

Books on Prescription: Hertfordshire Booklist

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Condition	Book title	Author	Date	Publisher	ISBN
Anger	Overcoming anger and irritability: a self-help guide using cognitive behavioural techniques	Davies, William	2002	Robinson	1854875957
	Managing anger	Lindenfield, Gael	2000	Thorsons	0007100345
	Managing anger CD	Roberts, Julia	2006	Sally Spoon	9781905875078
Anxiety	Managing anxiety (NB also available in Panjabi, Hindi, Gujarati, Urdu in libraries with books in those languages)	Butler, Gillian Oxford Cognitive Therapy Centre			
	Feel the fear and do it anyway	Jeffers, Susan	1997	Arrow	0099741008
	Feel the fear and do it anyway	Audio version on CD			1840329556
	Freedom from fear: overcoming anxiety, phobias and panic	Liebgold, Howard	2005	Citadel	0806525916
	Overcoming anxiety	Williams, Chris	2003	Arnold	034081005X
Assertiveness	A woman in your own right	Dickson, Anne	1982	Quartet	0704334208
	Develop your assertiveness	Bishop, Sue	2006	Kogan Page	0749448210

Bereavement	Living with loss	McNeil Taylor, Liz	2000	Robinson	1841191051
Child sexual abuse	Breaking free: help for survivors of child sexual abuse	Ainscough, Carolyn	2000	Sheldon	0859698106
Depression	Overcoming depression: a self help guide using cognitive behavioural techniques	Gilbert, Paul	2000	Robinson	1841191256
	Mind over mood: change how you feel by changing the way you think	Greenberger, Dennis and Padesky, Christine	1995	Guilford	0898621283
	Overcoming mood swings: a self help guide using cognitive behavioural techniques	Scott, Jan	2001	Robinson	1841190179
	The feeling good handbook	Burns, David	2004	Plume	0452281326
Eating disorders	Overcoming anorexia	Freeman, Chris	2002	Robinson	1854879693
	Anorexia Nervosa: A survival guide for families, friends and sufferers	Treasure, Janet	1997	Routledge	0863777600
	Bulimia Nervosa and binge-eating	Cooper, Peter	1995	Robinson	1854871714
	Bulimia Nervosa and binge-eating: a cognitive therapy programme for clients	Cooper Myra et al	2000	Jessica Kingsley	1853027170
	Getting better bit(e) by bit(e). Clinician' s guide	Schmidt, Ulrike	1993	Routledge	0863773222
	Overcoming binge eating	Fairburn, Christopher	1995	Guilford	0898621798

Fatigue	Overcoming chronic fatigue: a self help guide using cognitive behavioural techniques	Burgess, Mary	2005	Robinson	1841199427
Health anxiety	An introduction to coping with health anxiety	Young, Charles	2007	Robinson	9781845292874
Obsession and compulsion	Counselling for problem gambling: person-centred dialogues	Bryant-Jefferies, Richard	2005	Radcliffe	9781857757408
	Overcoming Obsessive-Compulsive Disorder: a self help guide using cognitive behavioural techniques	Veale, David	2005	Robinson	1841199362
	Overcoming compulsive gambling: a self help guide using cognitive behavioural techniques	Blaszczynski, Alex	1998	Robinson	1854874845
Pain	Overcoming chronic pain: a self help guide using cognitive behavioural technique	Cole, Frances	2005	Robinson	1841199702
Panic	Overcoming panic: a self help guide using cognitive behavioural techniques	Silove, Derrick	1997	Robinson	1854877011
	Panic attacks	Ingham, Christine	2000	Thorsons	0007106904
Postnatal depression	Surviving postnatal depression: at home no one hears you scream	Aitken, Cara	2000	Jessica Kingsley	9781853028618
Seasonal Affective Disorder (SAD)	Coping with SAD	Marshall, Fiona	2002	Sheldon	08596988734

Schizophrenia	Coping with Schizophrenia: a guide for patients, families and caregivers	Jones, Steven	2004	One World	1851683445
Self-esteem	Instant confidence. Book and CD	McKenna, Paul	2006	Bantam	9780593055359
	Overcoming low self esteem: a self help guide using cognitive behavioural techniques	Fennel, Melanie	1999	Robinson	1854877259
	Self-esteem	Lindenfield, Gael	2002	Element	9780722540077
	Self esteem for women	Field, Lynda	2001	Vermilion	009187632X
	Self-esteem bible: build your confidence day by day	Lindenfield, Gael	2004	Element	0007179553
	10 days to great self esteem	Burns, David	2000	Vermilion	0091825628
Self-harm	Healing the hurt within	Sutton, Jan	2007	How To Books	1845280369
Social anxiety/ social phobia	Overcoming social anxiety and shyness: a self help guide using cognitive behavioural techniques	Butler, Gillian	1999	Robinson	1854877038
	Overcoming relationship problems: a self help guide using cognitive behavioural techniques	Crowe, Michael	2005	Robinson	1845290666

Stress	Overcoming traumatic stress: a self help guide using cognitive behavioural techniques	Herbert, Claudia	1999	Robinson	1841190160
	Relaxation and stress reduction workbook	Davis, Martha	2000	New Harbinger	1572242140
	Managing stress	Looker, Terry	2003	Teach Yourself	0340860073
Weight problems	Overcoming weight problems: a self Help guide using cognitive behavioural techniques	Gauntlett-Gilbert, Jeremy	2005	Robinson	1845290682