

Reading Well: Books on Prescription core list

Title	Author	Publisher
ANGER		
<input type="checkbox"/> Overcoming Anger and Irritability	Davies, William	Constable & Robinson
ANXIETY		
<input type="checkbox"/> Overcoming Anxiety	Kennerley, Helen	Robinson
<input type="checkbox"/> Overcoming Anxiety, Stress and Panic: A Five Areas Approach	Williams, Chris Jeffers, Susan	Hodder Arnold Vermillion
<input type="checkbox"/> Feel the Fear and Do it Anyway		
BINGE EATING/BULIMIA NERVOSA		
<input type="checkbox"/> Overcoming Binge Eating	Fairburn, Christopher G.	Guilford Press
<input type="checkbox"/> Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders	Schmidt, Ulrike and Treasure, Janet	Psychology Press
<input type="checkbox"/> Overcoming Bulimia Nervosa and Binge Eating	Cooper, Peter J.	Constable & Robinson
CHRONIC FATIGUE		
<input type="checkbox"/> Chronic Fatigue Syndrome (second edition)	Campling, Frankie and Sharpe, Michael	Oxford University Press
<input type="checkbox"/> Overcoming Chronic Fatigue	Burgess, Mary and Chalder, Trudie	Constable & Robinson
CHRONIC PAIN		
<input type="checkbox"/> Overcoming Chronic Pain	Cole, Frances; Carus, Catherine; Howden- Leach, Hazel; and Macdonald, Helen	Constable & Robinson
DEPRESSION		
<input type="checkbox"/> Overcoming Depression and Low Mood: A Five Areas Approach (third edition)	Williams, Chris	Hodder Arnold
<input type="checkbox"/> Mind Over Mood: Change How You Feel by Changing the Way You Think	Greenberger, Dennis and Padesky, Christine	Guilford Press
<input type="checkbox"/> Overcoming Depression: A Guide to Recovery with a Complete Self-help Programme	Gilbert, Paul	Constable & Robinson
HEALTH ANXIETY		
<input type="checkbox"/> Overcoming Health Anxiety	Veale, David and Willson, Rob	Constable & Robinson
<input type="checkbox"/> Introduction to Coping with Health Anxiety	Hogan, Brenda and Young, Charles	Constable & Robinson

OBSESSIONS AND COMPULSIONS

<input type="checkbox"/> Overcoming Obsessive Compulsive Disorder	Veale, David and Willson, Rob	Constable & Robinson
<input type="checkbox"/> Understanding Obsessions and Compulsions	Tallis, Frank	Sheldon
<input type="checkbox"/> Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT	Challacombe, Fiona, Oldfield, Victoria Bream and Salkowskis, Paul M.	Vermillion

PANIC

<input type="checkbox"/> Overcoming Panic and Agoraphobia	Silove, Derrick and Manicavasagar, Vijaya	Constable & Robinson
<input type="checkbox"/> Panic Attacks: What They Are, Why They Happen and What You Can Do About Them	Ingham, Christine	Harper Collins

PHOBIAS

<input type="checkbox"/> An Introduction to Coping with Phobias	Hogan, Brenda	Constable & Robinson
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RELATIONSHIP PROBLEMS

<input type="checkbox"/> Overcoming Relationship Problems	Crowe, Michael	Constable & Robinson
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SELF-ESTEEM

<input type="checkbox"/> Overcoming Low Self- Esteem	Fennell, Melanie	Constable & Robinson
<input type="checkbox"/> The Feeling Good Handbook	Burns, David	Penguin

SOCIAL PHOBIA

<input type="checkbox"/> Overcoming Social Anxiety and Shyness	Butler, Gillian	Constable & Robinson
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SLEEP PROBLEMS

<input type="checkbox"/> Overcoming Insomnia and Sleep Problems	Espie, Colin A.	Constable & Robinson
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STRESS

<input type="checkbox"/> The Relaxation and Stress Reduction workbook	Davis, Martha	New Harbinger
<input type="checkbox"/> Manage your Stress for a Healthier Life	Looker, Terry and Gregson, Olga	Hodder

WORRY

<input type="checkbox"/> The Worry Cure: Stop Worrying and Start Living	Leahy, Robert, L.	Piatkus Books
<input type="checkbox"/> How to Stop Worrying	Tallis, Frank	Sheldon Press

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