## Reading Well for Mental Health



1.

Foreman EI, Pollard C. CBT, Cognitive Behavioural Therapy: A Practical Guide. Icon Books; 2011. https://ebookcentral.proquest.com/lib/uea/detail.action?docID=5014961

2.

Williams JMG, Penman D. Mindfulness: A Practical Guide to Finding Peace in a Frantic World . Piatkus; 2011.

3.

Davies W. Overcoming Anger and Irritability: A Self-Help Guide Using Cognitive Behavioural Techniques. Second edition. Robinson; 2016.

4.

Morris S. Overcoming Grief: A Self-Help Guide Using Cognitive Behavioral Techniques. 2nd edition. Robinson; 2018.

5.

Samuel J. Grief Works: Stories of Life, Death and Surviving. [New edition]. Penguin Life; 2018.

6.

Carole Kauffmann J, Jordan M. The Essential Guide to Life after Bereavement: Beyond Tomorrow. Jessica Kingsley Publishers; 2013.

https://search-ebscohost-com.uea.idm.oclc.org/login.aspx?direct=true&db=nlebk&AN=562 991&site=eds-live&scope=site

7.

Fennell MJV. Overcoming Low Self-Esteem: A Self-Help Guide Using Cognitive Behavioral Techniques. 2nd edition. Robinson; 2016.

8.

Butler G. Overcoming Social Anxiety and Shyness: A Self-Help Guide to Using Cognitive Behavioural Techniques. Second edition. Robinson; 2016.

9.

Meadows G. The Sleep Book: How to Sleep Well Every Night. Orion; 2014.

10.

White J. Stress Control. Robinson; 2017.

11.

Wax R. A Mindfulness Guide for the Frazzled. Penguin Life; 2016.

12.

Haig M. Reasons to Stay Alive. Canongate; 2016.

13.

Rentzenbrink C. A Manual for Heartache. Picador; 2017.

14.

Johnstone M. I Had a Black Dog: His Name Was Depression. Robinson; 2007.

15.

Couser GT. The Recovery Letters: Addressed to People Experiencing Depression. (Withey J, Sagan O, eds.). Jessica Kingsley Publishers; 2017. http://ebookcentral.proguest.com/lib/uea/detail.action?docID=4898689

16.

Eastham C. We're All Mad Here: The No-Nonsense Guide to Living with Social Anxiety. Jessica Kingsley Publishers; 2017. http://ebookcentral.proquest.com/lib/uea/detail.action?docID=4715279

17.

Johnstone M, Johnstone A. Living with a Black Dog. Robinson; 2008.

18.

Sanghera S. The Boy with the Topknot: A Memoir of Love, Secrets and Lies in Wolverhampton. Penguin Books; 2009.

19.

Williams C. Living Life to the Full: Key Life Skills to Change Your Life. First edition. Five Areas Limited; 2018.

20.

Myles P, Shafran R. The CBT Handbook. Robinson; 2015.

21.

Greenberger D, Padesky CA. Mind over Mood: Change How You Feel by Changing the Way You Think. Second edition. The Guilford Press; 2016. https://ebookcentral.proguest.com/lib/uea/detail.action?milDocID=829851 22.

Challacombe F, Oldfield VB, Salkovskis PM. Break Free from OCD. Vermilion; 2011.

23.

Brosan L, Hogan B. An Introduction to Coping with Depression. 2nd edition. Robinson; 2018.

24.

Veale D, Willson R. Manage Your Mood: How to Use Behavioral Activation Techniques to Overcome Depression. Robinson; 2007.

25.

Gilbert P. Overcoming Depression: A Self-Help Guide Using Cognitive Behavioral Techniques. Rev. ed. Robinson; 2009.

26.

Hogan B, Brosan L. An Introduction to Coping with Anxiety. 2nd edition. Robinson; 2018.

27.

Kennerley H. Overcoming Anxiety: A Self-Help Guide to Using Cognitive Behavioral Techniques. Robinson; 2014.

28.

Willson R, Veale D. Overcoming Health Anxiety: A Self-Help Guide Using Cognitive Behavioral Techniques. Robinson; 2009.

29.

Meares K, Freeston M. Overcoming Worry and Generalised Anxiety Disorder: A Self-Help Guide to Using Cognitive Behavioural Techniques. Revised and updated edition. Robinson;

2015.

30.

Manicavasagar V, Silove D, Silove D. Overcoming Panic: A Self-Help Guide Using Cognitive Behavioural Techniques. 2nd edition. Robinson; 2017.

31.

Gournay K. The Sheldon Short Guide to Phobias and Panic. Sheldon Press; 2015. http://ebookcentral.proguest.com/lib/uea/detail.action?docID=4853216

32.

Schmidt U, Treasure J, Alexander J. Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders. Second edition. Routledge, Taylor & Francis Group; 2016.

https://uea.idm.oclc.org/login?url=https://www.taylorfrancis.com/books/e/9781315754017

33.

Fairburn CG. Overcoming Binge Eating: The Proven Program to Learn Why You Binge and How You Can Stop. Second Edition. The Guilford Press; 2013. http://ebookcentral.proquest.com/lib/uea/detail.action?docID=1215836

34.

Callaghan L, Catchpole C, O'Connor A. Body Image & Body Dysmorphic Disorder: The Definitive Treatment and Recovery Approach. Trigger; 2016. http://ebookcentral.proquest.com/lib/uea/detail.action?docID=4894970

35.

Scott J. Overcoming Mood Swings: A Self-Help Guide Using Cognitive Behavioral Techniques. Robinson; 2001.

36.

Law R. Defeating Depression. Robinson; 2013.
37.
Cree M. The Compassionate Mind Approach to Postnatal Depression. Robinson; 2015.
20
38.
UEA Wellbeing Service. https://portal.uea.ac.uk/student-support-service/wellbeing/
39.
The Samaritans. https://www.samaritans.org/
40.
Mind, the mental health charity. https://www.mind.org.uk/
Milia, the mental health chartey. https://www.hilia.org.ak/
41.
Mental Health Foundation. https://www.mentalhealth.org.uk/
42.
Royal College of Psychiatrists. https://www.rcpsych.ac.uk/
43.
Self Management UK. https://www.selfmanagementuk.org/
44.
Carers Trust. https://carers.org/

45.
Carers UK. https://www.carersuk.org/
46.
Anxiety UK. https://www.anxietyuk.org.uk/
47.
Beat - The UK's Eating Disorder Charity. https://www.beateatingdisorders.org.uk/
48.
Cruse Bereavement Care. https://www.cruse.org.uk/
49.
OCD Action. https://www.ocdaction.org.uk/
50.
PANDAS Foundation UK. http://www.pandasfoundation.org.uk/