

Well Read booklist

Problem Area	No	Title	Author	Year	Pages	Complexity
Anger	1	Overcoming anger and irritability	Davies, W	2000	128	Low
	2	Overcoming anger	Dryden, W	1996	96	High
Anorexia Nervosa	3	Anorexia Nervosa: A survival guide for families, friends and sufferers	Treasure, J	1997	160	Low
	4	Overcoming Anorexia Nervosa	Freeman, C	2002	225	Low
Anxiety	5	Overcoming anxiety	Kennerley, H	1997	200	Medium
	6	Overcoming anxiety	Williams, C	2003	128	Medium
	7	Self help for your nerves	Weeks, C	2000	160	High
	8	The anxiety and phobia workbook	Bourne, E J	2005	440	Medium
Assertiveness	9	Assertiveness: Step by step	Dryden, W	2004	115	High
Bereavement	10	Living with grief	Lake, T	1984	154	Medium
Bulimia Nervosa	11	Overcoming binge eating	Fairburn, C	1995	256	High
	12	Getting better bit(e) by bit(e)	Schmidt, U	1993	160	Low
Chronic Fatigue	13	Coping with chronic fatigue	Chalder, T	1995	80	Low
	14	ME: Chronic Fatigue Syndrome - How to live with it	Macintyre, A	1998	352	High
Depression	15	Mind over mood	Greenberger, D	1995	250	Low
	16	The feeling good handbook	Burns, D	2000	608	Medium
	17	Depression: Why it happens and how to overcome it	Hauck, P	1979	102	Medium
	18	Surviving post-natal depression	Aiken, C	2000	176	Medium
	19	Taming the black dog	Ellverton, P	2004	154	Medium
	20	Overcoming depression	Williams, C	2002	240	Medium
Gambling	21	Overcoming compulsive gambling	Blaszczynski, A	1998	212	Low
General Stress	22	Manage your mind: The mental fitness guide	Butler, G	1995	448	Medium

Mood Swings	23 Overcoming mood swings	Scott, J	2001	258 Medium
OCD	24 Understanding obsessions and compulsions	Tallis, F	1992	138 Medium
Panic	25 Overcoming panic	Silove, D	1997	200 Low
	26 Panic attacks	Ingham, C	2000	208 Medium
PTSD	27 Overcoming traumatic stress	Herbert, C	1999	256 Low
Self-Esteem	28 Overcoming low self-esteem	Fennell, M	1999	280 High
	29 Confidence booster workout: 10 steps to beating self-doubt	Perry, M	2003	144 Medium
	30 Confidence works: Learn to be your own life coach	McMahon, G	2001	145 Medium
Sexual Abuse: Adult Survivors	31 Breaking free	Ainscough, C	2000	266 Medium
	32 Beginning to heal	Bass, E	2003	95 Low
Sleeplessness	33 Getting a good night's sleep	Johnston, F	2000	82 Low
Social anxiety	34 Triumph over shyness	Stein, M	2002	224 Medium
Worry	35 How to stop worrying	Tallis, F	1990	96 Low

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