

Reading Well: Books on Prescription For adults and children and young people

**READING
WELL**

This scheme helps you to understand and manage your health and wellbeing using self-help reading. It is endorsed by health professionals and supported by public Libraries. Many self-help books have been shown to be useful in helping people with a range of common mental health problems. They contain step by step treatment programmes, exercises, self-assessments and diary sheets.



October 2015

ADULTS

Titles by category	Author	Publisher
Anger		
Overcoming Anger and Irritability	William Davies	Constable & Robinson
*Managing Anger	Gael Lindenfield	Thorsons
Anxiety		
Living with Fear	Isaac Marks	McGraw Hill
Overcoming Anxiety	Helen Kennerley	Robinson
Overcoming Anxiety, Stress and Panic : A Five Areas Approach	Chris Williams	Hodder Arnold
Feel the Fear and Do it Anyway	Susan Jeffers	Vermillion
Assertiveness		
*Assert Yourself	Gael Lindenfield	Thorsons
*Assertiveness Step-by-Step	Windy Dryden and Daniel Constantinou	Sheldon
Bereavement		
*An introduction to coping with grief	Sue Morris	Robinson
*Living with Grief and Loss	Julia Tugendhat	SPCK Publishing
Binge Eating/Bulimia Nervosa		
Overcoming Binge Eating	Christopher G. Fairburn	Guilford Press
Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating	Ulrike Schmidt and Janet Treasure	Routledge
Overcoming Bulimia Nervosa and Binge Eating	Peter J. Cooper	Constable & Robinson
Carers		
*The Selfish Pig's Guide to Caring	Hugh Marriott	Piatkus
Chronic Fatigue		
Chronic Fatigue Syndrome (second edition)	Frankie Campling and Michael Sharpe	Oxford University Press
Overcoming Chronic Fatigue	Mary Burgess with Trudie Chalder	Constable & Robinson
Chronic Pain		

Overcoming Chronic Pain	Frances Cole, Catherine Carus, Hazel Howden-Leach and Helen Macdonald	Constable & Robinson
Depression		
*I had a black dog	Matthew Johnstone	Robinson
*Living with a black dog	Matthew Johnstone	Robinson
Mind Over Mood: Change How You Feel by Changing the Way You Think	Dennis Greenberger & Christine Padesky	Guilford Press
Overcoming Depression and Low Mood: A Five Areas Approach (third edition)	Chris Williams	Hodder Arnold
Overcoming Depression: a self-help guide using Cognitive Behavioural Techniques	Paul Gilbert	Constable & Robinson
*The mindful way through depression	Mark Williams	Guildford Publications
Health Anxiety		
Overcoming Health Anxiety	David Veale and Rob Willson	Constable & Robinson
Introduction to Coping with Health Anxiety	Brenda Hogan and Charles Young	Constable & Robinson
Mindfulness		
*Quiet the mind : an illustrated guide on how to meditate	Matthew Johnstone	Robinson
*Mindfulness: a practical guide to finding peace in a frantic world	Mark Williams and Danny Penman	Piatkus
*Sane new world: taming the mind	Ruby Wax	Robinson
Obsessions and Compulsions		
Overcoming Obsessive Compulsive Disorder	David Veale and Rob Willson	Constable & Robinson
Understanding Obsessions and Compulsions	Frank Tallis	Sheldon
Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT	Fiona Challacombe, Victoria Bream Oldfield and Paul M Salkowskis	Vermillion
*OCD Workbook	Bruce Hyman & Cherry Pedrick	New Harbinger
Panic		
Overcoming Panic and Agoraphobia	Derrick Silove and Vijaya Manicavasagar	Constable & Robinson
Panic Attacks: What They Are, Why They Happen and What You Can Do About Them	Christine Ingham	Harper Collins
Phobias		
An Introduction to Coping with Phobias	Brenda Hogan	Constable & Robinson
PTSD / Trauma		
*Overcoming Traumatic Stress	Claudia Herbert and Ann Wetmore	Robinson
*Overcoming Childhood Trauma	Helen Kennerley	Robinson
Relationship Problems		
Overcoming Relationship Problems	Michael Crowe	Constable & Robinson
Self-Esteem		

Overcoming Low Self- Esteem	Melanie Fennell	Constable & Robinson
The Feeling Good Handbook	David Burns	Penguin
*Self-Esteem	Gael Lindenfield	Thorsons
*10 Days to Great Self-Esteem	David Burns	Vermillion
Social Phobia		
Overcoming Social Anxiety and Shyness	Gillian Butler	Constable & Robinson
Sleep Problems		
Overcoming Insomnia and Sleep Problems	Colin A. Espie	Constable & Robinson
Stress		
The Relaxation and Stress Reduction workbook	Martha Davis	New Harbinger
Manage your Stress for a Happier Life	Terry Looker and Olga Gregson	Hodder
Worry		
The Worry Cure: Stop Worrying and Start Living	Robert L. Leahy	Piatkus Books
How to Stop Worrying	Frank Tallis	Sheldon Press
ADHD		
All dogs have ADHD	Kathy Hoopmann	Jessica Kingsley
Step by Step Help for Children with ADHD: A Self Help Manual for Parents	Cathy Laver-Bradbury	Jessica Kingsley
Anger Management		
Anger Management Games for Children	Deborah M Plummer	Jessica Kingsley
Starving the Anger Gremlin: A CBT Workbook on Anger Management for Young People	Kate Collin-Donnelly	Jessica Kingsley
Anxiety & Worrying		
Getting Through Anxiety with CBT: A Young Person's Guide	Ben Gurney-Smith Claudia Herbert	Blue Stallion
The Huge Bag of Worries	Virginia Ironside	Hodder
Asperger Syndrome		
All cats have Asperger Syndrome	Kathy Hoopman	Jessica Kingsley
Bereavement		
Badger's Parting Gifts	Susan Varley	Andersen Press
Michael Rosen's Sad Book	Michael Rosen & Quentin Blake	Walker Books
Talking with Children and Young People About Death and Dying	Mary Turner	Jessica Kingsley
The Grieving Teen: A Guide for Teenagers and their Friends	Helen Fitzgerald	Simon & Schuster
Bullying		
How to Handle Bullies, Teasers and Other Meanies	Kate Cohen-Posey	Rainbow Books
CBT		

Getting Through It With CBT: A Young Person's Guide	Alice Farrington Louise Dalton Claudia Herbert	Blue Stallion
Depression		
Michael Rosen's Sad Book	Michael Rosen & Quentin Blake	Walker Books
Getting Through Depression with CBT: A Young Person's	Alice Farrington Louise Dalton Claudia Herbert	Blue Stallion
Overcoming Teenage Low Mood and Depression	Chris Williams & Nicky Drummett	Hodder Arnold
Eating Disorders		
Beating Eating Disorders Step by Step	Anna Paterson	Jessica Kingsley
OCD		
Helping Your Child with OCD: A Workbook for Parents	Lee Fitzgibbons and Cherry Pedrick	New Harbinger
Touch and Go Joe: An Adolescent's Experience of OCD	Joe Wells	Jessica Kingsley
Up and Down the Worry Hill	Aureen Pinto Wagner	Lighthouse Press

Relaxation & Stress Management		
How to Calm a Challenging Child	Miriam Chachamu	Foulsham
Relax Kids, The Wishing Star	Marneta Viegas	O Books
Cool Cats, Calm Kids	Mary Williams	Impact Publishers
Self Harm		
Self-Harm: The Path to Recovery	Kate Middleton & Sara Garvie	Lion Books
Bright Red Scream: Self-Mutilation and the Language of Pain	Marilee Strong	Virago

Prescriber's name and address	Patient's name and address

Prescriber's signature:

Notes for the patient:

Reading Well - Books on Prescription books are available from all Somerset libraries. If the title you want is not in stock you can order it. Books on Prescription are normally loaned for 6 weeks.

As a library member you can borrow these titles like any other book. Alternatively, if you not wish to join the library (it is free to join) you can go to your GP and ask them to prescribe one of these books for you.

If the book includes exercises to be carried out, please do not write in the book. If you need help to work through your self-help book, or if you find it is not helping you, please go and talk to your GP. If necessary, your GP can refer you to the Talking Therapies service where you can get extra help.