A close-up photograph of several bright yellow sunflowers with dark brown centers, filling the entire background of the page.

# Camden and Islington Libraries Self-help books for psychological well-being

Including Books on Prescription and the  
national Reading Well scheme



Camden and Islington   
NHS Foundation Trust



Camden



ISLINGTON

This is a list of books for psychological wellbeing that are held in Camden and Islington libraries. The books have been recommended by psychological therapists and most of them are based on the principles of Cognitive Behavioural Therapy (CBT)

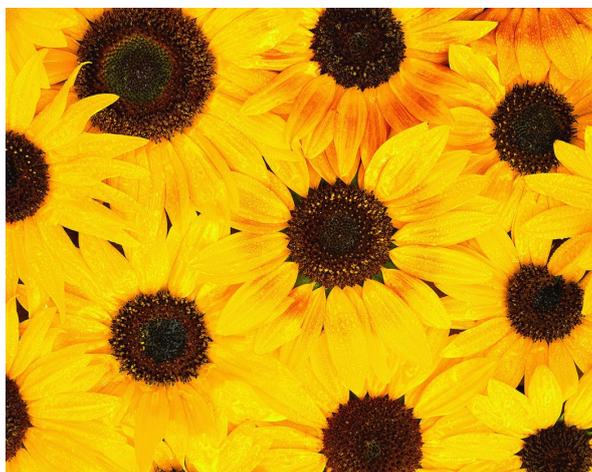
Please note that many of the books are stocked in both Camden and Islington libraries. There are some which are available in only one of the boroughs and this is indicated on the list. If you are not yet a member of one or other of the library services joining is easy and you will be able to borrow the book(s) you want straight away.

| <b>Subject</b>         | <b>Title</b>   | <b>Author</b>           | <b>Library</b>      |
|------------------------|--|-------------------------|---------------------|
| <b>Alcohol</b>         | Let's drink to your health                                   | Heather and Robertson   | Islington           |
|                        | Overcoming Alcohol Misuse                                    | Spada, M Marcantonio    | Camden<br>Islington |
| <b>Anger</b>           | Overcoming anger and irritability                            | Davies, William         | Camden<br>Islington |
|                        | Managing anger   | Lindenfield, Gael       | Camden<br>Islington |
|                        | The compassionate mind                                       | Gilbert, Paul           | Islington<br>Camden |
| <b>Anxiety</b>         | Overcoming anxiety   | Kennerly, Helen         | Camden<br>Islington |
|                        | Overcoming anxiety, stress and panic - a five areas approach | Williams, Chris         | Camden<br>Islington |
|                        | Feel the fear and do it anyway                               | Jeffers, Susan          | Islington<br>Camden |
| <b>Bereavement</b>     | Living with grief (overcoming common problems)               | Lake, Tony              | Camden<br>Islington |
|                        | How to survive bereavement                                   | Kon, Andrea             | Camden<br>Islington |
|                        | Overcoming Grief   | Morris, Sue             | Camden<br>Islington |
| <b>Chronic Fatigue</b> | Overcoming chronic fatigue                                   | Burgess and Chalder     | Camden<br>Islington |
|                        | Chronic fatigue syndrome                                     | Campling and Sharpe     | Islington           |
| <b>Depression</b>      | Overcoming depression  | Gilbert, Paul           | Camden<br>Islington |
|                        | Overcoming depression  | Williams, Christopher   | Islington           |
|                        | Mind over mood   | Greenberger and Padesky | Camden<br>Islington |
|                        | Overcoming depression one step at a time                     | Martell and Addis       | Islington           |
|                        | I Had a Black Dog  | Johnston, Matthew       | Camden<br>Islington |

| Subject                           | Title   | Author                               | Library          |
|-----------------------------------|---|--------------------------------------|------------------|
| <b>Eating Disorders</b>           | Overcoming Anorexia Nervosa                                     | Freeman, Christopher                 | Camden Islington |
|                                   | Anorexia Nervosa: a survival guide for families, friends etc... | Treasure, Janet                      | Camden Islington |
|                                   | Overcoming binge eating   | Fairburn, Christopher G              | Camden Islington |
|                                   | Bulimia Nervosa and binge eating                                | Cooper, Peter                        | Camden Islington |
|                                   | Getting better bit(e) by bit(e)                                 | Schmidt and Treasure                 | Camden Islington |
|                                   | Overcoming body image problems                                  | Veale, Wilson and Clarke             | Islington Camden |
|                                   | Overcoming weight problems                                      | Gauntlett-Gilber and Grace           | Islington        |
| <b>Gambling</b>                   | Overcoming compulsive gambling                                  | Blaszczynski, Alex                   | Camden Islington |
|                                   | Sex, drugs, gambling and chocolate                              | Horvath, Thomas                      | Camden           |
| <b>Head Injury</b>                | Head Injury: A Practical Guide                                  | Powell, Trevor                       | Camden           |
| <b>Health Anxiety</b>             | Overcoming health anxiety                                       | Wilson and Veale                     | Islington Camden |
|                                   | An introduction to coping with health anxiety                   | Hogan and Young                      | Islington Camden |
| <b>Irritable Bowel Syndrome</b>   | Understanding Irritable Bowel Syndrome                          | Darnley and Miller                   | Camden Islington |
| <b>Obsessions and compulsions</b> | Understanding obsessions and compulsions                        | Tallis, Frank                        | Camden Islington |
|                                   | The OCD workbook - your guide to breaking free...               | Hyman and Pedrick                    | Islington        |
|                                   | Overcoming perfectionism  | Shafran, Egan and Wade               | Islington Camden |
|                                   | Overcoming Obsessive Compulsive Disorder                        | Veale and Wilson                     | Islington Camden |
|                                   | Break free from OCD   | Challacombe, Oldfield and Salkovskis | Islington Camden |
| <b>Pain</b>                       | Overcoming chronic pain   | Cole, Francis                        | Islington Camden |
| <b>Panic</b>                      | Overcoming panic  | Silove and Manicavasagar             | Camden Islington |
|                                   | Panic attacks - what they are, why they happen....              | Ingham, Christine                    | Camden Islington |
|                                   | Panic disorder - the facts                                      | Rachman, S.J.                        | Camden Islington |
| <b>Phobias</b>                    | An introduction to coping with phobias                          | Hogan, Brenda                        | Islington Camden |
|                                   | Overcoming Agoraphobia  | Murphy, Melissa                      | Camden           |

| Subject                                   | Title  | Author                      | Library             |
|---|--|-----------------------------|---------------------|
| <b>Post-Natal Depression / Motherhood</b> | What mother's do especially when it looks like nothing | Stadlen, Naomi              | Camden<br>Islington |
|   | Surviving Post-Natal Depression...                     | Aiken, Cara                 | Camden<br>Islington |
| <b>PTSD / Trauma</b>                      | Overcoming traumatic stress                            | Herbert and Wetmore         | Camden<br>Islington |
| <b>Relationships</b>                      | The Relate guide to better relationships               | Litvinoff, Sarah            | Camden<br>Islington |
|   | The Relate guide to moving on                          | Hayman, Suzie               | Camden<br>Islington |
|   | Overcoming sexual problems                             | Ford, Vicky                 | Islington<br>Camden |
|   | Overcoming relationship problems: a self-help guide    | Crowe, Michael              | Islington<br>Camden |
| <b>Relaxation</b>                         | Mindfulness: a practical guide to finding peace....    | Williams and Penman         | Islington           |
|   | The relaxation and stress reduction workshop           | Davis, Martha               | Islington<br>Camden |
| <b>Self confidence and self-esteem</b>    | Overcoming low self-esteem                             | Fennell, Melanie            | Camden<br>Islington |
|   | Assert yourself  | Gael Lindenfield            | Islington<br>Camden |
|   | Reinventing your life                                  | Young and Klosco            | Islington<br>Camden |
|   | The confidence plan                                    | Litvinoff, Sarah            | Camden              |
|   | Self-esteem  | Lindenfield, Gael           | Camden<br>Islington |
|   | Self-esteem for women                                  | Field, Lynda                | Camden<br>Islington |
|   | The feeling good handbook                              | Burns, David                | Camden<br>Islington |
| <b>Self-Help</b>                          | Managing your mind                                     | Butler and Hope             | Islington<br>Camden |
| <b>Sexual Abuse</b>                       | Overcoming Childhood Trauma                            | Kennerley, Helen            | Islington<br>Camden |
| <b>Sleep</b>                              | Overcoming sleep problems                              | Espie, Colin                | Camden<br>Islington |
| <b>Social anxiety / Social phobia</b>     | Overcoming social anxiety and shyness                  | Butler, Gillian             | Camden<br>Islington |
|   | Overcoming paranoid and suspicious thoughts            | Freeman, Freeman and Garety | Islington<br>Camden |

| Subject       | Title  | Author                     | Library             |
|---------------|--|----------------------------|---------------------|
| <b>Stress</b> | Managing stress: teach yourself                    | Looker and Gregson         | Islington           |
|               | Everything you need to know about managing stress  | Adamson, Eve               | Camden              |
|               | Deal with stress: how to take control of your work | Bloomsbury Reference Press | Camden              |
|               | The happiness trap -                               | Harris, Russ               | Islington<br>Camden |
| <b>Worry</b>  | How to stop worrying                               | Tallis, Frank              | Camden<br>Islington |
|               | Overcoming worry                                   | Meares and Freeston        | Islington<br>Camden |
|               | The worry cure: stop worrying and start living     | Leahy, Robert L            | Islington<br>Camden |



## ALCOHOL

### **Let's drink to your health** by Nick Heather & Ian Robertson (**Islington**)

Designed to help people who want to cut down on their drinking, this book offers the facts about alcohol, useful advice to enable the reader to change drinking patterns, a drink diary and tips for drinking less.

### **Overcoming Alcohol Misuse** by Marcantonio Spada (**Camden and Islington**)

Former alcohol counsellor, Marcantonio Spada provides strategies for dealing with excessive drinking based on cognitive behavioral therapy (CBT). CBT can help people develop skills to better manage their behaviour in situations where they drink heavily - for example in social situations, when stressed, or when facing problems and anxieties. CBT also helps people manage cravings for alcohol. The book contains a clear characterisation of problem drinking and an explanation of what causes it. It focuses on exercises and practical strategies which the reader is encouraged to do and apply. Particular emphasis is placed upon the relationship between negative emotions and problem drinking.

## ANGER

### **Overcoming Anger and Irritability** by Dr William Davies (**Camden and Islington**)

A self-help manual for those who find that they are spoiling the lives of both themselves and those around them with their almost constant irritability or flashes of bad temper. Includes an introduction to the origin and nature of anger and irritability and a complete self-help programme with monitoring sheets.

### **Managing Anger** by Gael Lindenfield (**Camden and Islington**)

This self-help book explains the effects of anger on our bodies and minds and offers strategies for preventing the build-up of frustration, how to deal assertively with problems of buried and misdirected anger and how to keep calm when faced with outbursts.

### **The Compassionate Mind** by Paul Gilbert (**Islington**)

In this ground-breaking new book Professor Gilbert explores how our minds have developed to be highly sensitive and quick to react to perceived threats and how this fast-acting threat-response system can be a source of anxiety, depression and aggression. He describes how studies have also shown that developing kindness and compassion for self and others can help in calming down the threat system: as a mother's care and love can soothe a baby's distress, so we can learn how to soothe ourselves. This book takes readers through basic mind training exercises to enhance the capacity for, and use of, compassion.

## ANXIETY

### **Overcoming Anxiety** by Helen Kennerley (**Camden and Islington**)

A whole range of anxieties and fears are explained, from panic attacks and phobias to 'burn out'. It is an indispensable guide for those affected, their friends and families. It includes an introduction to the nature of anxiety and stress and a complete self-help programme with monitoring sheets.

### **Overcoming Anxiety, Stress and Panic** by Chris Williams (**Camden and Islington**)

Uses the proven and trusted five areas model of Cognitive Behavioural Therapy (CBT) to help people experiencing a range of symptoms associated with these conditions. workbooks are included on: obsessive compulsive disorder (OCD), using medication, and planning for the future.

### **Feel the Fear and do it Anyway** by Susan Jeffers (**Islington**)

Internationally renowned author, Susan Jeffers, has helped millions of people around the globe to overcome their fears and heal the pain in their lives. Such fears may include: Public speaking; Asserting yourself; Making decisions; Intimacy; Changing jobs; Being alone; Ageing; Driving; Losing a loved one; Ending a relationship. This book will give you the insight and tools to vastly improve your ability to handle any given situation. You will learn to live your life the way you want - so you can move from a place of pain, paralysis and depression to one of power, energy and enthusiasm.

### **How to stop Worrying** by Frank Tallis (**Islington**)

A guide to making worry work for you, helping you to avoid stress and anxiety. The author sets out to teach how to understand fear and face the possibilities of life calmly. He explains what worry is both in terms of it's purpose and the role it plays in stress and anxiety. Approaches to develop a problem-solving package and put this into action are covered along with strategies to cope with setbacks. Simply written, hypothetical situations are used throughout to illustrate the points made.

## **BEREAVEMENT**

### **Living with Grief (Overcoming Common Problems)** by Tony Lake (**Camden and Islington**)

This guide focuses on grief after bereavement and describes tasks to be worked through in order to come to terms with this. The tasks involve accepting the full reality of what has happened, accepting the need for an increased commitment to life, accepting the need for help, resisting isolation and resisting dependence. Specific help is also included for those suffering from grief after sudden loss, suicide, or the death of a child or a parent. The book also offers help for those who know they are dying.

### **How to Survive Bereavement** by Andrea Kon (**Camden**)

A practical and supportive guide by an author who has personal experience of a sudden bereavement. Andrea Kon lost her mother and her husband in the space of a few hours and had to cope with a double bereavement. Her book bears witness to her long and difficult struggle to come through and her courage and insight which she now passes on to others in this inspiring book. How to Survive Bereavement aims to show you that there is life after death and that bereavement is a journey we must all make from pain to peace.

### **Overcoming Grief** by Sue Morris (**Camden and Islington**)

This self-help book is a practical and healing guide to the serious problem that can arise from bereavement. It is aimed at people suffering a recent bereavement, guiding them through this painful process. Topics covered include: Dealing with expected or unexpected death, challenging unhelpful thoughts, establishing a routine and tackling avoidance practical aspects such as funerals, birthdays, etc.

## **CHRONIC FATIGUE**

### **Overcoming Chronic Fatigue** by Mary Burgess & Trudie Chalder (**Camden and Islington**)

Overcoming Chronic Fatigue shows readers how to improve their sleep patterns; provides practical strategies for balancing activity and rest; helps deal with blocks to recovery; reveals how worry and stress can contribute to fatigue; and offers advice on how partners, relatives and friends can help. The techniques described in the book have been tested with a wide range of patients and have been found to reduce symptoms and lessen disability in two-thirds of sufferers.

### **Chronic Fatigue Syndrome** by Frankie Campling and Michael Sharpe. **(Islington)**

Chronic fatigue syndrome (CFS) remains one of the most controversial illnesses, both in terms of its causes, and the best ways to treat the illness. For years, sufferers have had to deal with scepticism from their families, employers, and even health care professionals. The vast amount of conflicting advice that has been published up to now has served only to confuse sufferers, and professionals, even more. *Chronic Fatigue Syndrome: The Facts* presents a compassionate guide to this illness, providing sufferers and their families, with practical advice, based solely on scientific evidence. It is unique in being written by both a sufferer and a physician, both of whom have had extensive experience of talking to, and helping, patients. Included in the book is a detailed guide to self-help, written from a patient's perspective, but evidence-based. The book also deals with a number of special issues, advising on how to choose therapies and therapists, and how to deal with CFS in children.

## **DEPRESSION**

### **Overcoming Depression** by Professor Paul Gilbert **(Camden and Islington)**

A self-help manual full of step-by-step suggestions, case examples and practical ideas for gaining control over depression and low mood. This is an indispensable guide for those affected, their families and friends. It explains the many forms of depression and causes of depression and contains a complete self-help programme and monitoring sheets.

### **Overcoming Depression** by Professor Christopher Williams **(Islington)**

A series of structured self-help workbooks for use by people experiencing depression. With reading ages between 11 and 14, each workbook has been designed to offer essential jargon-free information and provides a carefully sequenced series of questions designed to bring about change in how the person thinks and what they do in order to improve how they feel.

### **Mind Over Mood** by Dennis Greenberger & Christine Padesky **(Camden and Islington)**

Follows cognitive principles to help readers improve their moods, alter their behaviour, and enhance their relationships. Illustrated with major case examples, the book presents in step-by-step fashion the skills for identifying problems, setting goals, and achieving the desired changes. Accessibly written, it also helps therapists augment their sessions by providing clients with instructions and exercises that will reinforce the skills critical to maximizing therapy effectiveness.

### **Overcoming Depression One Step at a Time** by Christopher Martell & Michael E Addis **(Islington)**

The straightforward, step-by-step format of this workbook brings you this new therapy for the first time. Its engaging exercises make it easy for you to focus on activities that will inspire you with feelings of pleasure, mastery, and engagement. Learn to develop a list of enjoyable activities, or activities you need to engage in as a part of a normal and satisfying life. Begin with the easiest (or sometimes most indispensable) activities on your the list, and learn how to tackle them one by one. This simple, profound process will connect you with naturally occurring rewards, which are powerful antidotes to feelings of depression. With this foundation, go on to change how you approach your day-to-day life, your daily activities, the choices you make, and the way you cope with life's ups and downs. You'll find this proven-effective approach to coping with depression easy to master.

### **I Had a Black Dog** by Matthew Johnstone **(Camden and Islington)**

Since Winston Churchill coined the phrase Black Dog to describe his own struggle with depression, the term has been a popular metaphor for the affliction. Clinical Depression affects one in four women and one in six men during their lifetime. It affected author Matthew Johnstone and inspired him to write a book about it. He uses large, cartoon style illustrations and limited text to explore the effects of depression and the ways it can be overcome. It aims to help sufferers recognise their depression, that they are not to blame and that they are not alone.

## EATING DISORDERS

### **Overcoming Anorexia Nervosa** by Dr Christopher Freeman (**Camden and Islington**)

This is the first self-help book based on cognitive behavioural therapy to counter this most notorious and widespread of eating disorders. It explains the many forms and causes of anorexia nervosa and contains a complete self-help programme and monitoring sheets. Chris Freeman is one of the UK's leading authorities on anorexia nervosa.

### **Overcoming Binge Eating** by Christopher G. Fairburn (**Camden and Islington**)

This authoritative book provides all the information needed to understand binge eating and bring it under control. This book has been tested in controlled clinical research with an impressive success rate. Whether you are working with a therapist or on your own, clear, step-by-step guidelines explain how to overcome the urge to binge, gain control over eating behaviour, reduce the risk of relapse and establish stable, healthy eating habits.

### **Overcoming Body Image Problems**— by David Veale, Rob Wilson & Alex Clarke (**Islington**)

Few of us are happy with our bodies, but three in every hundred people have a body image problem. Our body image problems can arise from eating disorders, dissatisfaction with weight or shape and difficulty dealing with disfigurement. The authors of this new guide are highly experienced in treating body dysmorphic disorder and have put together a clear step by step self help course, based on Cognitive Behavioural Therapy (CBT) that will enable you to work through and take control of your life again.

### **Overcoming Weight Problems** – by Jeremy Gauntlett-Gilber & Clare Grace (**Islington**)

A clinically tested and comprehensive course in an easily readable form that may offer a solution for people with weight problems ... As a stand-alone self-help guide, it is full of good common sense, encourages the change of eating habits and discourages the concepts of quick fix yoyo dieting ... We have had the Atkins Diet, the South Beach Diet, the Cabbage Diet and many more. Perhaps we are seeing the start of getting it right without fads or deprivation in the application of CBT principles to weight loss.

### **Getting Better Bit(e) by Bit(e)** by Ulrike Schmidt and Janet Treasure (**Camden and Islington**)

Easy to read and illustrated with many real-life examples, this book addresses the specific problems faced on a daily basis by bulimia sufferers. It provides detailed step-by-step advice for dealing with this condition and concentrates on the key behaviour changes necessary for the sufferer to achieve a happier and more fulfilled life.

### **Overcoming Bulimia Nervosa and Binge Eating** by Prof Peter Cooper (**Camden and Islington**)

As many as one in 20 women in the western world suffer bouts of uncontrolled binge-eating. Going without food for long periods, making yourself vomit and taking laxatives you don't need are also common and are symptoms of bulimia nervosa. Such illness costs lives if not successfully treated. Now in its second edition, Peter Cooper's sympathetic and highly acclaimed guide gives a clear explanation of the disorder and the serious health issues that can result from it. He describes the treatments available today and, most importantly, sets out a self-help guide for those who want to tackle their difficulties for themselves, with a step-by-step programme.

## **GAMBLING**

### **Overcoming Compulsive Gambling** by Professor Alex Blaszczynski (**Camden and Islington**)

An invaluable guide for those to whom gambling is not just a 'flutter' but a compulsion adversely affecting every aspect of life, their families and friends. Explains how gambling problems develop and who is at risk and contains a complete self-help programme and monitoring sheets based on clinically proven cognitive behavioural therapy techniques. Alex Blaszczynski is a practicing clinical psychologist and a member of the Psychiatry Research and Teaching Unit, School of Psychiatry, University of New South Wales.

### **Sex, Drugs, Gambling & Chocolate** by Thomas Horvath (**Camden**)

This book approaches addiction as a bad habit, not a disease. With emphasis on taking responsibility, it teaches general principles of addictive behaviour change, so readers can apply them as often as they need. Horvath teaches the consequences of addictive behaviour, alternative coping methods, choice, understanding and dealing with urges, building a new lifestyle and preventing relapse. Includes dozens of exercises, self-study questions and guidelines for individual change plans.

## **HEALTH ANXIETY**

### **Overcoming Health Anxiety** by Rob Wilson and David Veale (**Islington**)

How you can stop worrying about your health and enjoy life. Health anxiety can be very successfully treated with cognitive behavioural therapy – the approach taken in this self-help guide. Using a structured, step-by-step approach the authors explain how the problem develops, how to recognize what feeds it and how to develop effective methods of dealing with it. Accessible and reassuring it includes questionnaires, case studies and exercises. Includes specific help for dealing with fear of death and fear of vomiting.

### **An Introduction to coping with Health Anxiety** by Brenda Hogan and Charles Young (**Islington**)

This introductory booklet is aimed at those for whom health anxiety has become a serious problem. Written by experienced practitioners, it explains what health anxiety is and how it makes you feel. It will help the reader to understand their symptoms and is ideal as an immediate coping strategy and as a preliminary to fuller therapy. It covers: what health anxiety is and how it develops; physical symptoms; how to spot and challenge thoughts that make you anxious; and reducing your focus on illness.

### **Understanding Health Anxiety: A self-help guide for sufferers and their families** by Christine Kuchemann and Diana Sanders (**Camden**)

The booklet explains how health worries come about, what keeps them going and provides guidelines about what can be done. It acknowledges that the symptoms experienced by people who worry about their health can be very real and distressing. The emphasis is on helping the reader to develop an understanding of health anxiety as a condition and to generate hope for change.

## **IRRITABLE BOWEL SYNDROME**

### **Understanding IBS** by Simon Darnley & Barbara Miller (**Camden and Islington**)

Understanding Irritable Bowel Syndrome offers a comprehensive review of what is known about IBS and its treatment. Written in easy-to-understand language, the book contains numerous examples and real-life quotes from sufferers, strategies for coping with this condition physically, and the psychological aspects of IBS to help sufferers cope better mentally with the problem.

## **OBSESSIONS AND COMPULSIONS**

### **Understanding Obsessions and Compulsions (Overcoming Common Problems) by Frank Tallis (Camden and Islington)**

This book aims to provide a comprehensive guide to self-help for OCD, explaining the principles of anxiety reduction, giving treatment instructions in easy-to-understand language. It covers compulsive checking, washing, hoarding, obsessional thoughts and worry, obsessional personality and depression.

### **The OCD Workbook – Your guide to breaking free from Obsessive Compulsive Disorder by Bruce Hyman & Cherry Pedrick (Islington)**

Endorsed and used in hospitals and clinics the world over, this valuable resource is now fully revised and updated with the latest evidence-based approaches to understanding and managing OCD. It offers day-to-day coping strategies you can start using right away, along with proven-effective self-help techniques that can help you maintain your progress. The book also includes information for family members seeking to understand and support loved ones who suffer from this often baffling and frustrating disorder. Whether you suffer with OCD or a related disorder, such as body dysmorphic disorder or trichotillomania, let this new edition of The OCD Workbook be your guide on the path to recovery. This new edition will help you: use self-assessment tools to identify your symptoms and their severity; create and implement a recovery strategy using cognitive behavioural self-help tools and techniques; learn about the most effective medications and medical treatments; find the right professional help and access needed support for your recovery; and maintain your progress and prevent future relapse.

### **Overcoming Perfectionism by Roz Shatran, Sarah Egan & Tracey Wade (Islington)**

This self help guide helps readers to break the vicious circle of 'never good enough'. The book covers such topics as: description of clinical perfectionism; clinical perfectionism and depression, anxiety, eating disorders, chronic fatigue; identifying the problem and monitoring; overcoming perfectionism; step-by-step self-help course based on CBT principles; avoiding relapse; case studies and other treatments.

### **Overcoming Obsessive Compulsive Disorder by David Veale and Rob Wilson (Islington)**

Are you plagued by a recurring thought or idea that just won't go away, feel the need to wash your hands repeatedly, to hoard things, or to repeatedly check that all appliances in the house have been turned off before you leave? These are just some of the common symptoms of obsessive compulsive disorder (or OCD), a condition that causes distress to hundreds of thousands of people. With this step by step approach you can learn how to break free from the destructive cycle of obsessive behaviour and regain control of your life. This book: Shows you how to reduce the distress caused by disturbing thoughts, images and urges; Helps you face fears and troubling situations; Reduces and gradually helps you overcome compulsions; Offers advice on how partners, relatives and friends can help.

### **Break free from OCD: Overcoming Obsessive Compulsive Disorder with CBT by Dr Fiona Challacombe, Dr Victoria Bream Oldfield and Paul Salkovskis (Islington)**

Whether you are compelled to wash your hands more and more thoroughly or feel the need to keep checking that you've turned off appliances, obsessive worries can be a drain on daily life. However, you don't need to suffer any more. This practical guide, written by three leading cognitive behavioural therapy experts, enables you to make sense of your symptoms, and gives a simple plan to help you conquer OCD.

## **PAIN**

### **Overcoming Chronic Pain** by Francis Cole (**Islington**)

Chronic pain does not need to dominate your life. The health team behind this book has established a self-help method based on CBT techniques tested with patients in community and hospital programs.

## **PANIC**

### **Overcoming Panic** by Professor Derrick Silove and Vijaya Manicavasagar (**Camden and Islington**)

This guide contains a step-by-step management programme, providing the necessary skills for overcoming and preventing panic attacks and associated agoraphobia. It explains the many forms and causes of panic and contains a complete self-help programme and monitoring sheets, based on clinically proven cognitive behavioural therapy techniques.

### **Panic Attacks: What they are, why they happen, and what you can do about them** by Christine Ingham (**Camden and Islington**)

This guide explains what panic attacks are, why they happen and what every sufferer can do to empower themselves, regain control and make panic a thing of the past. Including: What to do during an attack; what's happening during an attack; Self-help to prevent attacks from developing; information for friends & relatives about panic attacks; lifestyle, therapies and complementary therapies; Useful 'Summary' box at the end of each chapter.

### **Panic Disorder: The Facts** by S.J. Rachman (**Camden and Islington**)

The nature, symptoms, causes, theories and treatment of panic disorder are explained, in non-technical language and information on self-help is provided. The chapters on treatment give a detailed account of psychological therapy and also discuss drug treatment. A final chapter answers some commonly asked questions. Numerous personal accounts are given throughout the book, highlighting various aspects of panic disorder and its treatment.

## **PHOBIAS**

### **An Introduction to Coping with Phobias** by Brenda Hogan (**Islington**)

Written by an experienced practitioner, this introductory booklet explains what phobias are and how they make you feel. It will help the reader to understand their phobias and is ideal as an immediate coping strategy and as a preliminary to fuller therapy. It talks about how phobias develop and what keeps them going; setting goals and starting to face your fears; and, avoiding relapses and problem solving.

### **Overcoming Agoraphobia** by Melissa Murphy (**Camden**)

Agoraphobia is a common complication of Anxiety Disorder, twice as common in women than in men, and literally means a fear of open spaces. But the reality for house-bound sufferers is a crippling fear of leaving the safety zone of the home in case a panic attack occurs. Agoraphobics are by definition isolated from the help they so desperately need, and friends and family are not always sympathetic. 'Overcoming Agoraphobia' aims to help agoraphobics redefine their safety zone, so that no matter where they are, they retain a sense of safety and calm. It covers the latest medical research and treatments, as well as practical issues such as work benefits and disability badges.

## POST NATAL DEPRESSION/MOTHERHOOD

### **What Mothers Do: Especially When It Looks Like Nothing** by Naomi Stadlen (**Camden**)

In her perceptive and the most reassuring book Naomi Stadlen, an experienced counsellor, discusses all aspects of mothering and preparing their babies for relating to other people in their later lives. You will find out why nobody understands what you do all day, why you are overwhelmed by your feelings for your baby, why you are tired all the time, why nothing prepared you for motherhood, why you are so uncertain about what your baby seems to want and why you are short-tempered with your partner.

### **Surviving Post-Natal Depression At Home, No One Hears You Scream** by Cara Aiken (**Camden and Islington**)

This book will help the one in ten mothers experiencing post-natal depression, and the professionals who work with them, to understand the illness. The book tells the stories of ten women from very different backgrounds – including the author – who have suffered post-natal depression. Their stories, told honestly and informally, will be a source of strength and hope for other sufferers. The book offers positive suggestions and practical advice, based on personal and professional experience.

### **Overcoming Postnatal Depression – a Five Areas approach** by Dr. Christopher Williams, Dr. Rock Cantwell and Karen Robertson (**Islington**)

Uses the trusted Five Areas model of Cognitive Behaviour Therapy (CBT), helping people experiencing postnatal depression to change how they feel. The Five Areas model helps the reader make key changes using a clear, pragmatic and accessible style, by examining five important aspects of our lives: life situation; relationships, resources and problems; altered thinking; altered feelings or moods; altered physical symptoms or sensations; and altered behaviour or activity levels.

## PTSD/TRAUMA

### **Overcoming Traumatic Stress** by Claudia Herbert and Ann Wetmore (**Camden and Islington**)

Terrible events are hard to deal with. Those who go through a catastrophic experience often feel permanently changed by the impact of what has happened. Traumatic stress responses are psychological conditions that result from a person's coping resources having been completely overwhelmed by a terrible experience. Flashbacks can be so severe that sufferers may feel that they are losing their sanity and subsequently become ever more isolated in their distress. This book demonstrates, with practical advice and tested exercises, how to find new and effective ways of coping with and finally overcoming traumatic stress.

## RELATIONSHIPS

### **The Relate Guide to Better Relationships** by Sarah Litvinoff (**Camden and Islington**)

This revised edition of Relate's bestselling guide gives plenty of accessible and practical advice on relationships. It will help you learn what makes your partner tick, how to talk and how to listen, how to improve your sex life and deepen your love for each other through tackling problems together.

### **Relate Guide to Moving On** by Suzie Hayman (**Camden and Islington**)

Hayman offers information, insight and practical strategies to help people cope, as positively as possible, with the stress of break-up. In this book she covers:

- Managing stress and anger
- Helping children through it
- Fights and arguments
- Shared parenting but divided lives
- Money matters

### **Overcoming Sexual Problems** by Vicki Ford (**Islington**)

Experienced sex therapist Vicki Ford provides a guide to understanding sexual problems including impotence and loss of sexual desire, premature ejaculation and lack of orgasm. She sets out simple and effective techniques based on CBT that can restore confidence and bring about a mutually satisfying sex life for both partners. It looks at the impact of aging, disability, religion, infidelity, abuse, infertility, childbirth, bereavement, medication and addiction.

### **Overcoming Relationship Problems: A Self-Help Guide Using Cognitive Behavioural Techniques** by Michael Crowe (**Islington**)

Internationally respected marital therapist Dr Michael Crowe has used his tried-and-tested clinical techniques to develop this new self-help guide dealing with common difficulties in close relationships. From financial pressures to sexual problems, issues surrounding fidelity to the raising of children and blended families, his programme, based on proven CBT methods, will help you understand why conflict arises and show you how to negotiate a happier, more positive outcome. It discusses how to: sustain a long-term relationship; develop more effective communication skills; deal with sexual problems; cope with jealousy; and, develop negotiation skills.

## **RELAXATION**

### **Mindfulness: A practical guide to finding peace in a frantic world** by Mark Williams and Danny Penman (**Islington**)

Mindfulness reveals a set of simple yet powerful practices that can be incorporated into daily life to help break the cycle of anxiety, stress, unhappiness, and exhaustion. It promotes the kind of happiness and peace that gets into your bones. It seeps into everything you do and helps you meet the worst that life throws at you with new courage. By investing just 10 to 20 minutes each day, you can learn the simple mindfulness meditations at the heart of Mindfulness Based Cognitive Therapy (MBCT) and fully reap their benefits. The book includes links to audio mediations to help guide you through the process.

### **The Relaxation and Stress Reduction Workshop** by Martha Davis (**Islington**)

A resource of effective and up-to-date techniques for relaxing the body, calming the mind, and refreshing the spirit. A comprehensive yet simple and straightforward adaptation of all the most effective relaxation techniques. It has easy-to-use, step-by-step instructions for using progressive relaxation, autogenics, self-hypnosis, visualization, mindfulness, acceptance, and more. This revision will significantly update and simplify this timeless classic. The book also includes an updated resources section and subject index.

## **SELF-CONFIDENCE AND SELF-ESTEEM**

### **Overcoming Low Self Esteem** by Melanie Fennell (**Camden and Islington**)

Melanie Fennell's acclaimed self help guide will help to understand your low self esteem and, armed with this knowledge, break out of the vicious circle of negative image, learning the art of self acceptance and altering your life for the better. The book contains a complete self help program and monitoring sheets based on cognitive behavioural therapy.

**Assert Yourself** by Gael Lindenfield (**Islington**)

Don't spend your life blaming yourself for being inadequate, shy, or too easily led. Learn how to assert yourself. This classic book has already changed the lives of thousands of people. Readers can improve their self-esteem and motivation, cope with unfair criticism and exploitation and learn ways to communicate effectively with others.

**Reinventing Your Life** by Jeffrey Young & Janet Klosko (**Islington**)

This book uses an innovative approach to solving ongoing "life traps" such as unsatisfactory relationships, low self esteem and feeling unfulfilled. The book looks at eleven of the most common life traps, provides a diagnostic test for each and offers step by step suggestions to help break free. The books aims for readers to solve ongoing emotional problems in order to create a productive and fulfilling life.

**The Confidence Plan** by Sarah Litvinoff (**Camden and Islington**)

Litvinoff shows in clear steps how to build up to success: how to overcome setbacks, deal with fear, access a positive frame of mind, raise energy levels and develop powerful, well-placed self-confidence. Includes sections on creating confidence, using confidence and creating a positive life for self and others.

**Self Esteem** by Gael Lindenfield (**Camden and Islington**)

Poor self-esteem is at the root of many problems. It can sabotage relationships and careers, cause self-destructive behaviour and hold us back from achieving our full potential. The beginnings of poor self-esteem usually lie far back in our childhood, but this feeling can be reawakened in our adult life by criticism and trauma. This book teaches the reader to: Recover from deep-seated hurt, Cope with knocks to your pride and help others develop strong self-esteem.

**Self-esteem for Women: A Practical Guide to Love, Intimacy and Success** by Lynda Field (**Camden and Islington**)

Packed with practical and effective techniques, this book will give advice that will help you focus on yourself and re-establish a new sense of creativity and vision. A self-esteem action plan will help you to enjoy life to the full.

**The Feeling Good Handbook** by David Burns (**Camden and Islington**)

Free yourself from fears, phobias and panic attacks. Overcome self-defeating attitudes. Discover the five secrets of intimate communication. Put an end to marital conflict. Conquer your procrastination and unleash your potential for success. In 'Feeling Good: The New Mood Therapy' Dr David Burns introduced a ground-breaking, drug-free treatment for depression that has helped millions of people around the world. Now, in this long-awaited sequel, he reveals powerful new techniques and provides practical exercises that will help you cope with problems and learn how to make life a happier, more exhilarating experience.

## **SELF-HELP**

**Manage Your Mind: the mental fitness guide** by Gillian Butler & Tony Hope (**Islington**)

Just as simple measures - regular exercise, a sensible diet - keep your body fit, there are attitudes and skills you can develop to build a healthy mind. In this book two leaders in their fields, one a psychiatrist and one a psychologist, set out strategies that will stretch, strengthen, and tune your mind, to help you cope with the rigours of everyday life. The mind is a powerful tool, but without the right training, your moods, thoughts, and behaviour can sabotage your goals and cause depression and anxiety. Manage your Mind shows you how to keep mentally fit - how to tap into your mind's power - so you can enjoy your life to the fullest.

## **SEXUAL ABUSE (ADULT SURVIVORS)**

### **Overcoming Childhood Trauma** by Dr Helen Kennerley (**Islington**)

This is an invaluable guide for those who have suffered abuse in childhood and who now struggle with the legacy of this. Abuse in childhood can be the source of enduring difficulties for many, whether the abuse was emotional, physical or sexual. This book will help the sufferer understand the links between past trauma and present difficulties and offers ways to gain control over these problems, allowing the reader to deal with intrusive memories, manage mood swings and build better relationships into adulthood.

## **SLEEP**

### **Overcoming Sleep Problems** by Colin Espie (**Camden and Islington**)

Extensive research conducted over 25 years has established Cognitive Behavioural Therapy (CBT) as the treatment of choice for insomnia. For the first time, proven CBT principles have been brought together by a practising clinician in a comprehensive self-help manual. In a clear step-by-step approach, new patterns of relaxation, sleeping and waking are quickly learnt.

## **SOCIAL ANXIETY/SOCIAL PHOBIA**

### **Overcoming Social Anxiety and Shyness** by Gillian Butler (**Camden and Islington**)

This self-help manual explains why this common problem happens and sets out practical methods of resolving it. Full of real-life examples and written for those who suffer from all degrees of social anxiety and shyness, it contains a complete self-help programme and work sheets and is based on clinically proven cognitive behavioural therapy techniques.

### **Overcoming Paranoid and Suspicious Thoughts** by Melanie Fennell (**Islington**)

Do you feel that others are out to get you? Research shows that paranoia, or the mistrust of other people, is on the increase and that 20-30 per cent of people in the UK frequently have paranoid or suspicious thoughts. This self help guide uses Cognitive Behavioral Therapy (CBT) techniques for the treatment of paranoid thinking. It includes case studies and practical exercises and diary sheets.

## **STRESS**

### **Managing stress teach yourself by** Terry Looker & Olga Gregson (**Islington**)

This practical guide to stress management advises on assessing and identifying stress and developing a personal stress management plan. Packed with good, easy to understand advice, this begins with a clear explanation of the nature, origins and consequences of stress. Advice is given on relaxation and the ways of adjusting to the demands of daily life. The book contains a comprehensive self-treatment programme designed to enable readers to manage pressures and demands more effectively. A stress management planner is included in the book to allow the reader to develop a personally tailored programme.

### **Everything You Need To Know About Stress** by Eve Adamson (**Camden**)

This book explains what stress is and the impact it has, before offering a personal programme for dealing with stress permanently. Mental, physical and spiritual well-being are constantly monitored as the reader learns to identify stress and deal with it. From physical exercise and diet to alternative therapies and building self-esteem this book offers a wide range of approaches to manage stress.

**Deal with Stress: How to take control of your work** by Bloomsbury Reference Press (Camden)

Offers practical solutions and advice on combating stress and reaching a good work-life balance. Deal with stress contains a quiz to assess strengths and weaknesses, step-by-step guidance and action points, top tips to bear in mind for the future, common mistakes and advice on how to avoid them, summaries of key points, and lists the best sources of further help.

**The Happiness Trap – A revolutionary mindfulness- based program for overcoming stress, anxiety and depression** by Russ Harris (Islington)

Do you ever feel worried, miserable or unfulfilled? You are not alone. This book explores the “happiness trap” a vicious cycle in which the more we strive for happiness, the more it eludes us. The book uses the six principles from acceptance and commitment therapy (ACT) and mindfulness skills. Russ Harris helps readers to reduce stress, rise above fears and insecurities and create richer and more meaningful lives.

## **WORRY**

**How to Stop Worrying** by Frank Tallis (Camden and Islington)

This book explains what worry is both in terms of its purpose and the role it plays in stress and anxiety. Approaches to develop a problem-solving package and put this into action are covered, along with strategies to cope with setbacks. Simply written, hypothetical situations are used throughout to illustrate the points made.

**Overcoming Worry** by Kevin Meares and Mark Freeston (Islington)

Using established and proven CBT techniques, expert clinicians Kevin Meares and Mark Freeston help readers to understand that it is their propensity to worry, not the multitude of problems they worry about, that is the root of the problem. The user-friendly, step-by-step approach explains why they worry, how to recognise what feeds it and develop effective methods of dealing with it.

**The Worry Cure: stop worrying and start living** by Robert L Leahy (Islington)

Do you worry that you'll say the wrong thing, wear the wrong outfit, or look out of place? Or maybe that you'll make a mistake at work, disappoint your partner, or overlook a serious health problem? Worry is a central issue in many people's lives; 38% of people say they worry every day. Dr Robert Leahy offers new insight, advice and practical techniques for everyone who has ever had a sleepless night. Using the most recent research and his 25 years of experience treating patients,



## iCope Library

For downloadable booklets and playable videos on a range of mental health conditions go to: [www.icope.nhs.uk/library/](http://www.icope.nhs.uk/library/)

Booklets include:

- Depression and Low Mood
- Anxiety
  - Stress
  - Panic and Phobias
- Antidepressants

Available in a range of community language versions.

## For more information about the Books on Prescription Scheme contact:

### For Islington Libraries

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**Check the iCope Website :** [www.icope.nhs.uk](http://www.icope.nhs.uk)

