



East Berkshire Books on Prescription

Patient Name: _____ **Date:** _____

Address: _____

Please Tick box of book to be prescribed and arrange a follow-up appointment.

ANXIETY

- Overcoming Anxiety**
Author: Kennerley, Helen
- Overcoming Anxiety, A Five Areas Approach**
Author: Wheatley, Sandra
- Feel the Fear and Do it Anyway**
Author: Jeffers, Susan
- Overcoming Social Anxiety and Shyness**
Author: Butler, Gillian

DEPRESSION AND LOW SELF ESTEEM

- Overcoming Depression**
Author: Gilbert, Paul
- Coping with Postnatal Depression**
Author: Williams, Chris
- Overcoming Low Self-esteem**
Author: Fennell, Melanie

EATING DISORDERS

- Breaking Free from Anorexia Nervosa**
Author: Treasure, Janet
- Getting better bit(e) by bit(e): a Survivors kit for sufferers of Bulimia Nervosa and binge eating disorders**

OBSESSIVE COMPULSIVE DISORDER

- Overcoming Obsessive Compulsive Disorder**
Author: Veale, David & Wilson Robert

MOOD SWINGS

- Overcoming Mood Swings**
Author: Scott, Jan

ABUSE

- Breaking Free: Help for survivors of child sexual abuse**
Author: Ainscough, Carolyn and Toon, Kay

ANGER

- Overcoming Anger and Irritability**
Author: Davies, William
- Managing Anger**
Author: Lindenfiels, Gael

CHRONIC FATIGUE

- Overcoming Chronic Fatigue**
Author: Burgess, Mary

HEAD INJURY

- Head Injury: a practical guide**
Author: Trevor Powell

Name of Prescriber _____

Signature _____

Surgery _____

Practice stamp:

N.B This prescription must be presented at the library in order to collect your book.