

Reading Well for Mental Health

View Online



[1]

Anxiety UK: <https://www.anxietyuk.org.uk/>.

[2]

Beat - The UK's Eating Disorder Charity: <https://www.beateatingdisorders.org.uk/>.

[3]

Brosan, L. and Hogan, B. 2018. An introduction to coping with depression. Robinson.

[4]

Butler, G. 2016. Overcoming social anxiety and shyness: a self-help guide to using cognitive behavioural techniques. Robinson.

[5]

Callaghan, L. et al. 2016. Body image & body dysmorphic disorder: the definitive treatment and recovery approach. Trigger.

[6]

Carers Trust: <https://carers.org/>.

[7]

Carers UK: <https://www.carersuk.org/>.

[8]

Carole Kauffmann, J. and Jordan, M. 2013. The essential guide to life after bereavement: beyond tomorrow. Jessica Kingsley Publishers.

[9]

Challacombe, F. et al. 2011. Break free from OCD. Vermilion.

[10]

Couser, G.T. 2017. The recovery letters: addressed to people experiencing depression. Jessica Kingsley Publishers.

[11]

Cree, M. 2015. The compassionate mind approach to postnatal depression. Robinson.

[12]

Cruse Bereavement Care: <https://www.cruse.org.uk/>.

[13]

Davies, W. 2016. Overcoming anger and irritability: a self-help guide using cognitive behavioural techniques. Robinson.

[14]

Eastham, C. 2017. We're all mad here: the no-nonsense guide to living with social anxiety. Jessica Kingsley Publishers.

[15]

Fairburn, C.G. 2013. Overcoming binge eating: the proven program to learn why you binge and how you can stop. The Guilford Press.

[16]

Fennell, M.J.V. 2016. Overcoming low self-esteem: a self-help guide using cognitive behavioral techniques. Robinson.

[17]

Foreman, E.I. and Pollard, C. 2011. CBT, cognitive behavioural therapy: a practical guide. Icon Books.

[18]

Gilbert, P. 2009. Overcoming depression: a self-help guide using Cognitive Behavioral Techniques. Robinson.

[19]

Gournay, K. 2015. The Sheldon short guide to phobias and panic. Sheldon Press.

[20]

Greenberger, D. and Padesky, C.A. 2016. Mind over mood: change how you feel by changing the way you think. The Guilford Press.

[21]

Haig, M. 2016. Reasons to stay alive. Canongate.

[22]

Hogan, B. and Brosan, L. 2018. An introduction to coping with anxiety. Robinson.

[23]

Johnstone, M. 2007. I had a black dog: his name was depression. Robinson.

[24]

Johnstone, M. and Johnstone, A. 2008. Living with a black dog. Robinson.

[25]

Kennerley, H. 2014. Overcoming anxiety: a self-help guide to using cognitive behavioral techniques. Robinson.

[26]

Law, R. 2013. Defeating depression. Robinson.

[27]

Manicavasagar, V. et al. 2017. Overcoming panic: a self-help guide using cognitive behavioural techniques. Robinson.

[28]

Meadows, G. 2014. The sleep book: how to sleep well every night. Orion.

[29]

Meares, K. and Freeston, M. 2015. Overcoming worry and generalised anxiety disorder: a self-help guide to using cognitive behavioural techniques. Robinson.

[30]

Mental Health Foundation: <https://www.mentalhealth.org.uk/>.

[31]

Mind, the mental health charity: <https://www.mind.org.uk/>.

[32]

Morris, S. 2018. Overcoming grief: a self-help guide using cognitive behavioral techniques. Robinson.

[33]

Myles, P. and Shafran, R. 2015. The CBT handbook. Robinson.

[34]

OCD Action: <https://www.ocdaction.org.uk/>.

[35]

PANDAS Foundation UK: <http://www.pandasfoundation.org.uk/>.

[36]

Rentzenbrink, C. 2017. A manual for heartache. Picador.

[37]

Royal College of Psychiatrists: <https://www.rcpsych.ac.uk/>.

[38]

Samuel, J. 2018. Grief works: stories of life, death and surviving. Penguin Life.

[39]

Sanghera, S. 2009. The boy with the topknot: a memoir of love, secrets and lies in Wolverhampton. Penguin Books.

[40]

Schmidt, U. et al. 2016. Getting better bite by bite: a survival kit for sufferers of bulimia nervosa and binge eating disorders. Routledge, Taylor & Francis Group.

[41]

Scott, J. 2001. Overcoming mood swings: a self-help guide using cognitive behavioral techniques. Robinson.

[42]

Self Management UK: <https://www.selfmanagementuk.org/>.

[43]

The Samaritans: <https://www.samaritans.org/>.

[44]

UEA Wellbeing Service: <https://portal.uea.ac.uk/student-support-service/wellbeing/>.

[45]

Veale, D. and Willson, R. 2007. Manage your mood: how to use behavioral activation techniques to overcome depression. Robinson.

[46]

Wax, R. 2016. A mindfulness guide for the frazzled. Penguin Life.

[47]

White, J. 2017. Stress control. Robinson.

[48]

Williams, C. 2018. Living life to the full: key life skills to change your life. Five Areas Limited.

[49]

Williams, J.M.G. and Penman, D. 2011. Mindfulness: a practical guide to finding peace in a frantic world. Piatkus.

[50]

Willson, R. and Veale, D. 2009. Overcoming health anxiety: a self-help guide using cognitive behavioral techniques. Robinson.