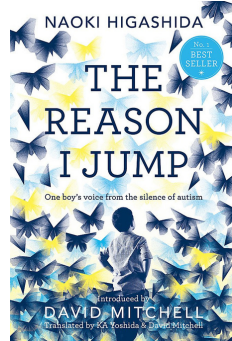
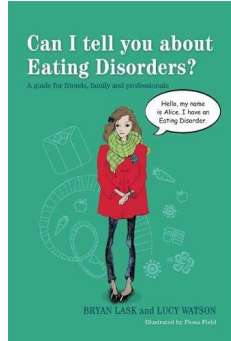
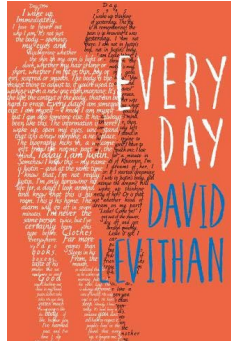
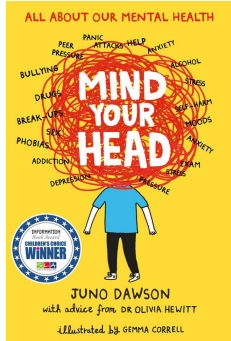
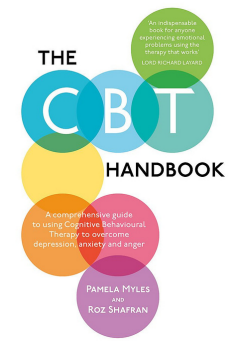
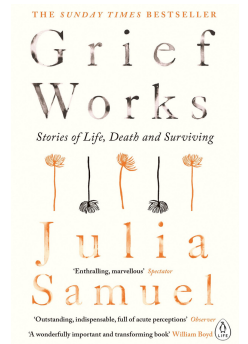
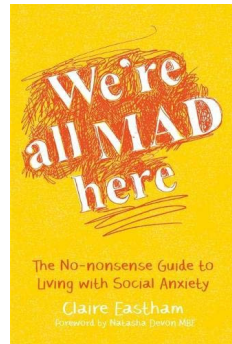
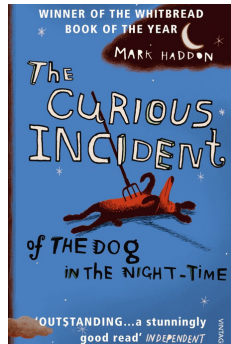
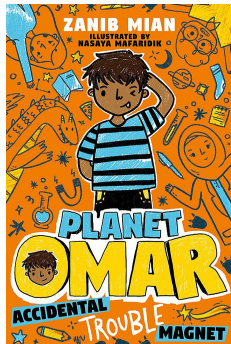
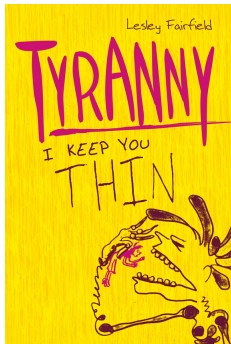
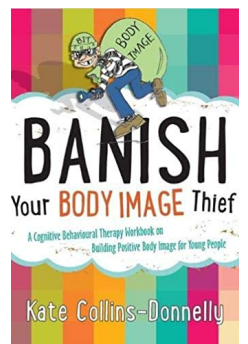
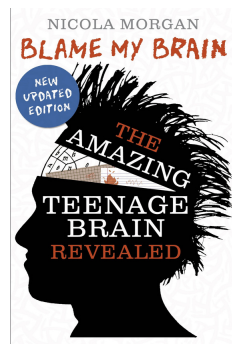
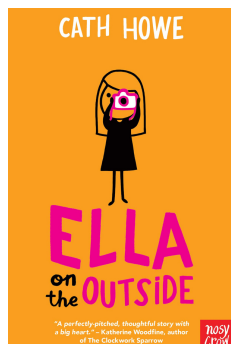
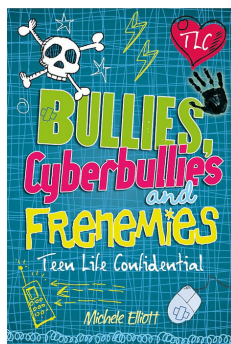
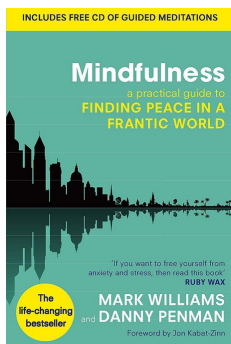
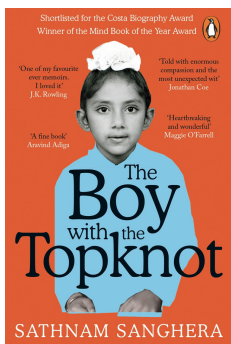


Reading Well for Mental Health



Reading Well helps you to understand and manage your health and wellbeing using helpful reading.

These titles are part of The Reading Agency's Reading Well initiative and are all chosen and recommended by health experts, as well as people living with the conditions covered and their relatives and carers.

Some of the Reading Well titles are available to borrow as eBooks and/or eAudiobooks on BorrowBox, either via their app or on their website:

https://fe.bolindadigital.com/wldcs_bol_fo/b2i/mainPage.html?b2bSite=5330

For further details of these and other Reading Well book lists visit **<https://reading-well.org.uk>**

If you are not already a library member you can join to use eBooks, eAudiobooks, online magazines, newspapers, comics and other online resources.

You can join online at:

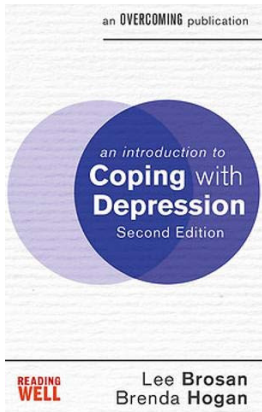
www.islington.gov.uk/libraries-arts-and-heritage/libraries/join-islington-libraries

by emailing **library.informationunit@islington.gov.uk**
or phoning **020 7527 6952**



@Islingtonlibs

ADULT TITLES



Lee Brosan

[Book, eBook](#)

An Introduction to Coping With Depression

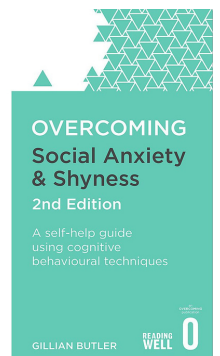
Written by experienced practitioners, this introductory book explains what depression is and how it makes you feel.

Gillian Butler

[Book](#)

Overcoming Social Anxiety and Shyness

A practical, easy-to-use self-help course which will be invaluable for those suffering from all degrees of social anxiety.



Fiona Challacombe et al

[eBook](#)

Break Free From OCD - Overcoming Obsessive Compulsive Disorder with CBT

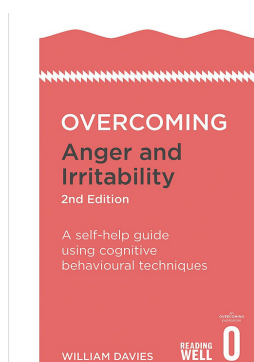
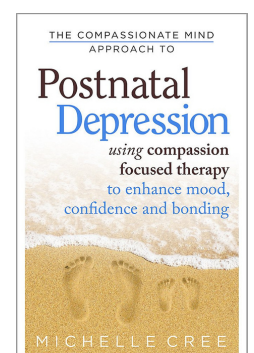
Are you plagued by obsessive thoughts, rituals or routines? Would you like to regain control over your behaviour and cast your fears aside?

Michelle Cree

[Book, eBook](#)

The Compassionate Mind Approach to Postnatal Depression

A practical self-help book that will help women to recognise some of the symptoms of postnatal depression and, where appropriate, to normalise them.

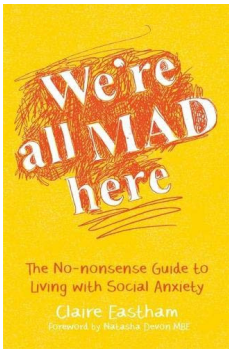


William Davies

[Book, eBook](#)

Overcoming Anger and Irritability

This book is for anyone struggling to control their rage and regretting inappropriate reactions.



Claire Eastham

We're All Mad Here

[Book](#)

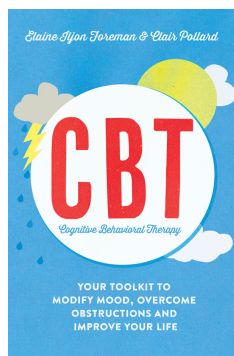
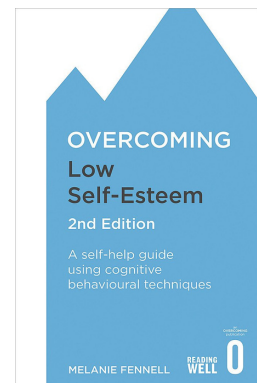
This no-nonsense guide to beating social anxiety covers everything from surviving university and the workplace, through to social media and making it through parties and dates.

Melanie Fennell

Overcoming Low Self-Esteem

[Book, eBook](#)

This book will help you learn the art of self-acceptance and so transform your sense of yourself for the better.



Elaine Iljon Foreman

Cognitive Behavioural Therapy

[Book, eBook](#)

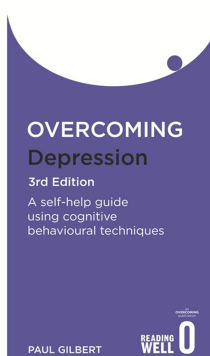
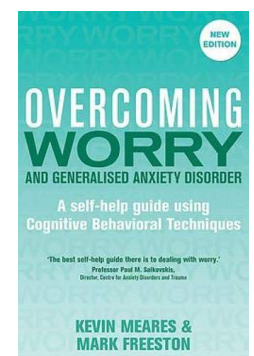
This book is full of activities and experiments to explore and challenge, stories and exercises to provide perspective, and a clear framework to encourage and guide you.

Mark Freeston and Kevin Meares

Overcoming Worry and Generalised Anxiety Disorder

[Book, eBook](#)

The user-friendly, step-by-step approach explains why you worry, how to recognise what feeds it and how to develop effective methods of dealing with it.

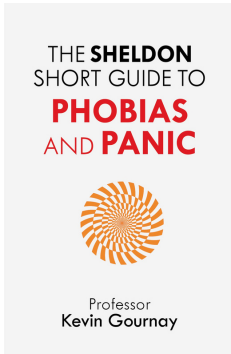


Paul Gilbert

Overcoming Depression

[Book](#)

Contains helpful case studies and new, easy-to-follow, step-by-step suggestions and exercises to help you understand your depression and lift your mood.



Kevin Gourney

[Book](#)

The Sheldon Short Guide to Phobias and Panic

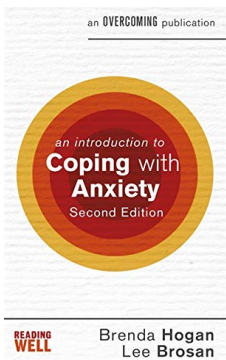
This book looks at how to tackle both specific phobias and the anxiety which causes such disproportionate fear.

Matt Haig

[Book](#), [eBook](#), [eAudiobook](#)

Reasons to Stay Alive

A moving, funny and joyous exploration of how to live better, love better and feel more alive.



Brenda Hogan

[Book](#), [eBook](#)

An Introduction to Coping with Anxiety

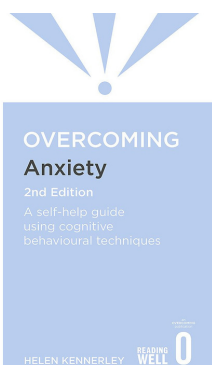
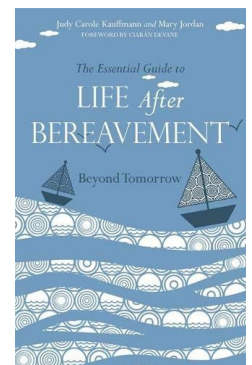
This introductory book can help you if anxiety has become a problem. It explains what anxiety is and how it makes you feel when it becomes unmanageable or lasts for long periods of time.

Mary Jordan

[Book](#)

The Essential Guide to Life After Bereavement

This sensitive book acts as a helpful and supportive road map through the initial period of loss, and through the weeks and months that follow.

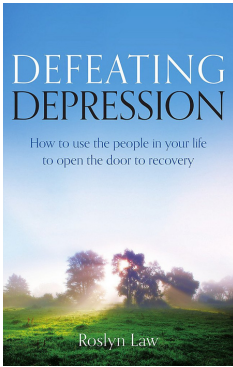


Helen Kennerley

[Book](#)

Overcoming Anxiety

A self-help programme based on CBT for those suffering from anxiety problems.



Roslyn Law Defeating Depression

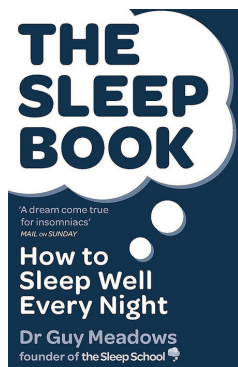
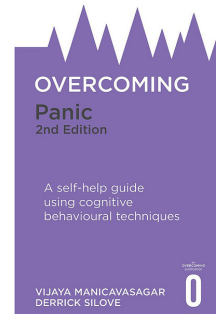
[Book](#)

This ground-breaking new self-help book is based on Interpersonal Psychotherapy (IPT), which is commonly used to treat those suffering from depression and eating disorders.

Vijaya Manicavasagar Overcoming Panic

[Book, eBook](#)

This step-by-step self-help course can give you the necessary skills to overcome and prevent panic attacks and the associated agoraphobia.



Guy Meadows The Sleep Book

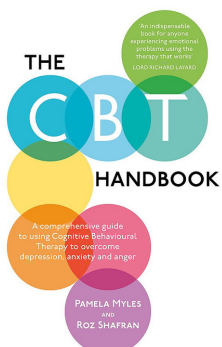
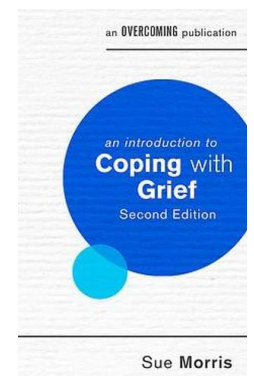
[Book](#)

A unique five-week plan to cure your sleep problem, whether it's a few restless nights or a lifetime of insomnia.

Sue Morris An Introduction to Coping with Grief

[Book, eBook](#)

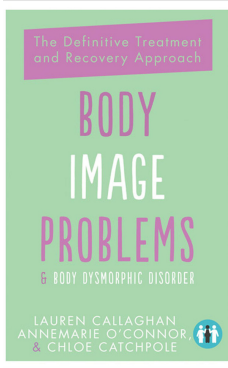
This self-help guide offers an examination and explanation of the grieving process and outlines clinically-proven strategies to help you adjust to life without a loved one.



Pamela Myles and Roz Shafran The CBT Handbook

[Book, eBook](#)

This thorough yet easy-to-read general self-help guide is a must-have for anyone experiencing common emotional and psychological problems.



Annemarie O'Connor Body Image Problems and Body Dysmorphic Disorder

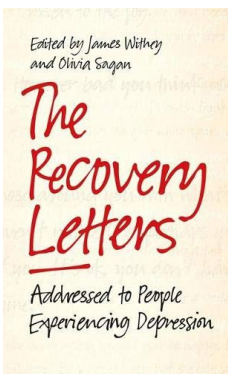
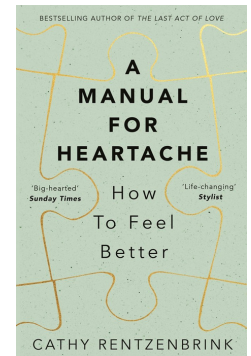
[Book](#), [eBook](#)

This self-help book contains advice and recovery tools to help you learn about body image issues and teach you effective strategies to challenge and overcome them.

Cathy Rentzenbrink A Manual for Heartache

[Book](#), [eBook](#), [eAudiobook](#)

A moving, warm and uplifting book that offers solidarity and comfort to anyone going through a painful time, whatever it might be.



Olivia Sagan and James Withey (editors) The Recovery Letters

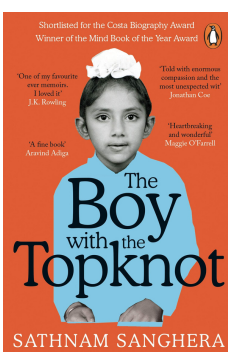
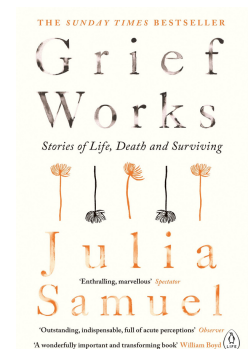
[Book](#)

A powerful collection of personal letters from people with first-hand experiences of depression.

Julia Samuel Grief Works

[Book](#), [eBook](#), [eAudiobook](#)

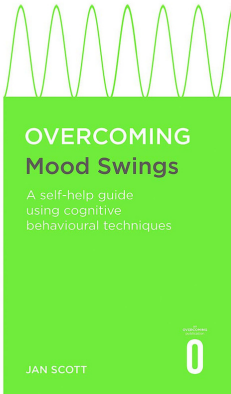
A compassionate guide that will inform and engage anyone who is grieving.



Sathnam Sanghera The Boy with the Topknot

[Book](#), [eBook](#)

A memoir of love, secrets and lies in Wolverhampton.



Jan Scott Overcoming Mood Swings

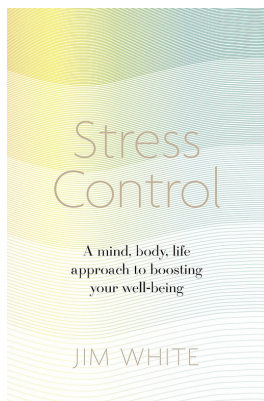
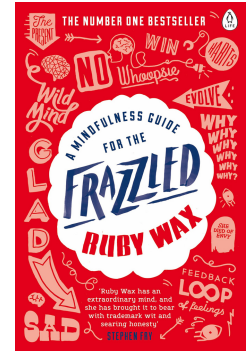
[Book](#), [eBook](#)

This book is a self-help manual for those who have experienced mood swings and gives background information on depression and mania.

Ruby Wax A Mindfulness Guide for the Frazzled

[Book](#), [eBook](#), [eAudiobook](#)

Let Ruby be your guide to a healthier, happier you. You've nothing to lose but your stress...



Jim White Stress Control

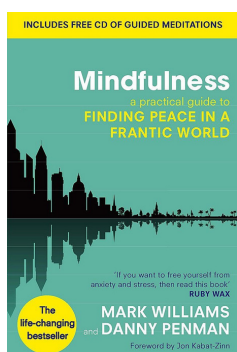
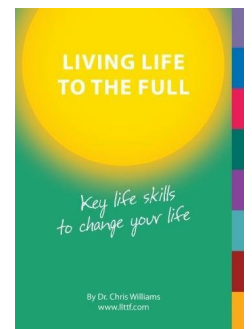
[Book](#), [eBook](#)

This book will teach you to become your own therapist.

Christopher Williams Living Life to the Full

[Book](#)

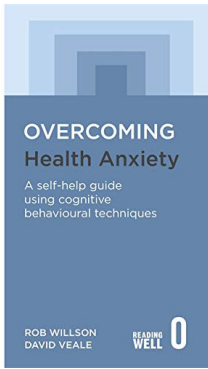
This course is a series of chapters and linked free online modules that have been proven to improve low mood and anxiety.



Mark Williams and Danny Penman Mindfulness

[Book](#), [eBook](#)

A set of simple yet powerful practices that can be incorporated into daily life to help break the cycle of unhappiness, stress, anxiety and mental exhaustion



Rob Willson Overcoming Health Anxiety

[Book](#), [eBook](#)

How you can stop worrying about your health and enjoy life.

YOUNG ADULT TITLES



Sita Brahmachari Kite Spirit

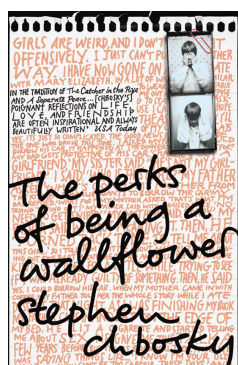
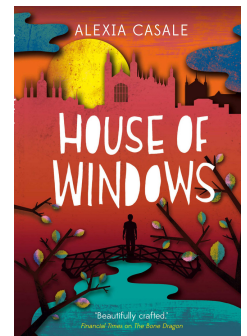
[Book](#), [eBook](#)

A potent story about grief, friendship, acceptance and making your heart whole again.

Alexia Casale House of Windows

[Book](#), [eBook](#)

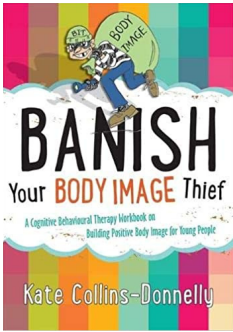
Nick hates it when people call him a genius. Sure, he's going to Cambridge University aged 15, but he says that's just because he works hard.



Stephen Chbosky The Perks of Being a Wallflower

[Book](#), [eBook](#), [eAudiobook](#)

A deeply affecting coming-of-age story that will spirit you back to those wild and poignant roller-coaster days known as growing up.



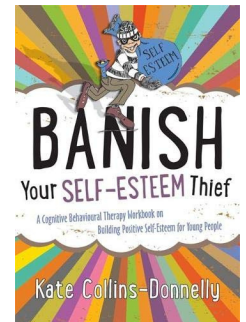
Kate Collins-Donnelly
Banish Your Body Image Thief

Book

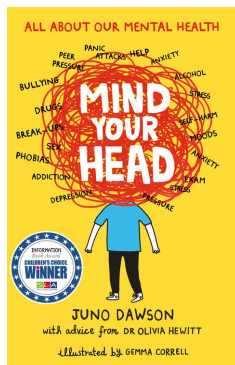
Build a positive body image with this fun and effective workbook for young people.

Kate Collins-Donnelly
Banish Your Self-Esteem Thief

Book



Build confidence and self-esteem with this fun and effective workbook for young people.



Juno Dawson
Mind Your Head

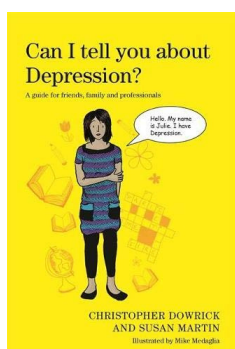
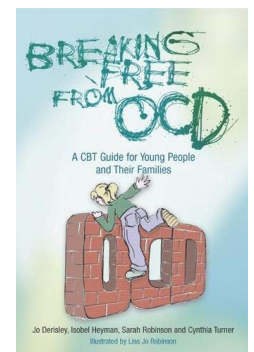
Book, eBook

The author talks clearly and supportively about a range of issues facing young people's mental health - whether fleeting or long-term - and how to manage them.

Jo Derisley
Breaking Free From OCD

Book

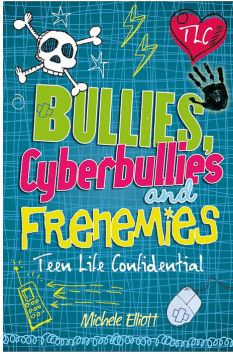
This step-by-step guide is written for adolescents with OCD and their families, to be used in home treatment or as a self-help book.



Christopher Dowrick and Susan Martin
Can I Tell You About Depression?

Book

This illustrated book is an ideal introduction to depression - a condition that can be particularly difficult for children to understand.



Michelle Elliott
Bullies, Cyberbullies And Frenemies

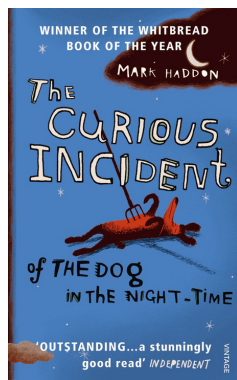
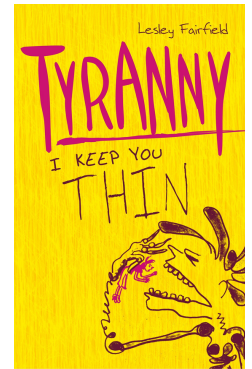
[Book](#)

This brilliant book will tell you what bullying is, where it happens and what you can do about it, as well as how to assert yourself and develop your self-esteem.

Lesley Fairfield
Tyranny

[Book](#), [eBook](#)

A stark portrayal of a young woman's struggle with anorexia.



Mark Haddon
The Curious Incident of the Dog in the Night-Time

[Book](#), [eAudiobook](#), [eBook](#)

A murder mystery novel like no other. The detective, and narrator, is Christopher Boone. Christopher is fifteen and has Asperger's Syndrome.

Naoki Higashida
The Reason I Jump

[Book](#)

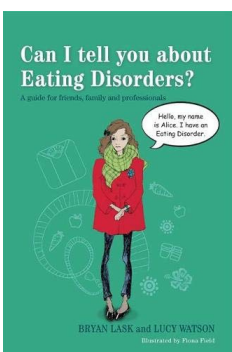
What is it like to have autism? How can we know what a person - especially a child - with autism is thinking and feeling?

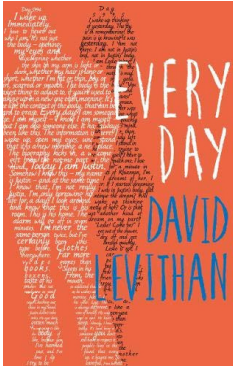


Bryan Lask
Can I Tell You About Eating Disorders?

[Book](#)

Meet Alice - a teenage girl with anorexia nervosa. Alice invites readers to learn about anorexia nervosa and how it makes her see herself differently from how other people see her.





David Levithan Every Day

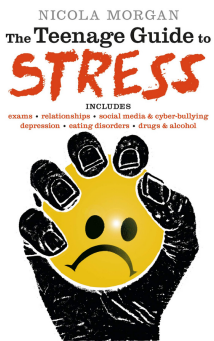
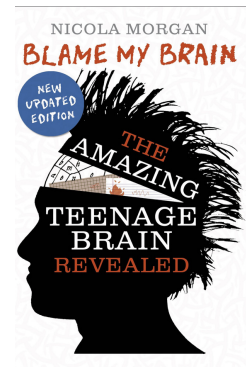
[Book](#)

A stunningly original novel that will make you view the world from a different perspective.

Nicola Morgan Blame My Brain

A comprehensive guide to the biological mysteries that lie behind teenage behaviour.

[Book, eBook](#)



Nicola Morgan The Teenage Guide to Stress

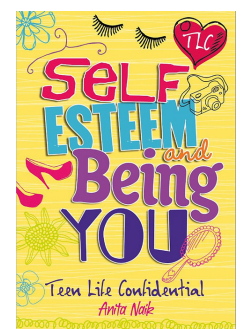
[Book, eBook](#)

Essential reading for teenagers and the adults who care about them.

Anita Naik Self-Esteem and Being You

This essential guide will boost your self esteem and encourage you to believe in who and what you are.

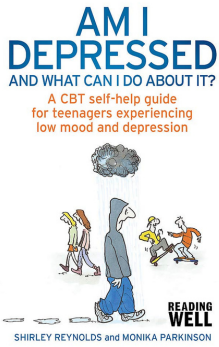
[Book](#)



Jandy Nelson I'll Give You the Sun

[Book, eBook](#)

Jude and her twin Noah were incredibly close – until a tragedy drove them apart, and now they are barely speaking.



Shirley Reynolds

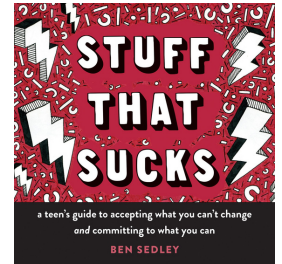
[Book](#), [eBook](#)

Am I Depressed and What Can I do About it?

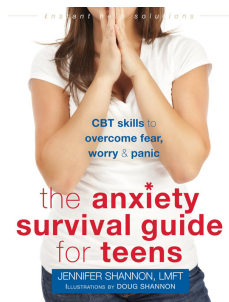
An essential bridge for young people who have not yet asked for professional help as well as support for those who are waiting for treatment.

Ben Sedley Stuff That Sucks

[eBook](#)



This unique, illustrated guide will help you move past negative thoughts and feelings and discover what truly matters to you.



Jennifer Shannon

[eBook](#)

The Anxiety Survival Guide for Teens

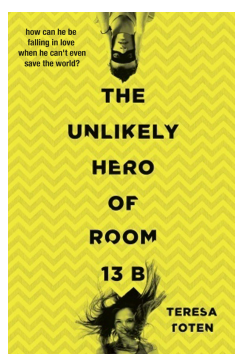
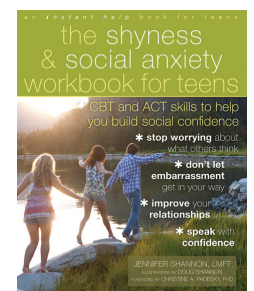
This book helps you identify your "monkey mind" - the primitive part of the brain where anxious thoughts arise.

Jennifer Shannon

[eBook](#)

The Shyness and Social Anxiety Workbook for Teens

Wouldn't it be nice if you could just flick a switch and make your shyness go away?

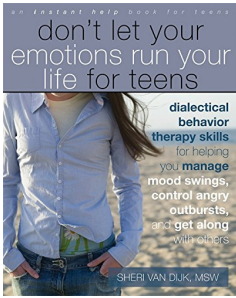


Teresa Toten

[Book](#), [eBook](#)

The Unlikely Hero of Room 13b

A beautiful, funny and heart-wrenching story of love, brokenness and the purest form of bravery: giving in and asking for help.



Sheri Van Dijk

[eBook](#)

Don't Let Your Emotions Run Your Life for Teens

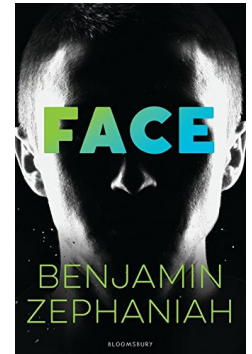
In this book, you'll find new ways of managing your feelings so that you'll be ready to handle anything life sends your way.

Benjamin Zephaniah

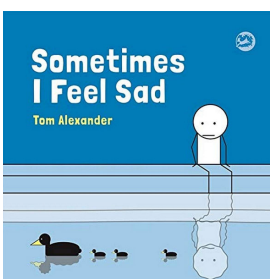
[Book](#), [eBook](#)

Face

A young man's life is completely changed when his face is badly scarred in a car accident.



CHILDREN'S TITLES



Tom Alexander

[Book](#)

Sometimes I Feel Sad

This touching book helps explain to children aged 5-11 that they're not alone in feeling sad, and is especially useful for children who struggle to express their feelings.

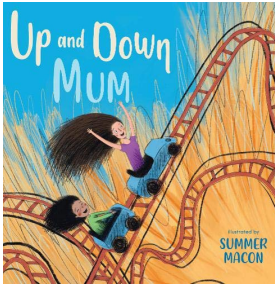
Sita Brahmachari

[Book](#)

Worry Angels

By being brave enough to open up her worry box, Amy May helps all those around her find a way forward.





Child's Play Up and Down Mum

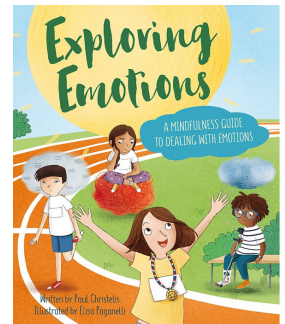
[Book](#)

This story helps us to understand the causes of bipolar disorder and how we can learn to live with someone who has it.

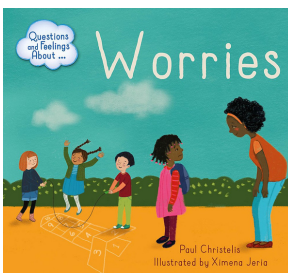
Paul Christelis Exploring Emotions

This book shows children how to cope with different emotions, from anger and jealousy, to sadness and disappointment.

[Book](#)



[Book](#)



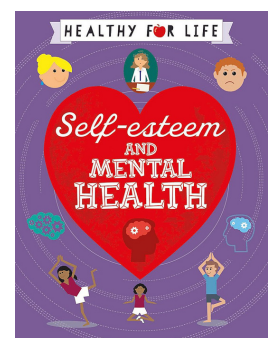
Paul Christelis Worries

A gentle, down-to-earth book for addressing the things that can cause children to be anxious and worried.

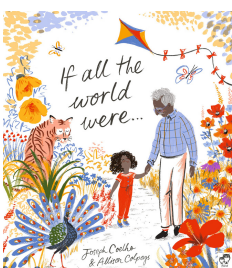
Anna Claybourne Self-Esteem and Mental Health

This book explores what is self-esteem and mental health and why it's important and looks at topics such as mental illness, phobias, eating disorders and self-harm.

[Book](#)

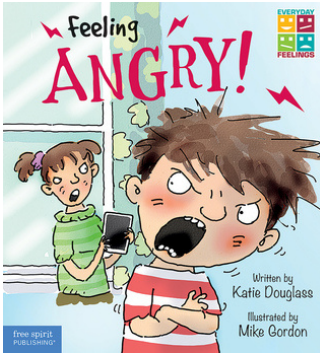


[Book](#)



Joseph Coelho If All the World Were...

A moving, lyrical picture book about a young girl's love for her granddad and how she copes when he's gone



Katie Douglass Feeling Angry!

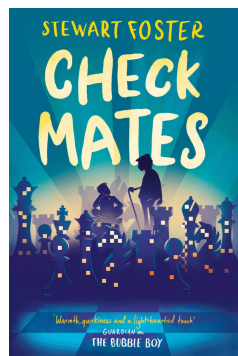
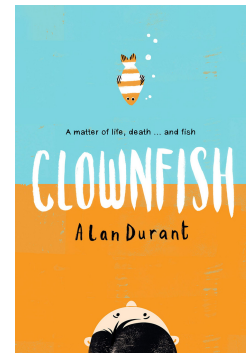
[Book](#)

This picture book story explores feelings of anger in a light-hearted way using everyday situations that children might be familiar with.

Alan Durant Clownfish

[Book](#), [eBook](#)

A moving and stunningly original story of friendship and life after loss.



Stewart Foster Check Mates

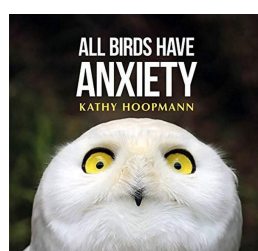
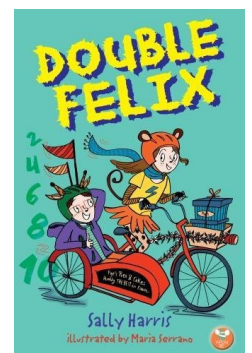
[Book](#), [eBook](#)

Felix is struggling at school. His ADHD makes it hard for him to concentrate and his grades are slipping.

Sally Harris Double Felix

[Book](#)

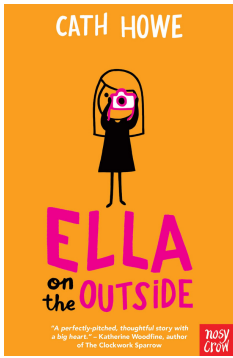
Felix skips every second step when he takes the stairs, taps door handles twice and positions objects in pairs.



Kathy Hoopmann All Birds Have Anxiety

[Book](#)

The ideal introduction to anxiety disorder for those diagnosed with anxiety, their family and friends and those generally interested in understanding this condition.



Cath Howe
Ella on the Outside

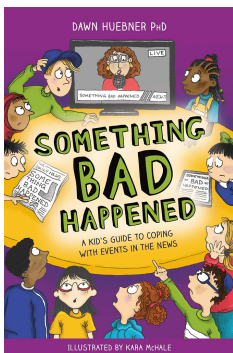
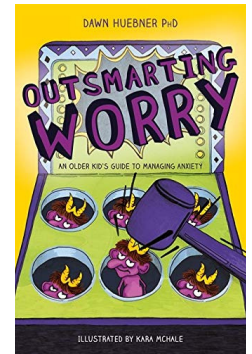
A gripping story of secrets, lies and friendship...

[Book, eBook](#)

Dawn Huebner
Outsmarting Worry

Teaches 9-13 year olds and the adults who care about them a specific set of skills that makes it easier to face - and overcome - worries and fears.

[Book](#)



Dawn Huebner
Something Bad Happened

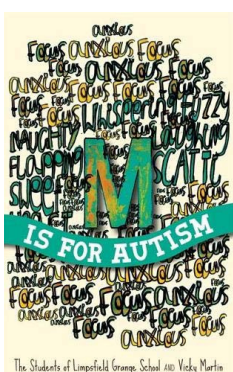
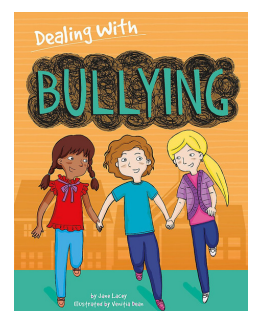
Guides children through tough conversations about national and international tragedies.

[Book](#)

Jane Lacey
Dealing with Bullying

This book teaches readers how to deal with bullies and make sure they don't give in to peer pressure to bully others.

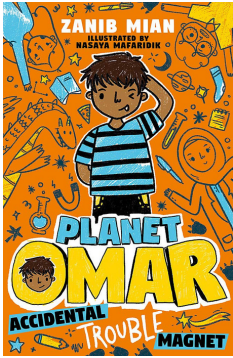
[Book](#)



Vicky Martin
M is for Autism

Welcome to M's world. It's tipsy-turvy, sweet and sour, and the beast of anxiety lurks outside classrooms ready to pounce.

[Book](#)



Zanib Mian
Accidental Trouble Magnet

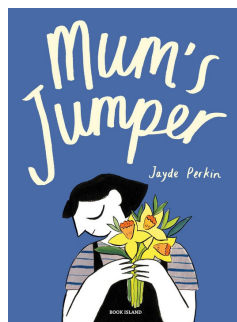
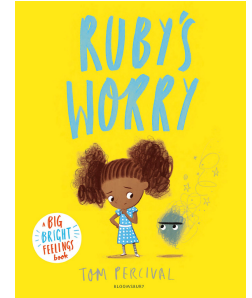
[Book](#)

Omar's parents decided it would be a good idea to move house AND move him to a new school at the same time. As if he didn't have a hard enough time staying out of trouble at home, now he's also got to try and make new friends.

Tom Percival
Ruby's Worry

[Book](#), [eBook](#)

Ruby loves being Ruby. Until, one day, she finds a worry. At first it's not such a big worry, and that's all right, but then it starts to grow.



Jayde Perkin
Mum's Jumper

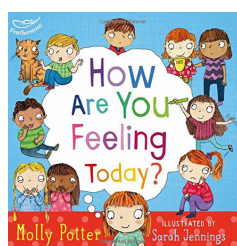
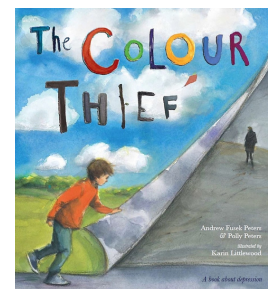
[Book](#)

A simple, heartfelt and ultimately uplifting book for anyone coping with loss.

Andrew Fusek Peters
The Colour Thief

[Book](#)

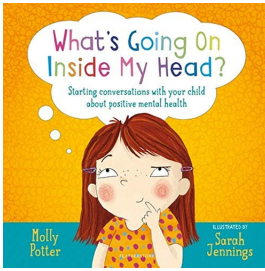
A simple, heart-warming tale which helps to open up the conversations around depression and to support young children whose families have been affected.



Molly Potter
How Are You Feeling Today?

[Book](#), [eBook](#)

Packed with fun, imaginative ways to help children understand and cope with a whole range of different emotions.



Molly Potter

What's Going on Inside My Head?

[eBook](#)

A book for children that explores practical ways we can keep our minds in good shape as well as our bodies.

Kate Power

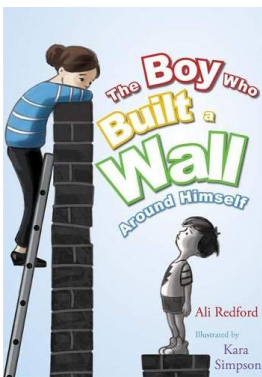
The Illustrated Guide to Dyslexia and its Amazing People

[Book](#)

The Illustrated Guide To Dyslexia
And Its Amazing People



Use this guide to weed out what dyslexia means for you and discover the tools you need to blossom!



Ali Redford

The Boy Who Built a Wall Around Himself

[Book](#)

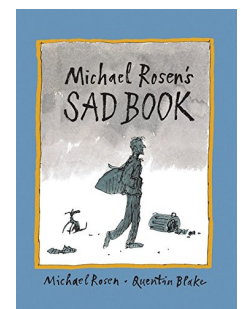
This picture book uses a simple metaphor to explain how children who have had painful or traumatic experiences can build barriers between themselves and other people.

Michael Rosen

Michael Rosen's Sad Book

[Book](#)

A heartbreakingly honest account of a father's grief for his son.

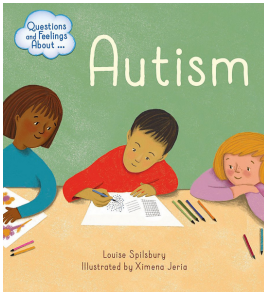


Francesca Sanna

Me and My Fear

[Book](#)

This book shows us the importance of sharing your Fear with others.



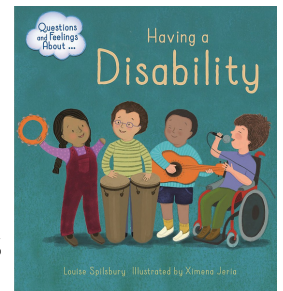
Louise Spilsbury Autism

[Book](#)

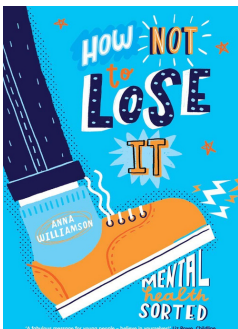
This book explores the many aspects of Autism in a child-friendly way.

Louise Spilsbury Having a Disability

[Book](#)



How do you help a young child deal with disability or explain what that means? This hands on picture book is designed to help children with their questions and feelings about tricky topics that can be hard to talk about.



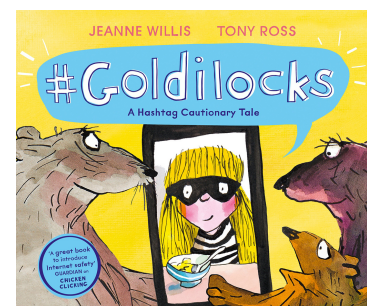
Anna Williamson How Not to Lose it

[Book, eBook](#)

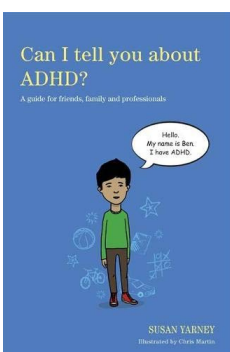
The go-to mental health guide for kids!

Jeanne Willis #Goldilocks

[Book](#)



A hilarious cautionary tale for a new generation of internet-users.



Susan Yarney Can I Tell You About ADHD?

[Book](#)

Meet Ben - a young boy with ADHD. Ben invites readers to learn about ADHD from his perspective. He helps children understand what it means to have ADHD and describes what it is and how it feels.

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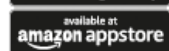
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