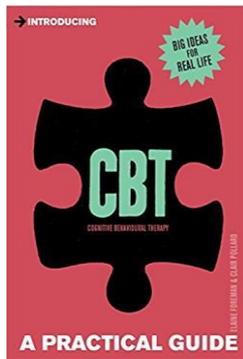


READING WELL

Reading Well for mental health: overview of the titles

Introductions to therapies and approaches

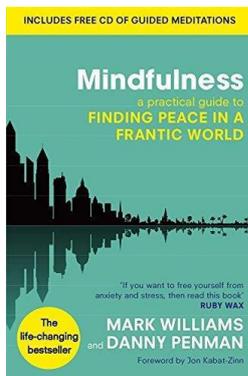
Cognitive Behavioural Therapy (CBT)



***Introducing Cognitive Behavioural Therapy (CBT): A Practical Guide* by Elaine Iljon Foreman, Clair Pollard**
ISBN: 9781848312548

Full of practical exercises to help you feel happier, overcome your fears and think in a more helpful way, this pocket guide helps you understand your behaviour and how to change negative patterns; learn to relax and put your worries into perspective; manage negative emotions to help you think differently; and feel better about yourself. Using case studies of people's experiences, this book takes a straightforward, accessible approach to CBT.

Mindfulness



***Mindfulness: A practical guide to finding peace in a frantic world* by Mark Williams and Dr Danny Penman**
ISBN: 9780749953089

This book and CD package has become a word-of-mouth bestseller and global phenomenon. It reveals a set of simple yet powerful practices that you can incorporate into daily life to break the cycle of anxiety, stress, unhappiness and exhaustion. The book details a unique programme developed by Oxford University psychologist Professor Mark Williams with colleagues around the world. *Mindfulness* is based on mindfulness-based cognitive therapy (MBCT), which is recommended by the UK's National Institute for Health and Care Excellence.



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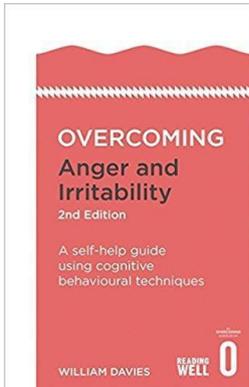


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THE READING AGENCY

Common feelings and experiences

Anger

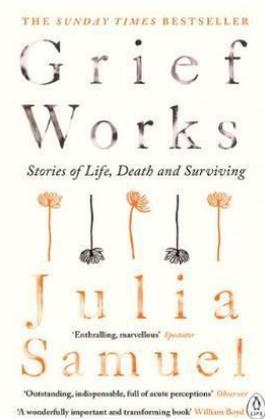


***Overcoming Anger and Irritability, Second Edition* by Dr William Davies**

ISBN: 9781472120229

Irritability or flashes of bad temper can cause difficulties in relationships with friends, family or colleagues and leave us feeling unhappy and exhausted. This fully updated and revised edition of William Davies' bestselling title is for anyone struggling to control their rage and regretting inappropriate reactions. It explains clearly what provokes anger and what we can do to prevent it. Techniques based on Cognitive Behavioural Therapy offer a positive approach with long-term goals in mind and show how you can stay cool and successfully handle situations that would tax anyone.

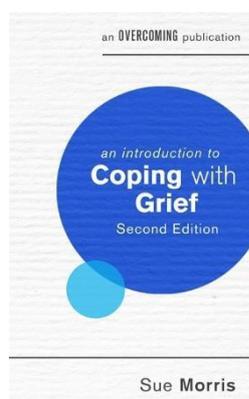
Bereavement and loss



***Grief Works: Stories of Life, Death and Surviving* by Julia Samuel**

ISBN: 9780241270745

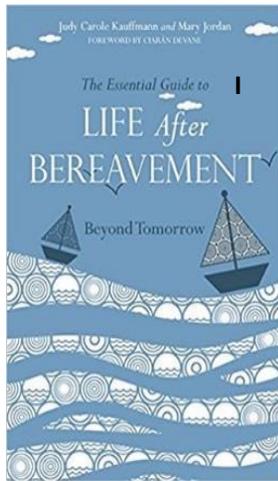
In *Grief Works* we hear stories from those who have experienced great love and great loss - and survived. Stories that explain how grief unmasks our greatest fears, strips away our layers of protection and reveals our innermost selves. Julia Samuel, a grief psychotherapist, has spent twenty-five years working with the bereaved and understanding the full repercussions of loss. This deeply affecting book is full of psychological insights on how grief, if approached correctly, can heal us. Through elegant, moving stories, we learn how we can stop feeling awkward and uncertain about death, and not shy away from talking honestly with family and friends. This extraordinary book shows us how to live and learn from great loss.



***An Introduction to Coping with Grief, Second Edition* by Sue Morris**

ISBN: 9781472140081

Grief is a natural reaction to loss but it can be devastating, preventing you from moving on in your life and affecting your relationships and work. This fully updated self-help guide offers an examination and explanation of the grieving process and outlines clinically-proven strategies, based on Cognitive Behavioural Therapy (CBT), to help you adjust to life without a loved one.

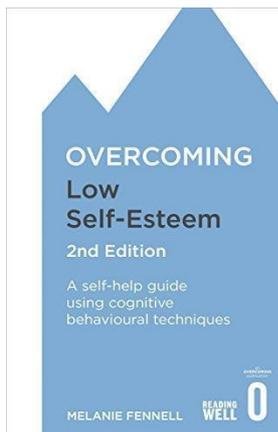


***The Essential Guide to Life after Bereavement: Beyond Tomorrow* by Carole Kauffmann and Mary Jordan**

SBN: 9781849053358

This book acts as a supportive map through the initial period of loss, and through the weeks and months that follow. The authors address the emotional aspects of bereavement, but also important and often overlooked practical considerations such as dealing with wills and other paperwork, personal possessions, making arrangements for funerals and memorial services, coping with the anniversaries of a death and resolving family conflict. Drawing on many real examples, they offer compassionate, realistic advice on dealing with guilt and other negative emotions, as well as helpful guidance on how and when to break the news of a death to others, including to children, people with learning disabilities and people with dementia.

Low self-esteem

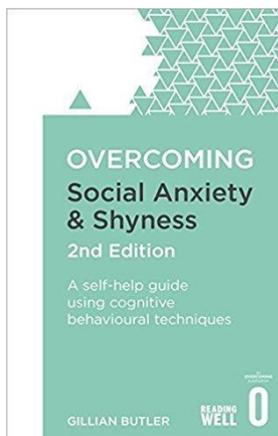


***Overcoming Low Self-Esteem, Second Edition* by Melanie Fennell**

ISBN: 9781472119292

Low self-esteem can make life difficult in all sorts of ways. It can make you anxious and unhappy, tormented by doubts and self-critical thoughts. It can get in the way of feeling at ease with other people and stop you from leading the life you want to lead. It makes it hard to value and appreciate yourself in the same way you would another person you care about.

Social anxiety and shyness

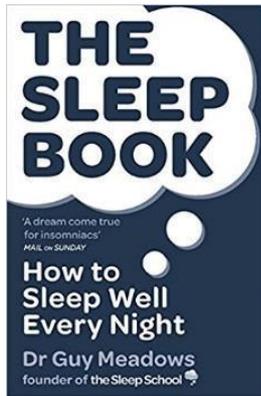


***Overcoming Social Anxiety and Shyness, Second Edition* by Gillian Butler**

ISBN: 9781472120434

Everyone feels foolish, embarrassed, judged or criticised at times, but this becomes a problem when it undermines your confidence and prevents you from doing what you want to do. Extreme social anxiety and shyness can be crippling but they are readily treated using Cognitive Behavioural Therapy. In this fully revised and updated edition, Dr Gillian Butler provides a practical, easy-to-use self-help course which will be invaluable for those suffering from all degrees of social anxiety.

Sleep problems

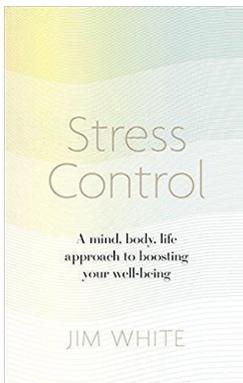


***The Sleep Book: How to Sleep Well Every Night* by Dr Guy Meadows**

ISBN: 9781409157618

A third of the population sleep badly, but you don't have to be one of them. Using a blend of mindfulness and new ACT therapy techniques, the book shares a unique five-week plan to cure your sleep problem whether it's a few restless nights or a lifetime of insomnia. *The Sleep Book* is the sum of a doctorate degree in sleep and well over 12,000 hours spent working with more than 2,000 insomniacs in one-to-one clinics, workshops and retreat environments.

Stress



***Stress Control: A Mind, Body, Life Approach to Boosting Your Well-being* by Jim White**

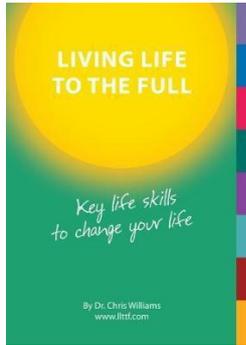
ISBN: 9781472137104

This accessible, jargon-free book combines clinically proven methods from Cognitive Behavioural Therapy (CBT), positive psychology and mindfulness to give you the tools you need to improve your mind and take on stress. Learn about stress and how it affects you, follow straightforward steps to get an instant sense of control, develop a set of linked skills for long-term stress management, boost your wellbeing and feel in control of your future.

Self-help books to support mental health

These books have been recommended to support psychological therapy

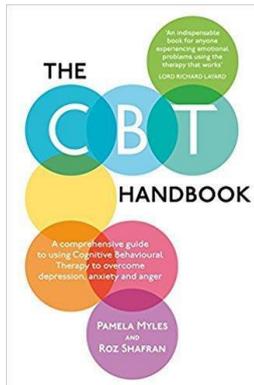
Wellbeing



***Living Life to the Full* by Chris Williams**

ISBN: 978-1906564582

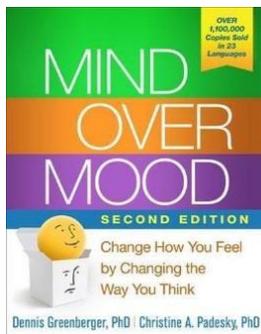
This course is a series of chapters and linked free online modules that have been proven to improve low mood and anxiety. As you read the book, you can print off any linked worksheets from www.lttf.com and practice the skills you are learning. Developed by CBT expert Dr Chris Williams, this book uses an accessible format to help build a toolkit of skills for good mental health.



***The CBT Handbook: A Comprehensive Guide to Using CBT to Overcome Depression, Anxiety, Stress, Low Self-Esteem and Anger* by Pamela Myles and Roz Shafran**

ISBN: 9781780332017

Cognitive Behavioural Therapy (CBT) is widely recommended in the NHS for the treatment of emotional and psychological conditions, such as depression, low self-esteem, low mood, chronic anxiety, stress or anger. This thorough yet easy-to-read general self-help guide is a must-have for anyone experiencing these common problems. An accessible yet authoritative guide written by two of the UK's leading CBT clinicians and researchers.

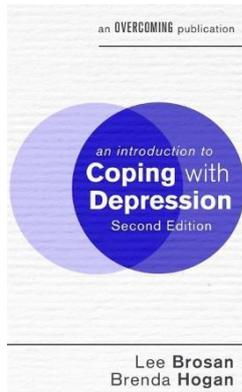


***Mind Over Mood, Second Edition* by Dennis Greenberger and Christine A. Padesky**

ISBN: 9781462520428

Identifying simple yet powerful steps you can take to overcome emotional distress and feel happier, calmer, and more confident. This life-changing book has already helped more than 1,100,000 readers to conquer depression, anxiety, panic attacks, anger, guilt, shame, low self-esteem, eating disorders, substance abuse, and relationship problems. Revised and expanded to reflect scientific developments, the second edition contains numerous new features: expanded content on anxiety; chapters on setting personal goals and maintaining progress; happiness rating scales; gratitude journals; innovative exercises focused on mindfulness, acceptance, and forgiveness; and much more

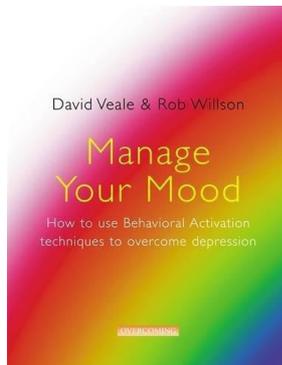
Depression



***An Introduction to Coping with Depression, Second Edition* by Lee Brosan and Brenda Hogan**

ISBN: 9781472140210

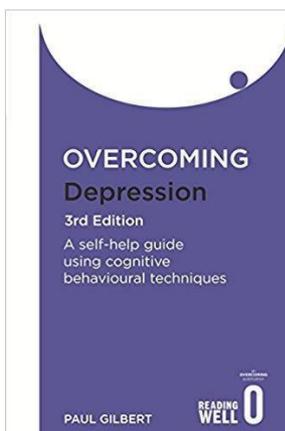
Written by experienced practitioners, this introductory book explains what depression is and how it can make you feel. It will help you to understand your symptoms and is ideal as an immediate coping strategy and as a preliminary to fuller therapy. You will learn how depression develops and what keeps it going, how to spot and challenge thoughts that maintain your depression and problem solving and balanced thinking skills.



***Manage Your Mood: How to Use Behavioural Activation Techniques to Overcome Depression, Second Edition* by David Veale and Rob Willson**

ISBN: 9781845293147

With over 1,000,000 copies sold in 23 languages, this book has been called “the most influential Cognitive Behavioural Therapy publication” by the British Association for Behavioural and Cognitive Psychotherapies (BABCP). In an accessible format, this manual sets out step-by-step plans to teach proven, powerful strategies to transform your life.

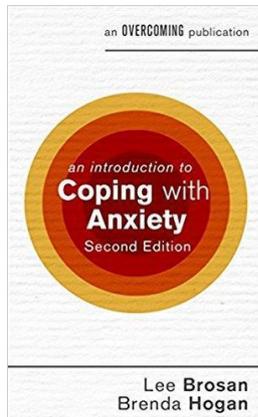


***Overcoming Depression, Third Edition* by Paul Gilbert**

ISBN: 9781849010665

This highly acclaimed book has been of benefit to thousands of people including people living with depression, as well as their friends and families. This fully revised third edition has been extensively updated and rewritten to reflect new research on understanding and treating depression, particularly the importance of developing compassionate ways of thinking, behaving and feeling. It contains helpful case studies and new, easy-to-follow, step-by-step suggestions and exercises to help you understand your depression and lift your mood.

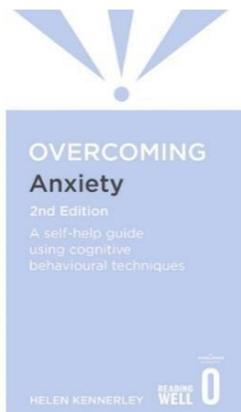
Anxiety and panic



***An Introduction to Coping with Anxiety, Second Edition* by Brenda Hogan and Lee Brosan**

ISBN: 9781472140241

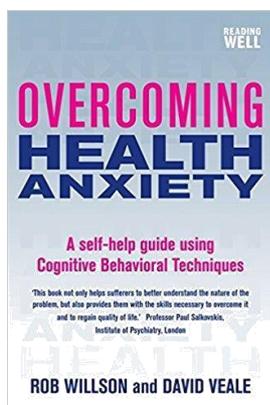
Written by experienced practitioners, this introductory book can help you if anxiety has become a problem. It explains what anxiety is and how it makes you feel when it becomes unmanageable or lasts for long periods of time. It will help you to understand your symptoms and is ideal as an immediate coping strategy or as a preliminary to therapy. You will learn what anxiety is and how it develops, physical symptoms to look out for, how to spot and challenge thoughts that make you anxious and ways to change how you behave in order to reduce your feelings of anxiety.



***Overcoming Anxiety, Second Edition* by Helen Kennerley**

ISBN: 9781849018784

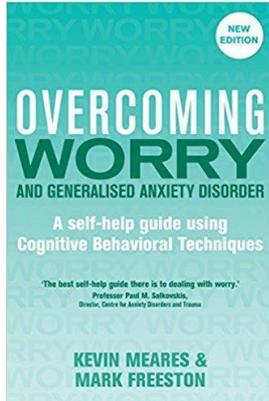
This ever-popular guide offers a self-help programme, written by one of the UK's leading authorities on anxiety and based on CBT, for those suffering from anxiety problems. A whole range of anxieties and fears are explained, from panic attacks and phobias to obsessive compulsive disorder (OCD) and generalised anxiety. It includes an introduction to the nature of anxiety and stress and a complete self-help programme with monitoring sheets based on Cognitive Behavioural Therapy.



***Overcoming Health Anxiety* by David Veale and Rob Willson**

ISBN: 9781845298241

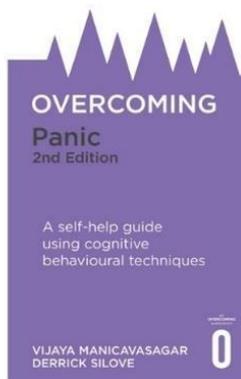
Many of us have a tendency to worry about our health. For some the anxiety becomes a problem, and they may spend many hours checking for symptoms, seeking reassurance from others, surfing the internet for information about different diseases, or repeatedly visiting the doctor. Using a structured, step-by-step approach the authors explain how the problem develops, how to recognize what feeds it and how to develop effective methods of dealing with it.



***Overcoming Worry and Generalised Anxiety Disorder, Second Edition* by Kevin Meares and Mark Freeston**

ISBN: 9781472107428

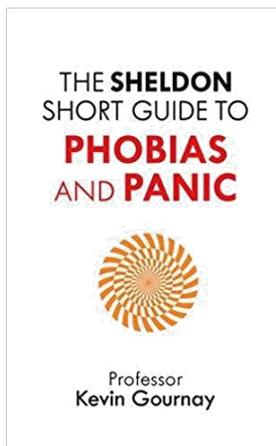
Up to 44 in every 1000 adults suffer from Generalised Anxiety Disorder. This is more than the normal worrying we all do - it can lead to significant personal and social difficulties. This user-friendly, step-by-step approach explains why they worry, how to recognise what feeds it and develop effective methods of dealing with it. With each step the authors introduce new ideas that add to the picture of worry, and use questionnaires, exercises and tasks to help the reader understand and then challenge unhelpful habits and beliefs.



***Overcoming Panic, Second Edition* by Vijaya Manicavasagar and Derrick Silove**

ISBN: 9781472135827

Do you sometimes feel overwhelmed by feelings of panic that seem to come from nowhere and yet feel terrifyingly real? Do you avoid certain situations because you think you'll experience a panic attack? If so, this step-by-step self-help course can give you the necessary skills to overcome and prevent such attacks and the associated agoraphobia. Based on Cognitive Behavioural Therapy techniques and the authors' many years of experience and expertise in treating anxiety, it offers an indispensable guide for anyone affected, including people living with panic as well as their friends and families.

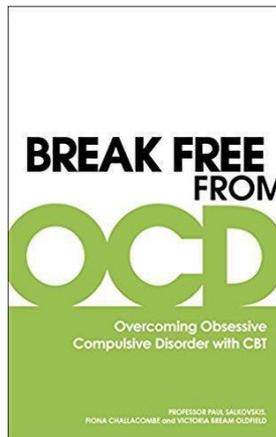


***The Sheldon Short Guide to Phobias and Panic* by Kevin Gournay**

ISBN: 9781847093684

Sheldon Short Guides let you grasp the essentials in less than an hour. Many people struggle with phobias. Common fears may range from crowded places to a fear of spiders or blood, but, the basic underlying mechanism is the same - acute anxiety. This book looks at how to tackle both specific phobias and the anxiety which causes such fear, and covers obsessive-compulsive disorder, social phobia, generalized anxiety state, and panic disorder with agoraphobia.

Obsessions and compulsions

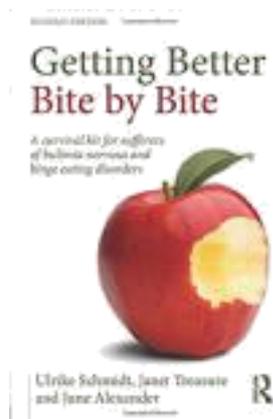


***Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT* by Fiona Challacombe, Victoria Bream Oldfield, Paul M Salkovskis
ISBN: 9780091939694**

Obsessive worries can be a drain on daily life, but this practical guide, written by three leading Cognitive Behavioural Therapy experts, enables you to make sense of your symptoms, and gives a simple plan to help you conquer OCD. Includes: detailed information on the many different manifestations of OCD; the differences between normal and obsessive worries; clear information on treating your individual problem; real-life case studies and examples; and advice and support for friends and family of people living with OCD.

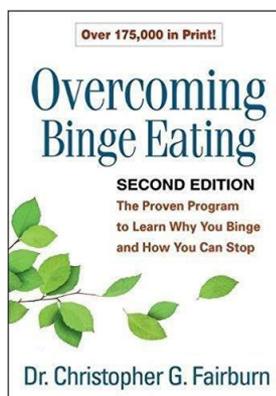
Other common conditions

Binge eating and bulimia nervosa



***Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders* by Ulrike Schmidt, Janet Treasure and June Alexander
ISBN: 9781138797376**

Providing an essential, authoritative and evidence-based self-help programme that has been used effectively for over 20 years. This new edition has updated content, drawing on the latest knowledge and providing step-by-step guidance for change based on solid research. The use of everyday language, stimulating contemporary case studies and helpful illustrations provide encouragement and hope. Authors Ulrike Schmidt and Janet Treasure are world-renowned authorities on eating disorders, and June Alexander, who has lived experience of anorexia and bulimia, is a respected writer and internationally-known eating disorder awareness advocate.

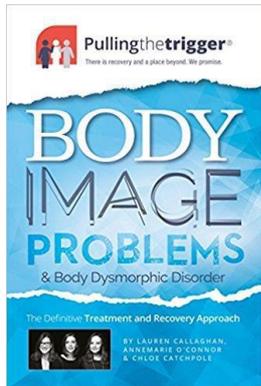


***Overcoming Binge Eating Second Edition: The Proven Program to Learn Why You Binge and How You Can Stop* by Dr Christopher G. Fairburn**

ISBN: 9781572305618 Format: Paperback Publication date: August 2013

This trusted bestseller provides all the information needed to understand binge eating and bring it under control, whether you are working with a therapist or on your own. Clear, 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 binges, establish stable, healthy eating patterns, improve your body image and reduce the risk of relapse. This fully updated second edition incorporates important advances in the understanding and treatment of eating disorders.

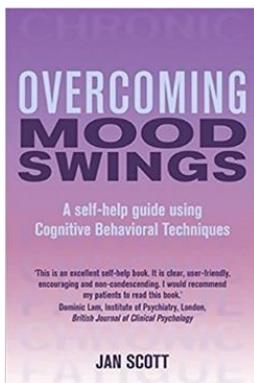
Body image and body dysmorphic disorder



***Body Image and Body Dysmorphic Disorder: The Definitive Treatment and Recovery Approach* by Chloe Catchpole, Lauren Callaghan, Annemarie O'Connor**
ISBN: 9781911246107

From the lived experience of Chloe Catchpole and clinical psychologists, Lauren Callaghan and Dr Annemarie O'Connor, this book is divided into two helpful, cohesive parts. In Part I we follow Chloe's struggle with body image and body dysmorphia. People living with any type of body image or anxiety conditions will identify with Chloe's experience. Part II is a unique, user-friendly self-help approach to support and guide mild, moderate and severe sufferers to a place called recovery and beyond.

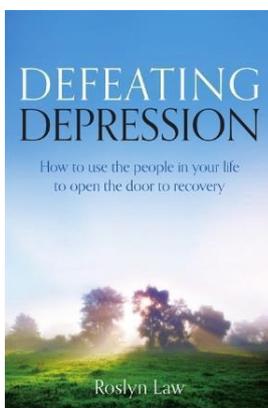
Mood swings



***Overcoming Mood Swings, Second Edition* by Jan Scott**
ISBN: 9781849011297

Most people know what it is like to experience mood swings. For some people, emotional extremes can seriously disrupt their lives, either because they happen too frequently or because the mood swings are intense and are accompanied by other symptoms of depression or mania. This book is a self-help manual for those who have experienced mood swings and gives background information on depression and mania. The author uses tried and tested practical techniques that will help people identify and manage their mood more effectively, and achieve a more stable emotional state.

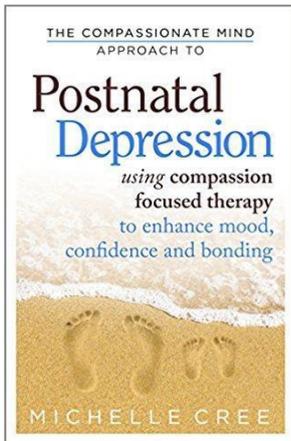
Depression and relationships



***Defeating Depression: How to use the people in your life to open the door to recovery* by Roslyn Law**
ISBN: 9781849017121

This ground-breaking self-help book is based on Interpersonal Psychotherapy (IPT), a therapeutic approach adopted by the NHS. IPT focuses on the interactions between people to identify and improve how they are feeling and behaving in their relationships. By improving relationships where there may be tension, either exacerbated by depression, or perhaps even causing it, we can alleviate the symptoms and address the underlying causes of depression. This guide uses practical exercises and techniques with personal stories from people living with depression.

Postnatal depression

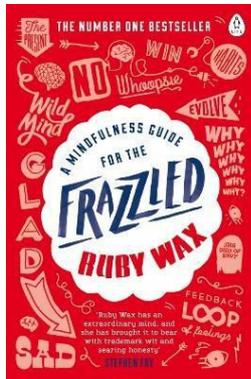


The Compassionate Mind Approach to Postnatal Depression: Using Compassion Focused Therapy to Enhance Mood, Confidence and Bonding by Michelle Cree
ISBN: 9781780330853

Having a baby can be a time of joy but also one of anxiety and even depression for new mothers. It is very common for new mothers to experience a short period of distress following childbirth and for more than 1 in 10 women, this distressing experience can be more prolonged. This practical self-help book based on Compassion Focused Therapy will help you 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.

Personal stories

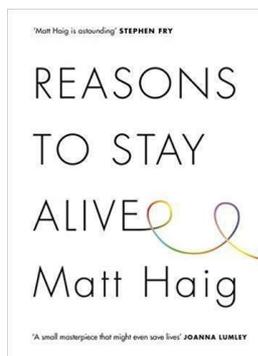
Wellbeing



A Mindfulness Guide for the Frazzled by Ruby Wax

ISBN: 9780241972069

Ruby Wax lays out her mindfulness techniques, making simple changes that give us time to breathe, reflect and live in the moment. With mindfulness advice for relationships, for parents, for children and for teenagers, and a six-week course based on her studies of Mindfulness Based Cognitive Therapy with Mark Williams at Oxford University, *A Mindfulness Guide for the Frazzled* is the only guide you need for a healthier, happier life. Ruby's approach to Mindfulness is something that can help us all: learning to notice your thoughts and feelings so you can truly experience life.

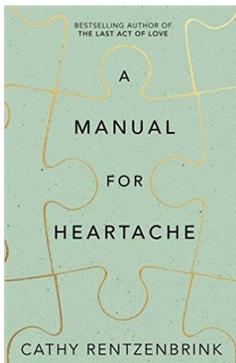


Reasons to Stay Alive by Matt Haig

ISBN: 9781782116820

Aged 24, Matt Haig's world caved in. He could see no way to go on living. This is the true story of how he came through crisis, triumphed over an illness that almost destroyed him and learned to live again. A moving, funny and joyous exploration of how to live better, love better and feel more alive, *Reasons to Stay Alive* is more than a memoir. It is a book about making the most of your time on earth.

Bereavement and loss



***A Manual for Heartache* by Cathy Rentzenbrink**

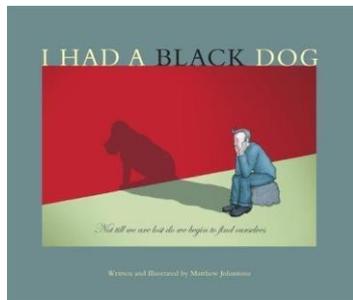
ISBN: 9781509824465

When Cathy Rentzenbrink was still a teenager, her happy family was torn apart by an unthinkable tragedy. In *A Manual for Heartache* she describes how she learnt to live with grief and loss and find joy in the world again. She explores how to cope with life at its most difficult and overwhelming and how we can emerge from suffering forever changed, but filled with hope. This is a moving, warm and uplifting book that offers solidarity and comfort to anyone going through a painful time, whatever it might be. It's a book that will help to soothe an aching heart and assure its readers that they're not alone.

Depression

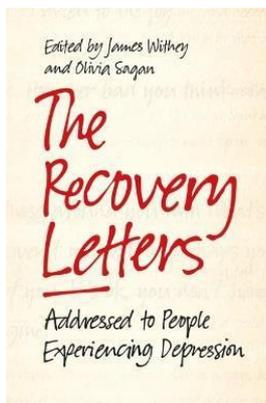
***I Had a Black Dog* by Matthew Johnstone**

ISBN: 9781845295899



There are many different breeds of Black Dog affecting millions of people from all walks of life. The Black Dog is an equal opportunity mongrel. It was Winston Churchill who popularised the phrase Black Dog to describe the bouts of depression he experienced for much of his life. Matthew Johnstone has lived experience of depression and has written and illustrated this moving and uplifting insight into what it is like to have a Black Dog as a

companion and how he learned to tame it and bring it to heel.

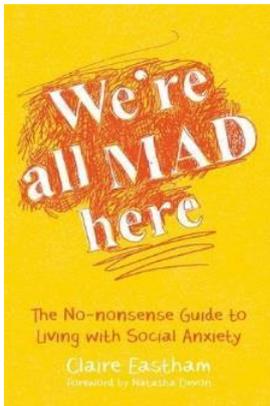


***The Recovery Letters* edited by James Withey and Olivia Sagan**

ISBN: 9781785921834

The Recovery Letters was launched to host a series of letters online written by people recovering from depression, addressed to those currently affected by a mental health condition. Addressed 'Dear You', the inspirational and heartfelt letters provide hope and support to those experiencing depression and are a testament that recovery is possible. Now these letters have been compiled into an anthology for people living with depression and are interspersed with motivating quotes and additional resources as well as new material written specifically for the book. This powerful collection of personal letters from people with first-hand experiences of depression will serve as a comforting resource for anyone on the journey to recovery.

Social anxiety

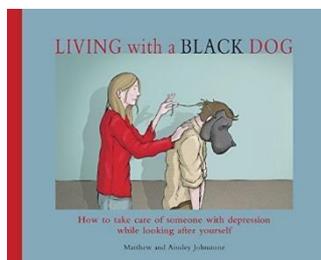


***We're All Mad Here: The No-Nonsense Guide to Living with Social Anxiety* by Claire Eastham**

ISBN: 9781785920820

This no-nonsense guide to beating social anxiety covers everything from surviving university and the workplace, through to social media and making it through parties and dates (whilst actually enjoying them!). With honest insights about her own social anxiety and a healthy dose of humour, award-winning blogger Claire Eastham describes what social anxiety is, why it happens, and how you can lessen its effects with lifestyle choices, talking therapies or even a hug from your favourite canine friend!

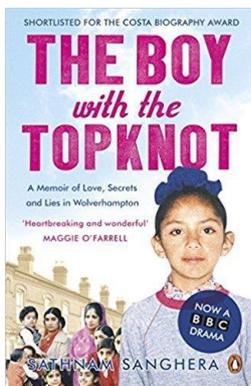
Support for carers



***Living with a Black Dog* by Matthew Johnstone and Ainsley Johnstone**

ISBN: 9781845297435

This second book from Matthew Johnstone, author of *I Had a Black Dog*, is an equally touching and beautifully illustrated book, written for those who care for those living with depression - friends, family members, colleagues, and even therapists. Matthew and his wife Ainsley offer a moving, inspirational and often humorous portrait of life with depression - not only for those experiencing it themselves, but for those close to them. *Living with a Black Dog* speaks directly to the carer and offers practical and sometimes tongue-in-cheek tips on helping the person with depression, such as 'Socks have little do with mental health.'



***The Boy with the Topknot: A Memoir of Love, Secrets and Lies in Wolverhampton* by Sathnam Sanghera**

ISBN: 9780141028590

For Sathnam Sanghera, growing up in Wolverhampton in the eighties was a confusing business. His family's strange and often difficult behaviour was challenged at the age of twenty-four, when he made a discovery that changed everything he ever thought he knew about them. Equipped with breathtaking courage and a glorious sense of humour, he embarks on a journey into their extraordinary past - from his father's harsh life in rural Punjab to the steps of the Wolverhampton Tourist Office - trying to make sense of a life lived among secrets. It explores the sensitive subject of mental illness with courage and honesty, and by being authentic and specific to Sathnam and his wonderful family, it tells a universal truth about the human heart.

