

## Recommended Reading

Problem	Book Title	Author (s)	Publication Year	Comment
Anger	Managing Anger	Gael Lindenfield	2000	A positive, optimistic book. Attractive, easy to read
Anger	Overcoming Anger and Irritability	William Davies	2000	Based on Cognitive Behavioural Therapy (CBT). Manageable
Anorexia	Anorexia Nervosa: A Survival Guide for Families, Friends and Suffers	Janet Treasure	2000	A clearly written educational book containing practical advice. Not a step-by-step treatment guide. Good start
Anorexia	Overcoming Anorexia Nervosa	Christopher Freeman & Peter Cooper	2002	A complete self-help recovery programme based on CBT, Easy read.
Anxiety	Overcoming Anxiety	Helen Kennerley	2004	A complete self-help recovery programme based on CBT. Easy read.
Assertiveness	Assert Yourself	Gael Lindenfield	2001	Attractive book which builds awareness and skills
Bereavement	'You'll Get Over It': The Rage of Bereavement	Virginia Ironside	1997	Frank, honest, angry, tapping the complexity of bereavement
Binge-Eating and Bulimia	Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders	Ulrike Schmidt & Janet Treasure	1999	Easy to read, engaging, motivating. Has demonstrated effectiveness in clinical trials. Comprehensive treatment programme.
Binge-Eating and Bulimia	Bulimia Nervosa and Binge Eating	Peter Cooper	1995	Comprehensive CBT-based treatment programme
Child Abuse (Adult Survivors)	Overcoming Childhood Trauma	Helen Kennerley	2000	Sensitive. Links past and present difficulties. Practical strategies for managing specific problems linked to abuse
Child Abuse (Adult Survivors)	Breaking Free: Help for Survivors of Child Sexual Abuse	Carolyn Ainscough & Kay Toon	2000	Sensitively written. Demonstrates the range of experience and feelings involved. Optimistic. Strategies for coping
Depression	Depression: The Common Sense Approach	Tony Bates	1999	Accessible, slim book. Compassionate and practical CBT strategies and more. Good first book
Depression	Overcoming Depression	Paul Gilbert	2000	Bigger, more detailed book, yet readable and sympathetic. Comprehensive CBT programme.
Depression	Depression: The Way Out Of Your Prison	Dorothy Rowe	2003	A deeper exploration of beliefs about self and others that maintain depression.

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				Links past experience to depression
Depression / Anxiety	The Feeling Good Handbook	David Burns	1999	Large but easy to read CBT book. Also covers panic, phobias, guilt, inferiority. Has demonstrated effectiveness in clinical trials.
Mood Swings	Overcoming Mood Swings	Jan Scott	2004	An easy to read complete CBT programme. Includes information on depression and mania
Obsessions and Compulsions	Overcoming Obsessive Compulsive Disorder	David Veale and Rob Wilson	2005	Promotes readiness to change then delivers a CBT plan. For people who meet the criteria for OCD. Manageable
Obsessions and Compulsions	Obsessive Compulsive Disorder	Frederick Toates & Olga Coschug-Toates	2005	Autobiographical account of life with OCD. May help people to feel that that they are not alone. Discusses treatment options. Manageable
Panic	When Panic Attacks	Aine Tubridy	2003	Engaging, clear, comprehensive. Educates and offers techniques. Accompanying CD.
Panic	Panic Attacks	Christine Ingham	2000	Smaller, simpler, supportive. Offers guidance. Easy read
Parenting	Parent Power – Bringing up Responsible Children and Teenagers	John Sharry	2002	Good general guide covering key principles of parenting 4-18 year olds. Easy to read.
Parenting	The Incredible Years – A Troubleshooting Guide for Parents of Children Aged 2 – 8 Years	Carolyn Webster-Stratton	2006	More comprehensive but manageable. For parenting 2 – around 10 year olds. Particularly good where parent-child relationship may have suffered.
Parenting	STEP: Parent Handbook	D. Dinkmeyer, G.D. McKay et al	1997	Very simple , attractive book. Holds parents by the hand providing systematic training. Parenting 6-12 year olds
Post Traumatic stress	Overcoming Traumatic stress	Claudia Herbert & Ann Wetmore	2002	CBT strategies to help reader understand and manage their reactions. Easy to read
Psychotherapy	Change for the Better: Self-help Through Practical Psychotherapy	Elizabeth Wilde McCormick	2002	Structured personal exploration based on Cognitive Analytic Therapy (CAT). Links past with present. Accessible.

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Relationship Problems	Overcoming Relationship Problems	Michael Crowe	2005	Very accessible. Focuses on communication and negotiation skills. Uses CBT
Self-Esteem	Self Esteem: Simple Steps to Develop Self Reliance and Perseverance	Gael Lindenfeld	2000	Attractive easy-to-read book. Explores origin and impact of low self-esteem. Provides practical programme for increasing self-esteem.
Social Anxiety	Overcoming Social Anxiety and Shyness	Gillian Butler	2003	Very readable. Detailed CBT instruction. Suitable for both mild and intense anxiety
Stress	Managing Stress (Teach Yourself)	Terry Looker & Olga Gregson	2003	Educative and offers comprehensive stress management plan. Views self-esteem as the key to stress management.
Worry	How to Stop Worrying	Frank Tallis	1990	A slim, very easy-to-read book. Transforming worry into problem-solving.