective, practice-tested interventions for families in transition.	Ebook
	Transgender Children And Youth: Cultivating pride and joy with families in transition	Elijah Nealy	2017	W. W. Norton & Company	Comprehensive guide to understanding, supporting, and welcoming trans kids. Covering everything from family life to school and mental health issues, as well as the physical, social, and emotional aspects of transition.	GLA
	True Selves: Understanding transsexualism for families, friends, co-workers and helping professionals	Mildred Brown & Chloe Ann Rounsley	1996	Jossey-Bass Publishers	Paints a vivid portrait of conflicts transsexuals face on a daily basis—and the courage they must summon as they struggle to reveal their true being to themselves and others.	SPC
	Contraception: Your questions answered	John Guillebaund		Not in the library	Gives practical guidance about choosing the best means of controlling fertility.	GLA
Skills for Academic Success	Effective Study Skills: Essential skills for academic and career success	Geraldine Price & Pat Maier	2007	Prentice Hall	A study skills test and workbook.	GLA SPC
	The Unwritten Rules Of PhD Research (2 nd ed)	Marian Petre & Gordon Rugg	2010	Open University Press	Covers the topics involved in a PhD process.	GLA
	How To Write A Thesis (4 th ed)	Rowena Murray	2017	Open University Press	Covers the steps and stages of thesis writing, confidence and writing habits.	GLA SPC

	How To Get A PhD: A handbook for students and their supervisors (3 rd ed)	Estelle M. Phillips & Derek S. Pugh	2015	Open University Press	A handbook for PhD students seeking to provide an understanding of the processes of doing research for a doctorate.	GLA SPC
	Critical Thinking Skills: Developing effective analysis and argument (2 nd ed)	Stella Cottrell	2011	Palgrave MacMillan.	A guide to developing critical thinking skills.	GLA
	The Will Power Instinct: How self-control works, why it matters and what you can do to get more of it (reprint edition)	Kelly McGonigal	2012	Avery Trade Publishers	Focusses on willpower and self-control.	GLA
	The Study Skills Handbook (3 rd ed)	Stella Cottrell	2019	Palgrave MacMillan Publishers	Covers skills intelligence and learning, e-learning, writing confidences, reports and case studies, exam planning etc.	GLA SPC
	Skills For Success: Personal Development And Employability(3 rd ed)	Stella Cottrell	2015	Palgrave MacMillan Publishers	Self and task management, people skills, the art of reflection & personal performance.	GLA
	The Smart But Scattered Guide To Success: How to use your brain's executive skills to keep up, stay calm, and get organized at work and at home	Peg Dawson & Richard Guara	2016	Tantor Audio	Help you map your own executive skills profile and take effective steps to boost your organisational skills, time management, emotional control, and nine other essential capacities.	Ebook
Trauma	Anchored: How to befriend your nervous system using polyvagal theory	Deborah Dana	2021	Sounds True	Reduce stress and overwhelm through a deeper understanding of your nervous system.	GLA

	The Body Awareness Workbook For Trauma: Release trauma from your body, find emotional balance, and connect with your inner wisdom	Julie Brown Yau	2019	New Harbinger	Offers simple skills for connecting and calming your body, balancing your emotions, and rewiring old patterns of reactivity for better self-regulation.	Ebook
	The Body Keeps the Score: Brain, mind and body in the healing of trauma	Bessel van der Kolk	2015	Penguin	Offers a new paradigm for effectively treating traumatic stress.	SPC
	8 Keys To Safe Trauma Recovery: Take-charge strategies to empower your healing	Babette Rothschild	2010	W. W. Norton	Gives readers the skills to understand and implement eight keys to successful trauma healing.	SPC
	Healing Trauma: A pioneering programme for restoring the wisdom of your body	Peter Levine	2008	Sounds True	Offers methods to overcome the challenges faced after experiencing a traumatic situation.	GLA
	Heartwounds: The role of unresolved trauma and grief on relationships	Tian Dayton	1997	Health Communications Inc	Takes readers through the process of using intimacy as a vehicle for healing, personal growth and spiritual transformation.	SPC
	Invisible Heroes: Survivors of trauma and how they heal	Belleruth Naparstek	2006	Piatkus	A step-by-step program with more than twenty scripts for guided-imagery exercises tailored to the three stages of recovery.	SPC
	It Didn't Start With You: How inherited family trauma shapes who we are and how to end the cycle	Mark Wolynn	2022	Vermilion	A groundbreaking approach to transforming traumatic legacies passed down in families over generations.	GLA

	Overcoming Traumatic Stress: A self-help guide using cognitive behavioural techniques	Claudia Herbert & Ann Wetmore	2008	Robinson Publishing	Helps sufferers, their families and those who work with them to understand the physical, mental and emotional reactions of traumatic stress.	GLA
	The Gift: A survivor's journey to freedom	Edith Eger	2021	Rider Books	Drawing on her incredible story and experience as a celebrated therapist, she shares valuable life lessons to heal and inspire so that we too can break free from whatever's holding us back.	SPC
	The Compassionate Mind Approach To Recovery From Trauma Using Compassion Focus Therapy	Debarah Lee & Sophie James	2012	Robinson	Helps the reader to not only develop a fuller understanding of how we react to trauma, but also to deal with any feelings of shame and start to overcome any trauma-related difficulties.	SPC
	What Happened to You?: Conversations on trauma, resilience, and healing	Bruce D. Perry & Oprah Winfrey	2021	Bluebird	Provides powerful scientific and emotional insights into the behavioural patterns so many of us struggle to understand.	GLA
	An Introduction To Coping With Post Traumatic Stress	Ann Wetmore	2010	Robinson	Offers a description of the impact of traumatic stress and steps for coping.	GLA
	Complex PTSD: From surviving to thriving	Pete Walker	2014	Azure Coyote	Contains an overview of the tasks of recovering and a great many practical tools and techniques for recovering from childhood trauma.	SPC

	What My Bones Know: A memoir of healing from complex trauma	Stephanie Foo	2022	Ballantine Books	A brave narrative that reckons with the present, the mind over the body and examines one woman's ability to reclaim agency from her trauma.	Ebook
	Breaking Free: Help for survivors of child sexual abuse	Carolyn Ainscough & Kay Toon	2000	Sheldon Press	Demonstrates the range of experience and feelings involved coupled with strategies for coping.	GLA
	Surviving Childhood Sexual Abuse Workbook: Practical exercises for working on problems resulting from childhood abuse	Carolyn Ainscough & Kay Toon	2000	Da Capo Press	Guides readers through a series of exercises, charts, and checklists aimed at recognising, understanding, and working on the problems resulting from childhood sexual abuse.	GLA
	The Courage to Heal: A guide for women survivors of child sexual abuse (4 th ed)	Ellen Bass & Laura Davis	1997	Vermilion	Working on the problems resulting from childhood sexual abuse.	GLA SPC
	Victims No Longer: Men recovering from incest and other sexual child abuse	Mike Lew	1991	Cedar	Educates survivors and professionals about the recovery process -- speaking to the pain, needs, fears, and hopes of the adult male survivor.	SPC
	Allies In Healing: When the person you love was sexually abused as a child	Laura Davis	1991	Harper Perennial	Offers practical advice and encouragement to all partners—girlfriends, boyfriends, spouses, and lovers—trying to support the survivors in their lives while tending to their own needs along the way.	SPC

	Ghosts In The Bedroom: A guide for partners of incest survivors	Ken Graber	1991	Health Communications Inc	Provides comfort and guidance for partners in the process of recovery.	GLA
	Getting Through the Day: Strategies for adults who have been hurt as children.	Nancy Napier	1993	W.W. Norton	A guide for survivors of hurtful childhoods.	GLA SPC
	Outgrowing The Pain: A book for and about adults abused as children.	Eliana Gil	1988	Dell Publishing.	Outlines some of the typical issues abused children experience when adults.	GLA
	Healing the Child Within: Discovery and recovery for adult children of dysfunctional families	Charles L. Whitfield	1989	Health Communication	Focuses on the journey of recovering.	GLA
	The Drama of Being a Child	Alice Miller	1987	Virago	Examines consequences of repression at personal and social levels, causes of physical & psychological harm done to children, & prevention.	GLA SPC
	I Never Called It Rape: The Ms. report on recognizing, fighting, and surviving date and acquaintance rape	Robin Warshaw	1994	Harper Perennial	Explores date rape, including what it is, why it happens, and its impact on victims, with information on resources and counselling and support programmes.	SPC
	The Rape Recovery Handbook: Step-by-step help for survivors of sexual assault	Aphrodite Matsakis	2003	New Harbinger	Helps victims acknowledge and learn to manage the emotional pain caused by the trauma of a sexual assault, cope with the reality of the experience, and deal with the aftermath of conflicting and debilitating feelings.	GLA

The DCU Counselling & Personal Development Service
 Dublin City University Dublin 9
 T +353 1 7005165 Glasnevin Campus
 T +353 1 700 9215 St Patrick's Campus
 E counselling@dcu.ie Glasnevin Campus
 E spd.counselling@dcu.ie St Patrick's Campus
 W <https://www.dcu.ie/counselling>

