Reading Well for Mental Health



1.

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

2.

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

3.

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

4.

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

5.

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

6.

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

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

8.

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

9.

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

10.

White, J.: Stress control. Robinson, London (2017).

11.

Wax, R.: A mindfulness guide for the frazzled. Penguin Life, UK (2016).

12.

Haig, M.: Reasons to stay alive. Canongate, Edinburgh (2016).

13.

Rentzenbrink, C.: A manual for heartache. Picador, London (2017).

14.

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

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

16.

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

17.

Johnstone, M., Johnstone, A.: Living with a black dog. Robinson, London (2008).

18.

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

19.

Williams, C.: Living life to the full: key life skills to change your life. Five Areas Limited, [Clydebank] (2018).

20.

Myles, P., Shafran, R.: The CBT handbook. Robinson, London (2015).

21.

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

22.

Challacombe, F., Oldfield, V.B., Salkovskis, P.M.: Break free from OCD. Vermilion, London (2011).

Brosan, L., Hogan, B.: An introduction to coping with depression. Robinson, London (2018).

24.

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

25.

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

26.

Hogan, B., Brosan, L.: An introduction to coping with anxiety. Robinson, London (2018).

27.

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

28.

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

29.

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

30.

Manicavasagar, V., Silove, D., Silove, D.: Overcoming panic: a self-help guide using

cognitive behavioural techniques. Robinson, London (2017).

31.

Gournay, K.: The Sheldon short guide to phobias and panic. Sheldon Press, London (2015).

32.

Schmidt, U., Treasure, J., Alexander, J.: Getting better bite by bite: a survival kit for sufferers of bulimia nervosa and binge eating disorders. Routledge, Taylor & Francis Group, London (2016).

33.

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

34.

Callaghan, L., Catchpole, C., O'Connor, A.: Body image & body dysmorphic disorder: the definitive treatment and recovery approach. Trigger, Newark, Nottinghamshire (2016).

35.

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

36.

Law, R.: Defeating depression. Robinson, London (2013).

37.

Cree, M.: The compassionate mind approach to postnatal depression. Robinson, London (2015).

46.

Carers UK, https://www.carersuk.org/.

Anxiety UK, https://www.anxietyuk.org.uk/.

9/25	Reading Well for Mental Health University of East Anglia
38.	
UEA	Wellbeing Service, https://portal.uea.ac.uk/student-support-service/wellbeing/.
39.	
The S	Samaritans, https://www.samaritans.org/.
40.	
Mind	, the mental health charity, https://www.mind.org.uk/.
41.	
Ment	al Health Foundation, https://www.mentalhealth.org.uk/.
42.	
Roya	I College of Psychiatrists, https://www.rcpsych.ac.uk/.
4.0	
43.	
Self	Management UK, https://www.selfmanagementuk.org/.
4.4	
44.	
Care	rs Trust, https://carers.org/.

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/.