

## Bibliotherapy – Books List 16<sup>th</sup> May 2014

Adult Issues	Book Title	Author (s)	Year	Publisher	Description
<b>Abuse</b>	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.
	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
	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.
<b>Addiction</b>	7 Tools to Beat Addiction	Stanton Peele	2004	Three Rivers Press	For those seeking to overcome addiction.
	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.
	Recovery: A Guide For Adult Children of Alcoholics	Herbert L. Gravitz and Julie D. Bowden	1987	Simon & Schuster Inc.	Designed to support adult children of Alcoholics.
	The Addiction Workbook. A Step-By-Step Guide to Quitting Alcohol And Drugs	Patrick Fanning & John T. O'Neill	1996	New Harbinger Publications Inc	A workbook for those who want to do something about their use/misuse of alcohol or other drugs.
	Sex, Drugs, Gambling and Chocolate: a Workbook for Overcoming Addictions – 2 <sup>nd</sup> Edition	Dr. A Thomas Horvath	2004	Impact Publishers	Guidelines for individual change processes.
	Freedom from Addiction: The Secret Behind Successful Addiction Busting	Joe Griffin and Ivan Tyrrell	2009	Human Givens Publishing	Focus on overcoming your addiction.
<b>Alcohol</b>	An Introduction to Sensible Drinking	Marcantonio Spada	2001	Constable + Robinson	This booklet is aimed at helping a person drink in a sensible way.
	Overcoming Problem Drinking	Marcantonio Spada	2006	Robinson Publishing	A Cognitive Behavioural Approach.
<b>Anger</b>	Overcoming Anger and Irritability	William Davies	2009	Constable and Robinson	A self-help Cognitive Behavioural Therapy (CBT) approach.
	Managing Anger – Simple Steps To Dealing With Frustrations And Threat (2 <sup>nd</sup> edition).	Gael Lindenfield	2011	Thorson Publishers	A guide with exercises on anger management/assertive anger.
	Anger Control Workbook	M. McKay, P.D. Rogers & P. Fanning	2000	New Harbinger Publications	A step-by-step approach.
<b>Anxiety</b>	An Introduction To Coping With Anxiety.	Brenda Hogan & Lee Brosan	2007	Robinson Publishing	Gives an overview of symptoms and suggestions for overcoming anxiety.
	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.
	The Anxiety & Phobia Workbook. 4 <sup>th</sup> Edition.	Edmund J. Bourne	2011	New Harbinger Publications	A self-help workbook.
	Overcoming Anxiety, Stress and Panic: A Five Areas Approach	Chris Williams	2009	Hodder Arnold Publisher	A cognitive behavioural approach
	The Worry Cure	Robert L Leahy	2006	Harmony	Seven steps to stop worry.
	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 generalized anxiety.
<b>Anxiety: Panic</b>	How to stop worrying (New edition)	Dr Frank Tallis	2009	Sheldon Press	A problem-solving approach.
	An Introduction To Coping With Panic	Charles Young	2007	Robinson Publishing	An introduction to what panic attacks are with some immediate coping strategies.
	When Panic Attacks	Aine Tubridy	2008	Gill and MacMillan	Explains the psychology underlying panic and provides panic attack management skills.
	Panic Attacks: What They Are, Why They happen and What You Can Do About Them.	Christine Ingham	2000	Thorson Publishers	Focuses on what panic attacks are, what you can do and steps to avoid a re-occurrence.
<b>Anxiety: Social Anxiety</b>	Understanding Panic Attacks and Overcoming Fear ( 3 <sup>rd</sup> Edition)	Roger Baker	2011	Lion Hudson Publishers	Offers a psychological self-help programme for panic attacks.
	Overcoming Social Anxiety and Shyness.	Gillian Butler	2009	Robinson	A cognitive behavioural therapy.
	Living fully with Shyness and Social Anxiety.	Erika B Hilliard and Paul	2005	D Capo Press	A guide to living with social shyness

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<b>Anxiety: Stress</b>	An Introduction To Coping With Stress	Lee Brosnan	2010	Robinson Publishing	A self-help guide using cognitive behavioural therapy strategies.
	The Relaxation and Stress Reduction Workbook (6 <sup>th</sup> Edition)	Martha Davis <i>et al</i>	2008	New Harbinger Inc	Offers a broad range of techniques for relaxation and stress management.
	A Mindfulness-Based Stress Reduction Workbook (CD included)	Bob Stahl & Elisha Goldstein	2010	New Harbinger Inc.	A Mindfulness based stress reduction workbook.
	Full Catastrophe Living: How To Cope With Stress, Pain And Illness using Mindfulness Mediation.	Jon Kabat-Zinn	2001	PiatKus Books	Specifically looks at mindfulness in relation to stress, anxiety, emotional and physical pain.
	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.
	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.
<b>Assertiveness</b>	Assert Yourself	Gael Lindenfield	2001	Thorson Publishers	Offers assertiveness techniques including how to cope with unfair criticism and exploitation.
	Assertiveness Step by Step	Windy Dryden & Daniel Constantrou	2004	Sheldon Press	Outlines assertive skills, approaches and beliefs.
	A Woman in your own Right	Ann Dickson	1983	Quarter Books	A self-guide to assertiveness.
	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.
	When I Say No, I Feel Guilty (Reissue edition)	Manuel J. Smith	1985	Bantam Books	Assertiveness Skills
<b>Bereavement</b>	An Introduction To Coping With Grief	Sue Morris	2010	Robinson	Focuses on recognising and coping with grief.
	The Courage To Grieve	Judy Tatelbaum	2008	William Morrow	Process and response to the death of a loved-one.
	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.
	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.
<b>Childhood Sexual Abuse (Adult Survivors)</b>	An Introduction To Overcoming Childhood Trauma	Helen Kennerley	2009	Robinson	A self-help manual for those who are struggling with the legacy of any form of abuse in childhood.
	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.
	Surviving Childhood Sexual Abuse Workbook	Carolyn Ainscough + Kay Toon	2000	Da Capo Press	The Workbook guides the reader through a series of exercises.
	The Courage to Heal: A Guide for women survivors of Child Sexual Abuse (4 <sup>th</sup> edition)	Ellen Bass + Laura Davis	2008	Collins Living	Working on the problems resulting from childhood sexual abuse.
<b>Depression</b>	Coming Through Depression (CD included): A Mindful Approach To Recovery	Tony Bates	2011	Gill + Mac Millan	Gives an explanation of depression, how to recover and stay mentally healthy using mindfulness.
	An Introduction To Coping With Depression	Lee Brosnan & Brenda Hogan	2007	Robinson	A self-help guide with exercises that the reader can work through.
	Overcoming Depression and Low Mood: A Five Areas Approach (third edition).	Chris Williams	2012	Hodder Education	A cognitive behavioural therapy self help guide.
	Mind Over Mood: Change How You Feel by Changing the Way You Think.	Dennis Greenberger and Christine Padesky	1995	Guilford Press	A cognitive therapy approach with structured exercises.
	Overcoming Depression: A Guide to Recovery with a Complete Self-help Programme.	Paul Gilbert	2009	Constable and Robinson	Using cognitive behavioural therapy techniques.
	The Mindful Way Through Depression	Mark Williams, John Teasdale, Zindel V. Segal & Jan Kabat Zinn	2007	Guilford Publication	A guide using mindfulness cognitive therapy.
	Feeling Good: The New Mood Therapy (Updated edition).	David D. Burns	1999	Avan Books.	A guide on working with Depression.
	Overcoming Mood Swings	Jan Scott	2010	Robinson Publishing	A CBT self-help book designed to help you identify and manage severe mood swings (such as those found in bipolar affective disorder).
	Living With Bipolar Disorder: a guide for individuals and families	Michael W. Otto	2008	Oxford University Press	A skills and support based approach.
<b>Eating Problems/ Binge Eating / Bulimia Nervosa</b>	An Introduction To Coping With Eating Problems	Gillian Todd	2011	Constable + Robinson Publishing	An introductory guide on binge-eating disorder, bulimia nervosa and anorexia nervosa.
	Overcoming Bulimia Nervosa & Binge-Eating	Peter Cooper	2009	Robinson	A cognitive behavioural therapy approach.
	Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers.	Janet Treasure	2013	Psychology Press	A step-by-step treatment guide with practical advice.
	Understanding Your Eating	Julia Buckroyd	2011	Open University Press	Addresses how food and eating became entangled with emotion.

	Getting Better Bit (e) by Bit (e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders.	Ulrike Schmidt and Janet Treasure	1993	Psychology Press	This book is aimed at helping people to improve their symptoms and to gain some control over their life.
	The Wish to Change – Anorexia Nervosa: Self Help and Discovery, the Thirty Steps (2 <sup>nd</sup> Ed.)	A.H. Crisp and C.B. Christine	1996	Psychology Press	A self-help guide
<b>Family Difficulties</b>	Toxic Parents-Overcoming their Hurtful Legacy and Reclaiming your Life	Susan Forward	2002	Bantam Books	Addresses the painful legacy left by mindful parents.
	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.
<b>Image/Appearance</b>	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.
<b>Learning</b>	Critical Thinking Skills: Developing Effective Analysis and Argument (Palgrave Study Guides). 2 <sup>nd</sup> Edition	Stella Cottrell	2011	Palgrave MacMillan.	A guide to developing critical thinking skills
	Effective Study Skills: Essential Skills for Academic and Career Success.	Geraldine Price and Pat Maier	2007	Prentice Hall	A study skills test and workbook.
	The Procrastinator's Guide to Getting Things Done.	Monica Ramirez Basco	2010	The Guildford Press	Offers tips and suggestions
	The Unwritten Rules of PhD Research (2 <sup>nd</sup> Edition)	Marian Petre and Gordon Rugg	2010	Open University Press	Covers the topics involved in a PhD process
	How to write a Thesis (3 <sup>rd</sup> Edition)	Rowena Murray	2011	Open University Press	Covers the steps and stages of thesis writing, confidence and writing habits.
	How to get a PhD: A Handbook for Students and their Supervisors (3 <sup>rd</sup> Edition)	Estelle M. Phillips and Derek S. Pugh	2000	Open University Press	A handbook for PhD students seeking to provide an understanding of the processes of doing research for a doctorate.
	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	2013	Avery Trade Publishers	Focuses on willpower and self-control.
	The Study Skills Handbook (3 <sup>rd</sup> edition)	Stella Cottrell	2008	Palgrave MacMillan Publishers	Covers skills intelligence and learning, e-learning, writing confidences, reports and case studies, exam planning etc.
	Making Dyslexia Work For You (2 <sup>nd</sup> edition)	Vicki Goodwin	2012	Routledge Books	Some information to help understood dyslexia.
<b>Obsessive Compulsive Problems</b>	An Introduction To Coping with Obsessive Compulsive Disorder	Lee Brosnan	2007	SPCK	A self-help introduction to some strategies to cope with OCD.
	Understanding Obsessions And Compulsions. A Self-Help Manual.	Dr. Frank Tallis	1992	Sheldon Press	Covers compulsive checking, washing, hoarding obsessional thoughts and worry, and obsessional thoughts and depression.
	Overcoming Obsessive Compulsive Disorder	David Veale & Rob Willson	2009	Robinson Publishing	A CBT self-help book describing techniques addressing obsessive thoughts and compulsive behaviours.
	Overcoming Obsessive Thoughts: How to Gain Control of Your OCD	David Clark & Christine Purdon	2005	New Harbinger Publications	Focuses on unwanted obsessional thoughts.
<b>Perfectionism</b>	Overcoming Perfectionism.	Roz Shafran, Sarah Egan & Tracey Wade	2010	Robinson Publishing	A self-help guide using cognitive behavioural techniques.
	When Perfect Isn't Good Enough – Strategies for coping with Perfectionism. 2 <sup>nd</sup> Revised Ed.	Martin M. Antony and Richard P. Swinson	2008	New Harbinger Publications	Based on Acceptance-based approaches, from a cognitive behavioural perspective.
<b>Personal Development</b>	Change for the Better: Self-help Through Practical Psychotherapy. 4 <sup>th</sup> Edition	Elizabeth Wilde McCormick	2012	Sage Publication Ltd	Explores learned patterns of responses that can contribute to psychological problems such as depression, anxiety and relationship difficulty.
	The Happiness Trap-Stop Struggling and Start Living	Russ Harris	2008	Trumpeter	Based on Acceptance & Commitment Therapy (ACT) focusing with negative emotional patterns.
	Draw on Your Emotions	Margot Sunderland and Philip Engleheart	1997	Speechmark Publishing Ltd	A manual with exercises addressing the process of talking about feelings.
	Emotional Confidence: Simple Steps to managing your feelings	Gael Lindenfield	2000	Thorsons Publisher	Offers a seven-step emotional healing strategy.
	Skills for Success (2 <sup>nd</sup> edition): Personal Development and Employability.	Stella Cottrell	2010	Palgrave MacMillan Publishers	Self and task management, people skills, the art of reflection and personal performance.
	The Emotional Life of Your Brain (Reprint edition)	Richard J Davidson and Sharon Begley	2012	Plume	Input on emotional style including resilience, outlook, attention.
<b>Post Traumatic Stress</b>	An Introduction To Coping With Post Traumatic Stress	Ann Wetmore	2010	Constable and Robinson	Offers a description of the impact of traumatic stress and steps for coping.
	Overcoming Traumatic Stress	Claudia Herbert & Ann Wetmore	2008	Robinson Publishing	A self-help guide using Cognitive Behavioural Techniques. A revised and

					updated edition.
<b>Relationships</b>	Hold Me Tight: Seven Conversations For A Lifetime of Love	Sue Johnson and Joan Torres	2011	Hachette UK	How to identify negative patterns and develop emotional bond using Emotionally Focused Couple Therapy.
	Men Who Hate Women and the Women Who Love Them	Susan Forward	2002	Bantam Books	When loving hurts and you don't know why.
	Getting Past Your Break Up. How to turn a devastating loss into the best thing that ever happened to you.	Susan Elliott	2009	Da Capa Life	Covers the rules of disengagement, how to work through grief, the secrets of breaking the patterns of failed relationships
	Boundaries And Relationships: Knowing, Protecting and Enjoying The Self.	Charles L. Whitfield	1993	Health Communications Inc.	This book is about relationships, healthy and unhealthy.
	ACT With Love. How To Stop Struggling, Reconcile Your Differences and Strengthen Your Relationship.	Ross Harris	2009	New Harbinger Pub	A mindfulness-based acceptance and commitment therapy to relationships.
	The Seven Principles for making Marriage Work.	John M Gottman & Nan Silver	1999	Three Rivers Press	A guide to relationships.
	Women Who Love Too Much	Robin Norwood	2004	Arrow Publishers	A text when being in love means being in pain.
	Forgive for Good.	Fred Luskin	2003	Harper One	Working with anger, bitterness and resentment.
	Is it Love or is it Addiction? (3 <sup>rd</sup> Edition)	Brenda Schaeffer	2009	Hazelden Publishing & Educational Services	Addresses love addiction, power plays, romantic and sex addiction, healthy belonging.
<b>Self Esteem</b>	An Introduction to Improving Your Self-Esteem	Melanie Fennell & Lee Brosnan	2011	Robinson	Explains how low self-esteem develops and how it is maintained.
	The Confidence Gap	Russ Harris	2011	Robinson	A self-help book based on mindfulness with real world examples.
	10 Days to Great Self-esteem & 10 Easy Steps to Brighten Your Moods and Discovering the Joy in Everyday Living.	D. Burns	2000	Vermillian	Outlines specific techniques.
	Breaking the Spell: The Key to Recovering Self Esteem.	R. Clyne	2005	Avalon Publishers	Draws on a variety of approaches
	Overcoming low self-esteem: A self-help guide using cognitive behavioural techniques	Melanie Fennell	2009	Robinson	Contains CBT self-help programme and monitoring sheets.
<b>Self Confidence/Self Esteem</b>	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.
	The Confidence To Be Yourself – How To Boost Your Self-Esteem	Brian Roet	2009	PiatKus Books.	Uses practical techniques and case histories
<b>Self Harm</b>	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 harm and caring for sufferers.
	The Scarred Soul	Tracey Alderman	1997	New Harbinger Publications	A self help guide to what you can do to stop hurting oneself.
<b>Sexuality</b>	The New Male Sexuality – The truth about men, sex and pleasure.	Bernard Zilbergeld	1999	Bantam	The focus is on male sexuality.
	The Mirror Within	Anne Dickson	1985	Quartet	The focus is on female sexuality.
	For Yourself, The Fulfilment of Female Sexuality. Revised Edition.	Lonnie Barbach	2000	Signet	Offers step-by-step programme.
<b>Sleep Problems</b>	Overcoming Insomnia and Sleep Problems.	Colin A. Espie	2006	Constable and Robinson	A Cognitive behavioural approach.
	Tired But Wired: How to overcome your sleep problems. The Essential Sleep Toolkit.	Nerina Ramlakhan	2010	Souvenir Press Ltd	Offers a Sleep Toolkit Programme.
	The Effortless Sleep Companion	Sasha Stephens	2013	Dark Moon Ltd	Information and techniques to help move from insomnia to getting a better night sleep.
	Overcoming Insomnia and Sleep Problems	Colin A Espie	2006	Robinson Publishing	Using Cognitive Behavioural Techniques.
<b>Suicide</b>	Coping with Suicide	Meggie Helen	2002	Sheldon Press	Aimed at those whose loved ones have committed suicide.

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