

SELF-HELP MENTAL HEALTH READING LIST

Most of these books are listed on NHS trust websites under ‘Resources’ or ‘Self-Help’, or even ‘Book Prescription’, where they are sometimes available to borrow on your doctor’s say-so. Many can also be found in the ‘Popular Psychology’ sections of large bookshops, libraries, or via specialist book web sites like Amazon (www.amazon.co.uk), or by going to the individual publisher’s websites.

It is also worth trying to have a ‘look’ at a copy (by going to a large bookshop, library or ‘looking inside’ on the website) and see if it is really what you want before ordering it; and there are also often readers’ comments, synopses, comments, etc that might help you to decide. You will need to note the *name* of the author(s); the *title* of the book; ideally the *publisher*, and/or the *year* published, in order to order a book: and this is what is listed here.

In each of the headed sections, the list is by author, alphabetically, rather than by merit. This list is not totally inclusive: there are (of course) many other self-help books, but this is quite a reasonable selection.

Addictions

Horvath, A. (2003). *Sex, Drugs, Gambling & Chocolate: A workbook for overcoming addictions*. Impact Publishers

Marks, D. (2005). *Overcoming Your Smoking Habit: A self-help guide using Cognitive Behavioural techniques*. Robinson Books

Anger & Irritability

Davies, W. (2000). *Overcoming Anger & Irritability: A self-help guide using Cognitive Behavioural techniques*. Robinson Press

Dryden, W. (1996). *Overcoming Anger: When anger helps & when it hurts*. Sheldon Press

Fisher, M. (2005). *Beating Anger: The eight-point plan for coping with rage*. Rider

Patracek, L. (2004). *The Anger Workbook for Women: How to keep your anger from undermining your self-esteem, your emotional balance, and your relationships*. New Harbinger

Anxiety

Davis Raskin, V. (1997). *When Words are Not Enough: The Women's Guide to Treatments for Anxiety and Depression - How to Choose What's Right for You*. Broadway

Franks, H. (1996). *Hidden Fears: Self help for anxiety & phobias*. Headline Books

Kennerley, H. (2006). *Overcoming Anxiety Self-help Course: A self-help practical manual using Cognitive Behavioural techniques (+ course in 3 volumes)*. Robinson Press

Leahy, R. (2005). *The Worry Cure: Stop worrying and start living*. Piatkus

Luciani, J. (2006). *Self-Coaching: How to heal anxiety & depression*. J. Wiley & Sons

Servan-Schreiber, D. (2004) *Healing without Freud or Prozac: Natural approaches to curing stress, anxiety & depression without drug and without psychoanalysis*. Rodale

Sharpe, R. (1997). *Self-help for Your Anxiety: The Proven "Anxiety Antidote" Method*. Souvenir Press

Tallis, F. (1990). *How to Stop Worrying*. Sheldon

Assertiveness

Back, K. & Back, K. (2005). *Assertiveness at Work*. McGraw-Hill

Bishop, S. (2006). *Develop Your Assertiveness*. Kogan Page

Dickson, A. & Ckarlesworth, K. (1982). *A Woman in Your Own Right – Assertiveness and You*. Quartet Books

Dryden, W. & Constantinou, D. (2004). *Assertiveness Step-by-Step*. Sheldon

Fensterheim, H. & Baer, J. (1975). *Don't Say YES When You Want to Say NO*. Futura

- Lindenfeld, G. (1996). *Assert Yourself – A self-help assertiveness programme for men and women*. Thorson
- Rees, S. & Graham, R. (1991). *Assertion Training: How to be what you really are*. Routledge

Asthma

- Ayres, J. (2008). *Understanding Asthma*. Family Doctor Publications

Cancer

- Bryan, E. (2007). *Singing the Life: The story of a family in the shadow of cancer*. Vermillion
- Hutton, D. (2005). *What Can I Do to Help: 75 practical ideas for family and friends from cancer's frontline*. Short
- McKay, J. & Hirano, N. (1998). *The chemotherapy and radiation therapy survival guide*. New Harbinger
- Wishart, A. (2007). *One in Three: A son's journey into the history and science of cancer*. Profile

Childhood Trauma & Sexual Abuse

- Adamson, L. (2004). *Overcoming Sexual & Childhood Abuse*. Diviniti Publishing
- Ainscough, C. & Toon, K. (2000). *Breaking Free: Help for survivors of childhood sexual abuse*. Sheldon Press
- Bass, E. & Davis, L. (2003). *The Courage to Heal: A guide for women survivors of child sexual abuse*. Vermillion
- Davies, V. & Andrew, H. (1996). *Betrayal of Trust: Understanding & overcoming childhood sexual abuse*. Ashburn Press
- Kennerley, H. (2000). *Overcoming Childhood Trauma: A self-help guide using Cognitive Behavioural techniques*. Robinson Press
- Maltz, W. (1991). *The Sexual Healing Journey*. Harper Perennial
- Saphira, M. (1997). *For Your Child's Sake: Understanding sexual abuse (for parents)*. Heineman Reed

Chronic Fatigue Syndrome

- Burgess, M. & Chalder, T. (2005). *Overcoming Chronic Fatigue: A self-help guide using Cognitive Behavioural techniques*. Robinson
- Campling, F. & Sharpe, M. (2000). *Chronic Fatigue Syndrome (CFS/ME) – The Facts*. OUP
- Lisman, S. & Dougherty, K. (2007). *Chronic Fatigue for Dummies*. Wiley
- MacIntyre, A. (1998). *M.E.: Chronic Fatigue Syndrome – A Practical Guide*. Thorson

Chronic Pain

- Burch, V. (2008). *Living well with pain & illness: the mindful way to free yourself from suffering*. Piatkus
- Butler, D.S. & Moseley, G.L. (2003). *Explain Pain*. Noigroup
- Cole, F. (2005). *Overcoming Chronic Pain: A self-help guide using Cognitive Behavioural techniques*. Robinson
- Craggs-Hinton, C. (2000). *Living with fibromyalgia*. Sheldon
- Lorig, K. & Fries, J.F. (2007). *The Arthritis Helpbook: A tested self-management program for coping with arthritis and fibromyalgia*. De Capo Lifelong
- Lorig, K. Sobel, D., Laurent, D. & Holman, H. (2008). *Living a healthy life with chronic conditions: Self-management of heart disease, fatigue, arthritis, worry, diabetes, frustration, asthma, pain, emphysema, and others*. Bull
- Roland, M., Waddell, G., et al. (2002). *The Back Book: The best way to deal with back pain*. Stationary Office Books
- Shone, N. (2002). *Coping Successfully with Pain*. Sheldon
- Shone, N. (2008). *The Chronic Pain Diet Book*. Sheldon

Depression

- Barker, P. (1997). *A Self-Help Guide to Managing Depression*. Chapman Hall
- Burns, D. (2000). *The Feeling Good Handbook*. Signet
- Gilbert, P. (2000). *Overcoming Depression: A self help guide using Cognitive Behavioural techniques*. Robinson Press
- Greensberger, D. & Padesky, C. (1995). *Mind Over Mood: Change how you feel by changing the way you think*. Guilford Press
- Martell, C. & Addis, M. (2004). *Overcoming Depression: One step at a time*. New Harbinger
- Rowe, D. (2003). *Depression: A way out of your prison*. Brunner Routledge
- Williams, C. (2006). *Overcoming Depression & Low Mood: A five areas approach*. Hodder Arnold
- Williams, M., Teasdale, J., Segal, Z. & Kabat-Zinn, J. (2007). *The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness: Guided Meditation Practices for the Mindful Way Through Depression*. Guilford Press

Eating Disorders

- Cooper, P.J. (2007). *Bulimia Nervosa – A guide to recovery*. Robinson Press
- Fairburn, C. (1995). *Overcoming Binge Eating*. Guilford Press
- Freeman, C. (2002). *Overcoming Anorexia: A self-help guide using cognitive behavioural Techniques*. Robinson Press
- Hall, L. & Ostroff, M. (2003). *Anorexia Nervosa: A guide to recovery*. Gurze Books
- McCabe, R., McFarlane, T. & Olmsted (2004) *Overcoming Bulimia Workbook: Your Comprehensive, Step-by-Step Guide to Recovery*. New Harbinger
- Reindl, S.M. (2002). *Sensing the Self: Women's Recovery from Bulimia*. Harvard Press
- Schmidt, U. & Trisure, J. (1993). *Getting Better Bit(e) by Bit(e): A survival kit for sufferers of Bulimia Nervosa and binge eating disorders*. Psychology Press
- Palmer, R. (1989). *Anorexia Nervosa: A guide for sufferers and their families*. Penguin

Emotional Abuse

- Elliot-Wright, S. (2007). *Overcoming Emotional Abuse*. Sheldon Press
- Hirigoyen, M-F., Marx, H. (2005). *Stalking the Soul: Emotional abuse and the erosion of identity*. Marx
- Ellis, A. & Powers, M. (2000). *The Secret of Overcoming Verbal Abuse: Getting off the emotional roller coaster and regaining control of your life*. Wilshire Books

Fear

- Rowe, D. (1996) *Beyond Fear*. Harper-Collins

Gambling

- Blaszczynski, A. (1998) *Overcoming Compulsive Gambling: A self-help guide using Cognitive Behavioural Techniques*. Robinson Press
- Milton, S. (2001) *Stop Gambling: A self-help manual for giving up gambling*. Pan Australia
- Jantz, G. (2001) *Turning the Tables on Gambling: Hope and help for addictive behaviour*. Shaw Books

Guilt & Shame

- Dryden, W. (1994) *Overcoming Guilt*. Sheldon
- Dryden, W. (1997) *Overcoming Shame*. Sheldon
- Hilliard, D. (2007) *After the Fall: Resurrecting Your Life from Shame, Disgrace, and Guilt*. Destiny Image
- Ruben, D. (1993) *No More Guilt: Ten steps to a shame-free life*. Mills & Sanderson

General

- Burns, D. (2000) *The Feeling Good Handbook*. Plume.
- Butler, G & Hope, T (1995) *Manage Your Mind: The Mental Fitness Guide*. Oxford University Press
- Dryden, W. (2005) *Ten Steps to Positive Living*. Orient
- Neenan, M. & Dryden, W. (2001) *Life-Coaching: A Cognitive Behavioural Approach*. Brunner-Routledge
- Powell, T. (2000) *The Mental Health Handbook*. Speechmark
- Rowe, D. (1999) *Dorothy Rowe's Guide to Life*. Harper-Collins
- Young, C. (2010) *Help Yourself to Mental Health: A handbook of notes and handouts especially designed for people suffering from stress, depression, anxiety or low self-esteem*. Karnac Books
- Young, J. & Klosko, J. (1994) *Reinventing Your Life: The breakthrough program to end negative behaviour and feel great again*. Plume

Grief & Bereavement

- Cerza Kolf, J. (2002) *Standing in the Shadow: Help & Encouragement for Suicide Survivors*. Baker Books
- Matsakis, A. (1999) *Survivor Guilt: A self-help guide*. New Harbinger
- McCarthy, S. (1988) *A Death in the Family: Self-help guide to coping with grief*. Self Counsel Press
- Morris, S. (2008) *Overcoming Grief: A self-help guide using Cognitive Behavioural techniques*. Robinson Press
- Wells, R. (2007). *Helping children cope with grief: Facing a death in the family*. Sheldon.

Health

- Asmunson, G & Taylor, S. (2005). *It's not all in your head: How worrying about your health could make you sick and what you can do about it*. Guilford
- Lowen A. & Lowen L. (1977) *The Way to Vibrant Health: A manual of Bioenergetic exercises*. Harper.
- Shealy, N. (1977) *90 Days to Self-Health - Biogenics: How to control all types of stress by yourself through a complete health program of Autogenics, diet, vitamins and exercise*. The Dial Press.

Illness

- Stokes, J., Stubbs, D. & Crossley, D. (2007). *As Big As It Gets: Supporting a child when a parent is seriously ill*. Gloucester

Loneliness (see also *Social Anxiety*)

- Scoti, M. (2005). *Overcoming loneliness and making friends: finding relationships that will enrich your life*. Sheldon.

Marriage & Relationships

- Beck, A. (1997) *Love is Never Enough*. Penguin
- Duncan, B. & Rock, J. (1991) *Overcoming Relationship Impasses: Ways to Initiate Change When Your Partner Won't Help*. Kluwer / Plenum
- Crowe, M. (2005) *Overcoming Relationship Problems: A Self-Help Guide Using Cognitive Behavioural Techniques*. Robinson Press
- Csoti, M. (2005) *Overcoming Loneliness and Making Friends*. Sheldon Press
- Dryden, W. & Gordon, J. (1991) *How to Untangle your Emotional Knots*. Sheldon Press
- Gottman, J. (2002) *The Relationship Cure: A 5 step guide for building better connections with family, friends & lovers*. Crown Publications
- Waines, A. (2005) *Making Relationships Work: How to love others and yourself*. Sheldon Press

Mental Health

Butler, G. & Hope, A. (2007). *Manage Your Mind: The mental fitness guide*. OUP.

Scott, J. (2013). *Overcoming Mood Swings: A self-help guide using Cognitive Behavioural techniques*.
Robinson Press

Young, C. (2010). *Help Yourself Towards Mental Health..* Karnac.

Mindfulness

Naht Hahn, T. (1995) *Peace is Every Step: The path of mindfulness in everyday life*. Rider & Co

Kabat-Zinn, J. (2001) *Full Catastrophe Living: How to Cope with Stress, Pain and Illness Using Mindfulness Meditation*. Piatkus

Negative Behaviour & Thinking

Young, J. & Klosko, J. (1994) *Reinventing Your Life: How to Break Free from Negative Life Patterns*.
Penguin Putnam.

Obsessive-Compulsive Disorder

Baer, L. (2000) *Getting Control: Overcoming your obsessions and compulsions*. Plume

Clark, D. & Purdon, C. (2005) *Overcoming Obsessive Thoughts: How to gain control of your OCD*.
New Harbinger

Foa, E. & Wilson, R. (2001) *Stop Obsessing: How to overcome your obsessions and compulsions*.
Bantam

Pedrick, C. & Hyman, B. (2005) *The OCD Workbook: Your guide to breaking free from Obsessive-Compulsive Disorder*. New Harbinger

Roy, C. (2008) *Obsessive Compulsive Disorder: A survival guide for family & friends*. Hazelden

Steketee, G.S. & White, K. (1990) *When Once Is Not Enough: Help for obsessive-compulsiveness*.
New Harbinger.

Tallis, F. (1992) *Understanding Obsessions & Compulsions: A self-help manual*. Sheldon Press

Veale, D. & Willson, R. (2005) *Overcoming Obsessive Compulsive Disorder: A self-help guide using Cognitive Behavioural techniques*. Robinson Press

Panic

Babor, S & Goldman, C. (1996). *Overcoming Panic, Anxiety & Phobias: New strategies to free yourself from worry and fear*. Pfeifer-Hamilton.

Silove, D. & Manicavasagar, V. (1997) *Overcoming Panic: A self-help guide using Cognitive Behavioural techniques (+ course in 3 volumes)*. Robinson Press

Sheehan, M. (1988) *Fears, Phobias & Panic: Self-help guide to agoraphobia*. David Fulton Pubs

Steven, A. (1999) *How to Rush Slowly and Avoid Panic Attacks: A self-help therapy book*. Laid Back Press

Parenting

Brown, L.K. & Brown, M. (1987). *Dinosaurs Divorce: A guide for changing families*. Collins

Cresswell, C. & Willets, L. (2007). *Overcoming Your Child's Fears & Worries: A self-help guide using cognitive behavioural techniques*. Robinson Press

Faber, A. & Mazlish, E. (1999). *How to talk so kids will listen and listen so kids will talk*. Avon

Markham, L. (2014). *Calm Parents, Happy Kids: The secrets of stress free parenting*. Vermillion

Stiffelman, S. (2015). *Parenting with Presence: Practices for raising conscious, confident, caring kids*. New World Library

Pre & Post-natal

Aiken, C. (2000). *Surviving Postnatal Depression: At home, no-one hears you scream*. Jessica Kingsley

- Curham, S. (2000). *Antenatal and Postnatal Depression: practical advice and support for all sufferers*. Vermillion
- Williams, C., Cantwell, R. & Robertson, K. (2008). *Overcoming Postnatal Depression: A five areas approach*. Hodder Arnold

PTSD (see also Trauma)

- Parkinson, F. (2000). *Coping with Post-trauma Stress*. Sheldon
- Shiraldi, G.R. (2009). *The Post Traumatic Stress Sourcebook: A guide to healing recovery and growth*. McGraw-Hill
- Williams, M.B. (2013). *The PTSD Work-Book: Simple effective techniques for overcoming traumatic stress symptoms*. New Harbinger

Relaxation

- Brewer, S. (2000). *Simply Relax: The Beginner's Guide to Relaxation*. Duncan Baird
- Feldman, C. (2004). *Meditation Plain & Simple*. Element Books
- Madders, J. (1992). *Stress & Relaxation: Self-help techniques for everybody*.
Relaxation Tapes: Oxford Stress and Trauma Centre
- Bennet, C. *Learning Deep Relaxation*. (Tape / CD)
- Bennet, C. *Deep Relaxation with Muscle Tension*. (Tape / CD)
- Kowalski, R. *Mind Balancing: Meditation programme for balancing body and mind*. (CD)

Relationships

- Crowe, M. (2013). *Overcoming Relationship Problems: A self-help guide using Cognitive Behavioural techniques*. Robinson Press
- Quilliam, S. (2001). *Stop Arguing, Start Talking: The 10-point plan for couples in conflict*. Vermillion

Self-Esteem

- Brandon, N. (1997). *How to Raise Your Self-Esteem*. Random House
- Fennell, M. (1999). *Overcoming Low Self-Esteem: A self-help guide using cognitive behavioural techniques (+ course in 3 volumes)*. Robinson Press
- Field, L. (2001). *Creating Self-Esteem*. Vermillion
- Jeffers, S. (2007). *Feel the Fear and Do It Anyway: How to Turn Your Fear and Indecision into Confidence and Action*. Vermillion
- Lindenfeld, G. (1995). *Self-Esteem*. Thorsons
- Schiraldi, G. (2003). *The Self-Esteem Workbook*. New Harbinger

Self-Harm

- Arnold, L. & Magill, A. (1998) *The Self-Harm Help Book*. Basement Project
- Bell, L. (2003) *Managing Intense Emotions & Overcoming Self-Destructive Habits: A self-help manual*. Brunner-Routledge
- Conterio, L & Lader, W. (1999) *Bodily Harm: The breakthrough healing program for self-injurers*. Little, Brown & Co

Sexual Problems

- Ford, V. (2005) *Overcoming Sexual Problems: A self-help guide using cognitive behavioural techniques*. Robinson Press
- Schnarch, D. (2003) *Resurrecting Sex: Solving sexual problems and revolutionizing your relationship*. Quill

Sleep & Insomnia

- Espie, C. (2006) *Overcoming Insomnia & Sleep Problems: A self-help guide using cognitive behavioural techniques*. Robinson Press
- Burgess, M. et al. (2001) *Self-Help for Nightmares: A book for adults with frequent recurrent nightmares*. Blue Stallion

Social Anxiety

- Blyth, J. & Glatzer, J. (2005). *Fear is No Longer My Reality: How I overcame panic and social anxiety disorder and you can too*. McGraw-Hill
- Butler, G. (1999). *Overcoming Shyness & Social Anxiety: A self-help guide using Cognitive Behavioural techniques (+ course in 3 volumes)*. Robinson Press
- Gabor, D. (2000). *How to Start a Conversation & Make Friends*. Sheldon Press
- Henderson, M. & Eunson, K. (1987). *Coping with Shyness & Loneliness*. Penguin

Trauma & Stress

- Herbert, C. (2002). *Understanding Your Reactions to Trauma*. Blue Stallion
- Herbert, C. & Wetmore, A. (1999). *Overcoming Traumatic Stress: A self-help guide using cognitive behavioural techniques*. Robinson Press
- Kennerley, H. (2000). *Overcoming Childhood Trauma: A self-help guide using cognitive behavioural techniques*. Robinson Press
- Richie, R. (1995). *First Aid for Disaster Stress trauma Victims: A guide and self-help manual for the lay-person treating disaster stress trauma victims*. Richie Publications
- Vermilyea, E. (2000). *Growing Beyond Survival: A self-help toolkit for managing traumatic stress*. Sidran Press
- Van der Kolk, B. (2015). *The Body Keeps the Score: Mind, Brain and Body in the Transformation of Trauma*. Penguin

Weight

- Gauntlett-Gilbert, J. & Grace, C. (2005). *Overcoming Weight Problems: A self-help guide using Cognitive Behavioural techniques*
- US Coast Guard (2004). *Weight Management Self-Help Guide*. Fredonia Books
- McLain, J., McLain, P. & Andreacchio, R. (1998). *Weigh to Go: Self-help weight loss manual*. Aweigh Publishing

*This list was compiled by Courtenay Young,
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SELF-HELP MENTAL HEALTH RESOURCES

Useful Websites:

- Anxiety Disorder Resource Centre:** www.anxiety-uk.org/ A free resource centre for people with anxiety and anxiety disorders.
- BBC Mental Health:** www.bbc.co.uk/health/conditions/mental_health Excellent site for general mental health information.
- Breathing Space Scotland:** www.breathingspacescotland.co.uk A good resources for information, advice, and sign-posting for various mental health issues and a range of related problems: financial and work issues, bereavement, pain, etc. The organisation also provides telephone support for sufferers.
- Doing Well:** www.doingwell.org.uk This website offers extensive advice and information on depression, its treatments, and how it is managed. There are some useful patient's stories and an opportunity to share your own experience. There is a self-assessment function and an emphasis on the management of depression.
- Glasgow Steps:** www.glasgowsteps.com Information, assessment and self-help from a CBT perspective, put out by Glasgow Psychosocial Services.
- Life Signs:** www.lifesigns.org.uk Self-Injury, Guidance & Network Support website.
- Living Life to the Full:** www.livinglifetothefull.com Free access to a mental health skills course based on CBT. Includes several teaching sessions.
- Mental Health Foundation:** www.mentalhealth.org.uk The Mental Health Foundation exists to help people survive, recover from and prevent mental health problems.
- MIND:** www.mind.org.uk A national and excellent advocate for people with mental health issues giving information on and self-help about depression, mental health and related issues.
- MoodGym:** <http://moodgym.anu.edu.au/> Australian free interactive website designed to help people identify whether they have problems with emotions like anxiety and depression and to develop coping skills.
- MoodJuice:** www.moodjuice.scot.nhs.uk This NHS Forth Valley website has a number of downloadable documents containing information on how to cope with Anger, Anxiety, Depression, Panic Attacks, Bereavement, Post Traumatic Stress, Sleep Problems, etc. similar to these handouts, with lots of local contacts and further information.
- Parent Line:** www.parentlineplus.org.uk Information on parenting, courses, books, with e-mail and telephone support.
- Relate:** www.relate.org.uk Useful advice and information about relationships, courses, workshops, sexual life, mediation, etc. with an e-mail, telephone and a nationwide counselling service.

National Organisations & Help Lines:

MIND Info Line, PO Box 277, Manchester, M60 3XN. Tel: 0845-766-0163

The Samaritans The Upper Mill, Kingston Road, Ewell, Surrey KT17 2AF. Tel: 0208-394-8300: 24-hr 08457-90-90-90

CRUSE Bereavement Care, 126 Sheen Road, Richmond, Surrey, TW9 1UR. Tel: 0208-939-9530

Compassionate Friends, 53 North Street, Bristol BS3 1EN Tel: 0117-966-5202

SANE, Cityside House, #1, 40 Adler St., London E1 1EE Tel: 0207-375-1002: Help-Line 0845-767-8000

NHS Help Line Tel: 0800-22-44-88

Edinburgh & Lothian Resources:

Mental Health at Work: www.mentalhealthatwork.info/links.htm

EdSpace: www.edspace.org.uk

This list of 'mental health' websites is not – of course – totally inclusive. Many other similar websites exist. Some are better than others. We would naturally recommend NHS websites over some of the others – and some NHS Trusts also have excellent lists of resources and links on their websites.