



Books on Prescription In East Berkshire

Books Synopsis

ANXIETY	
<u>Overcoming Anxiety</u> Author: Kennerley, Helen	A guide to overcoming all sorts of anxieties and fears in order to help you regain self-control and confidence. It includes a self-help plan
<u>Overcoming Anxiety: a Five Areas Approach</u> Author: Williams, Christopher	These workbooks are designed to help those who are suffering from mild to moderate feelings of anxiety. They include practical checklists and bullet points to help you define the extent of your problems and identify ways of tackling them.
<u>Feel the Fear and Do it Anyway</u> Author: Jeffers, Susan	A bestseller which gives you the insight and tools to improve your ability to handle any situation in which you feel anxious. It will help you overcome fear of situations such as public speaking, ending a relationship or making other major decisions.
DEPRESSION AND LOW SELF ESTEEM	
<u>Overcoming Depression</u> Author: Gilbert, Paul	A self-help guide which uses cognitive behavioural techniques to help you deal with depression. It is full of practical suggestions and case examples.
<u>Coping with Postnatal Depression</u> Author: Wheatley, Sandra	This book provides support for new mothers suffering from postnatal depression as well as their families. It gives information on its causes, treatment and offers strategies for staying well.
<u>Overcoming Low Self-esteem</u> Author: Fennell, Melanie	This books aims to change your negative view into a more positive one. Using real life examples it explains how you developed such a negative opinion and uses cognitive behavioural techniques to help you be more self-accepting.
<u>Mind over mood</u> Author: Greenberger, Dennis	This manual shows you how to use cognitive behavioural techniques to help you understand and overcome your moods. Using the step-by-step worksheets will help you develop the necessary skills.

MOOD SWINGS	
<u>Overcoming Mood Swings</u> Author: Scott, Jan	This self-help manual provides information on depression and mania, as well as explaining how to use cognitive behavioural therapy techniques to change negative thought patterns
ANGER	
<u>Overcoming Anger and Irritability</u> Author: Davies, William	This step-by-step self-help guide introduces the use of cognitive behavioural therapy techniques to help you overcome anger and irritability
<u>Managing Anger</u> Author: Lindenfield, Gael	This book explains how anger affects our minds and bodies and suggests ways of dealing with both our own anger and that of others.
EATING DISORDERS	
<u>Anorexia nervosa a survival guide</u> Author: Treasure, Janet	This book is aimed at both carers and sufferers from this eating disorder. It explains the possible causes of anorexia and provides practical approaches to coping with it as well as an insight into treatment.
<u>Getting better bit(e) by bit(e): a Survivors kit for sufferers of Bulimia Nervosa and binge eating disorders</u>	This self-help programme provides step-by-step advice for dealing with this condition. It enables you to take control of your life and looks at the key changes you need to make to tackle the problem
CHRONIC FATIGUE	
<u>Overcoming Chronic Fatigue</u> Author: Burgess, Mary	This self-help guide aims to help sufferers of chronic fatigue break free from the vicious cycle of fatigue. It provides practical advice and information.
OBSESSIVE COMPULSIVE DISORDER	
<u>Overcoming Obsessive Compulsive Disorder</u> Author: Veale, David & Wilson Robert	This guide helps you use cognitive behavioural techniques to overcome obsessive thoughts and actions, allowing you to face situations you previously thought impossible.
HEAD INJURY	
<u>Head Injury: a practical guide</u> Author: Trevor Powell	A jargon-free guide full of information useful to those caring for someone with a head injury. It provides insights into problems which may arise and help in adjusting emotionally and practically to the realities of life after head injury
ABUSE	
<u>Breaking Free: Help for survivors of child sexual Abuse</u> Author: Ainscough, Carolyn and Toon, Kay	This book explains how the effects of abuse continue into adult life, using real life examples. It offers an approach to help those who have been abused to leave their past behind.