

dlr Libraries' Healthy Reading Scheme-Adult List

Problem	Books that can help	Author	Comment
Addiction	7 Tools to Beat Addiction	Stanton Peele	Hands on, practical advice on overcoming addiction of any kind
Anger	Managing Anger	Gael Lindenfield	Explains the effects of anger on the body and mind. A positive optimistic book with a self-help programme
	Overcoming Anger & Irritability	William Davies	Helps the reader understand why such behaviour occurs and what can be done about it. Self help guide based on Cognitive Behavioural therapy (CBT).
Anxiety	Overcoming Anxiety	Helen Kennerley	A Complete self-help CBT based recovery programme.
	Overcoming Social Anxiety and Shyness	Gillian Butler	Gives detailed CBT instruction. Suitable for both mild and intense anxiety
	The Feeling Good Handbook	David Burns	Comprehensive CBT self-help programme which also covers, depression, phobias and guilt.
Assertiveness	Assert Yourself	Gael Lindenfield	Builds awareness and skills.
Bereavement	"You'll Get Over it": The Rage of Bereavement	Virginia Ironside	Frank and honest, tapping the complexity of bereavement
	Living with Loss: A Book for the Widowed	Liz McNeill Taylor	Down to earth examination of the emotional and practical effects of being widowed. Shows the possibility of building a new life.
Child abuse	Overcoming Childhood Trauma	Helen Kennerley	Sensitive. Links past and present difficulties. Practical strategies for managing specific problems linked to abuse
Child sexual abuse	Breaking Free: Help for survivors of Child Sexual Abuse	Carolyn Ainscough	Sensitively written. Demonstrates the range of experience and feelings involved. Includes strategies for coping. Optimistic
Dementia	Dementia: A Positive Guide- For health Care Professionals and Family Caregivers	Mary Drury & Áine Farrell	Practical advice regarding the management of everyday problems in dementia care in Ireland
	Alzheimer's and Other Dementias	Harry Cayton	Comprehensive range of FAQs. Facts and advice for dealing with challenges

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Depression	Coming Through Depression	Tony Bates	Practical steps on how to prevent the recurrence of depression using mindfulness techniques. Book and CD
	Depression: The Way Out Of Your Prison	Dorothy Rowe	Detailed discussion of beliefs about self and others that maintain depression .Links past experience to depression.
	Fly Me to the Moon, Bipolar Journey Through Mania and Depression	H.E Logue	Novel about a young woman who suffers from bipolar disease
	I Had a Black Dog His Name was Depression	Matthew Johnstone	Simple text, with plenty of illustrations. Explains and demystifies depression
	The Mindful Way Through Depression	Mark Williams, John Teasdale, Zindel Segal , Jon Kabat-Zinn	Describes the hidden psychological mechanisms that cause unhappiness. Guides the reader in mindfulness techniques to treat and prevent depression
Eating disorders	Getting Better Bite by Bite	Ulrike Schmidt &Janet Treasure	Accessible comprehensive treatment programme which is engaging and motivating.
	Overcoming Anorexia Nervosa	Christopher Freeman &Peter Cooper	Strong behavioural emphasis with complete CBT based recovery programme. User friendly.
	My Body My Enemy	Claire Beeken	Author describes techniques that aided her recovery
	Breaking Free from Anorexia Nervosa	Janet Treasure	A clearly written educational book containing practical advice. Not a step-by-step treatment guide. Good start
	Overcoming Bulimia and Binge Eating	Peter cooper	Gives a clear explanation of the disorder. Includes a complete self-help guide using CBT techniques.
Illness	Stories That Heal	Naomi Ramen	A collection of true life stories. The author a medical doctor show us the things that sustain and enrich our lives
Insomnia	Overcoming Insomnia and Sleep Problems	Colin Espie	CBT techniques are brought together in a detailed self-help programme which includes new patters of relaxation, sleeping

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			and wakening.
Obsessions	Overcoming Obsessive-Compulsive Disorder	David Veale & Rob Wilson	A self-help guide using CBT to overcome OCD in a focused step-by-step manner.
	Obsessive Compulsive Disorder	Frederick Toates & Olga Coschug-Toates	Written by a sufferer with OCD, part one us an autobiographical sketch giving lots of insights into the problem, part to defines OCD in more detail and describes the more commonly adopted strategies.
Pain	Living Beyond Your Pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain	Joanne Dahal	Covers symptoms, causes and impact of pain on your life. Well laid out. Step-by-step exercises to develop skills that allow you to live a fuller life. Well laid out
	Full catastrophe living: How to Cope with Stress Pain and Illness using Mindfulness Meditation	Jon Kabat-Zinn	Detailed introduction to mindfulness meditation to help you face emotional pain, physical illness and stress. Teaches patience, awareness, letting go and the practice of meditation.
Panic	When Panic Attacks	Aine Tubridy	Engaging and clear. Educates and offers techniques. Includes CD
Post traumatic stress	Overcoming Traumatic Stress	Claudia Herbert & Anne Wetmore	Uses CBT strategies to help the reader understand and manage their reactions.
Psychotherapy	Change for the Better: Self-Help Through Practical Psychotherapy	Elizabeth Wilde McCormick	Accessible. Structured personal exploration based on cognitive analytic therapy. Links past with the present.
	Couch Fiction: A Graphic Tale of Psychotherapy	Perry Philippa	Graphic novel. Introduction to psychotherapy
Relationships	Overcoming Relationship Problems	Michael Crowe	Informative discussion of various relationship problems. Uses case examples meaningfully. A CBT approach with practical step-by-step methods.
Self esteem	Self Esteem: Simple Steps to Develop Self Reliance & Perseverance	Gael Lindenfield	Easy to follow. Explores origin and impact of low self-esteem. Provides practical programme for increasing self-esteem.

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	10 Days to Great Self-esteem	David Burns	A user-friendly book. The exercises are well presented, easy to follow score and interpret. .Positive tone
Sexual problems	Overcoming Sexual Problems	Vicki Ford	An informative book which explains specific sexual problems and CBT strategies to manage them. Sensitive and practical
Stress	The Relaxation and Stress Reduction Workbook (5th Ed)	Martha Davis, Elizabeth Robbins Eshelman & Matthew McKay	Offers a broad range of range of techniques for relaxation and stress management such as progressive relaxation, autogenics, self-hypnosis, visualization, mindfulness, acceptance, and more.
	Managing Stress (Teach Yourself)	Terry Looker	Educative and offers comprehensive stress management plan. Views self esteem as the key to stress management
Worry	How to Stop Worrying	Frank Tallis	Offers strategies to transform worry into problem-solving.