

## Books on Prescription list of core books

# READING WELL

	<b>Title</b>	<b>Author</b>	<b>Publisher</b>
<b>Anger</b>	Overcoming Anger and Irritability: A Self-help Guide Using Cognitive Behavioural Techniques	Davies, William	Constable & Robinson
<b>Anxiety</b>	Overcoming Anxiety: A Self-help Guide Using Cognitive Behavioural Techniques	Kennerley, Helen	Constable & Robinson
	Overcoming Anxiety, Stress and Panic: A Five Areas Approach	Williams, Chris	CRC Press
	Feel the Fear and Do it Anyway	Jeffers, Susan	Vermilion
<b>Binge Eating/ Bulimia Nervosa</b>	Overcoming Binge Eating (new edition – ‘Overcoming Binge Eating: The Proven Programme to Learn Why You Binge and How You Can Stop’ – available in HB and PB from 30 September 2013)	Fairburn, Christopher	Guildford Press
	Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders	Schmidt, Ulrike and Treasure, Janet	Routledge
	Overcoming Bulimia Nervosa and Binge Eating: A Self-help Guide Using Cognitive Behavioural Techniques	Cooper, Peter J.	Constable & Robinson
<b>Chronic Fatigue</b>	Chronic Fatigue Syndrome (second edition)	Campling, Frankie and Sharpe, Michael	Oxford University Press
	Overcoming Chronic Fatigue: A Self-help Guide Using Cognitive Behavioural Techniques	Burgess, Mary and Chalder, Trudie	Constable & Robinson
<b>Chronic Pain</b>	Overcoming Chronic Pain: A Self-help Guide Using Cognitive Behavioural Techniques	Cole, Frances; Carus, Catherine; Howden Leach, Hazel; and Macdonald, Helen	Constable & Robinson
<b>Depression</b>	Overcoming Depression and Low Mood: A Five Areas Approach (third edition)	Williams, Chris	CRC Press
	Mind Over Mood: Change How You Feel by Changing the Way You Think	Greenberger, Dennis and Padesky, Christine	Guildford Press
	Overcoming Depression: A Self-help Guide Using Cognitive Behavioural Techniques	Gilbert, Paul	Constable & Robinson
<b>Health Anxiety</b>	Overcoming Health Anxiety: A Self-help Guide Using Cognitive Behavioural Techniques	Veale, David and Willson, Rob	Constable & Robinson
	An Introduction to Coping with Health Anxiety	Hogan, Brenda and Young, Charles	Constable & Robinson
<b>Obsessions and Compulsions</b>	Overcoming Obsessive Compulsive Disorder: A Self-help Guide Using Cognitive Behavioural Techniques	Veale, David and Willson, Rob	Constable & Robinson

	Understanding Obsessions and Compulsions	Tallis, Frank	Sheldon Press
	Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT	Challacombe, Fiona, Oldfield, Victoria Bream and Salkovskis, Paul M	Vermilion
<b>Panic</b>	Overcoming Panic and Agoraphobia: A Self-help Guide Using Cognitive Behavioural Techniques	Silove, Derrick and Manicavasagar, Vijaya	Constable & Robinson
	Panic Attacks: What They Are, Why They Happen and What You Can Do About Them	Ingham, Christine	HarperCollins
<b>Phobias</b>	An Introduction to Coping with Phobias	Hogan, Brenda	Constable & Robinson
<b>Relationship Problems</b>	Overcoming Relationship Problems: A Self-help Guide Using Cognitive Behavioural Techniques	Crowe, Michael	Constable & Robinson
<b>Self-esteem</b>	Overcoming Low Self- esteem: A Self-help Guide Using Cognitive Behavioural Techniques	Fennell, Melanie	Constable & Robinson
	The Feeling Good Handbook	Burns, David	Penguin
<b>Social Phobia</b>	Overcoming Social Anxiety and Shyness: A Self-help Guide Using Cognitive Behavioural Techniques	Butler, Gillian	Constable & Robinson
<b>Sleep Problems</b>	Overcoming Insomnia and Sleep Problems: A Self-help Guide Using Cognitive Behavioural Techniques	Espie, Colin A.	Constable & Robinson
<b>Stress</b>	The Relaxation and Stress Reduction Workbook	Davis, Martha	New Harbinger
	Manage Your Stress for a Happier Life	Looker, Terry and Gregson, Olga	Hodder
<b>Worry</b>	The Worry Cure: Stop Worrying and Start Living	Leahy, Robert, L.	Piatkus Books
	How to Stop Worrying	Tallis, Frank	Sheldon Press

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