

Reading Well: Books on Prescription core list

Title	Author(s)
THERAPIES AND APPROACHES	
<input type="checkbox"/> Introducing Cognitive Behavioural Therapy (CBT): A Practical Guide	Elaine Iljon Foreman, Clair Pollard
<input type="checkbox"/> Mindfulness: A Practical Guide to Finding Peace in a Frantic World	Mark Williams and Danny Penman
COMMON FEELINGS AND EXPERIENCES	
Anger	
<input type="checkbox"/> Overcoming Anger and Irritability, 2nd Edition	Daniel Freeman, Jason Freeman
Bereavement and loss	
<input type="checkbox"/> An Introduction to Coping with Grief, 2nd edition	Sue Morris
<input type="checkbox"/> Grief Works: Stories of Life, Death and Surviving	Julia Samuel
<input type="checkbox"/> The Essential Guide to Life After Bereavement: Beyond Tomorrow	Judy Carole Kauffmann and Mary Jordan
Low self-esteem	
<input type="checkbox"/> Overcoming Low Self-Esteem, 2nd Edition	Melanie Fennell
Social anxiety and shyness	
<input type="checkbox"/> Overcoming Social Anxiety and Shyness, 2nd Edition	Dr Gillian Butler
Sleep problems	
<input type="checkbox"/> The Sleep Book: How to Sleep Well Every Night	Dr Guy Meadows
Stress	
<input type="checkbox"/> Stress Control: A Mind, Body, Life Approach to Boosting Wellbeing	Jim White
SELF-HELP BOOKS TO SUPPORT MENTAL HEALTH	
Stress	
<input type="checkbox"/> Living Life to the Full	Chris Williams
<input type="checkbox"/> The CBT Handbook: A Comprehensive Guide to Using CBT to Overcome Depression, Anxiety, Stress, Low Self-Esteem and Anger	Pamela Myles and Roz Shafran
<input type="checkbox"/> Mind Over Mood Second Edition: Change How You Feel by Changing the Way You Think	Dennis Greenberger, Christine A. Padesky
Depression	
<input type="checkbox"/> An Introduction to Coping with Depression, 2nd edition	Lee Brosnan and Brenda Hogan
<input type="checkbox"/> Manage Your Mood: How to Use Behavioural Activation Techniques to Overcome Depression	David Veale, Rob Willson
<input type="checkbox"/> Overcoming Depression, 3rd edition	Paul Gilbert

Anxiety and panic

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|--------------------------|---|--------------------------------------|
| <input type="checkbox"/> | An Introduction to Coping with Anxiety, 2nd edition | Lee Brosnan and Brenda Hogan |
| <input type="checkbox"/> | Overcoming Anxiety, 2nd edition | Helen Kennerley |
| <input type="checkbox"/> | Overcoming Health Anxiety: A Self-Help Guide Using Cognitive Behavioural Techniques | David Veale and Rob Willson |
| <input type="checkbox"/> | Overcoming Worry and Generalised Anxiety Disorder, 2nd Edition | Mark Freeston |
| <input type="checkbox"/> | Overcoming Panic, 2nd edition | Vijaya Manicavasagar, Derrick Silove |
| <input type="checkbox"/> | The Sheldon Short Guide to Phobias and Panic | Kevin Gournay |

Obsessions and compulsions

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|--------------------------|--|---|
| <input type="checkbox"/> | Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT | Dr. Fiona Challacombe, Dr. Victoria Bream Oldfield, Paul M Salkovskis |
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OTHER COMMON CONDITIONS

Binge eating and bulimia nervosa

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| <input type="checkbox"/> | Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders, 2nd edition | Ulrike Schmidt, Janet Treasure and June Alexander |
| <input type="checkbox"/> | Overcoming Binge Eating, 2nd Edition | Dr Christopher G. Fairburn |

Body image and body dysmorphic disorder

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| <input type="checkbox"/> | Body Image and Body Dysmorphic Disorder: The Definitive Treatment and Recovery Approach | Chloe Catchpole, Lauren Callaghan, Dr. Annemarie O'Connor |
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Mood swings

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| <input type="checkbox"/> | Overcoming Mood Swings, 2nd edition | Jan Scott |
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Depression and relationships

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| <input type="checkbox"/> | Defeating Depression: How to Use the People in Your Life to Open the Door to Recovery | Roslyn Law |
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Postnatal depression

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| <input type="checkbox"/> | The Compassionate Mind Approach To Postnatal Depression: Using Compassion Focused Therapy to Enhance Mood, Confidence and Bonding | Michelle Cree |
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PERSONAL STORIES

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| <input type="checkbox"/> | A Mindfulness Guide for the Frazzled | Ruby Wax |
| <input type="checkbox"/> | Reasons to Stay Alive | Matt Haig |
| <input type="checkbox"/> | A Manual for Heartache | Cathy Rentzenbrink |
| <input type="checkbox"/> | The Recovery Letters | James Withey and Olivia Sagan (eds.) |
| <input type="checkbox"/> | We're All Mad Here: The No-Nonsense Guide to Living with Social Anxiety | Claire Eastham |
| <input type="checkbox"/> | Living With a Black Dog | Matthew Johnstone |
| <input type="checkbox"/> | The Boy with the Topknot: A Memoir of Love, Secrets and Lies in Wolverhampton | Sathnam Sanghera |