

# Healthy Reading Collection



[www.elament.org.uk](http://www.elament.org.uk)

## Healthy Reading Collection

The collection has resources to help people get the most from life. Subjects include living life to the full, becoming more assertive and confident, sleeping better and mental health problems such as anxiety, depression, stress, and panic. There are resources available on a range of topics such as dementia and eating disorders.

The resources are available in a variety of different formats (books, ebooks, CDs, DVDs and leaflets). They are for all ages, including supporting positive parenting, young people, adults and older people. These resources can be borrowed from your local library. You can check the catalogue online for availability and reserve a copy or speak to a member of library staff who will help you access this material.

### Healthy Reading Plus

The benefits of reading for enjoyment, relaxation and escapism are well known. There is also research and evidence that reading fiction can help with communication, self esteem, empathy and reduce symptoms of depression.

Healthy Reading Plus books have been chosen for their uplifting and mood-boosting qualities. The collection features fiction, poetry, short stories, classics and children's books. Whether you are in need of a boost, or know someone else who might be, please take a look at our recommendations and share with friends and family. Library staff can help you to select reading choices. Why not join a reading group to discuss favourite books with others? Ask at your local library for Healthy Reading Plus collection and details of reading group meetings in your area.



Look for this label

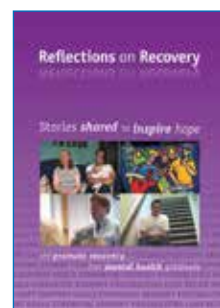
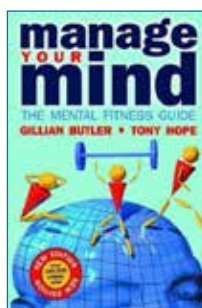
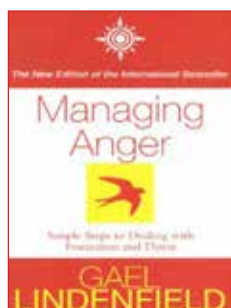
# Healthy Reading Collection Catalogue

## Addiction

Overcoming compulsive gambling	Blaszczynski, Alex	9781854874849	Book
Overcoming your addictions	Dryden, Windy	0859698459	Book
There is Hope in Recovery from Addiction			DVD

## Anger Management

Overcoming anger and irritability	Davies, William	9781854875952	Book
Overcoming anger	Dryden, Windy	9780859697132	Book
Managing anger	Lindenfield, Gael	0007100345	Book



## Anxiety, depression and stress

The anxiety and phobia workbook	Bourne, Edmund J.	1572244135	Book
The feeling good handbook	Burns, David D.	9780452281325	Book
Manage your mind	Butler, Gillian	9780198527725	Book
Overcoming social anxiety and shyness: a self-help guide using cognitive behavioural techniques	Butler, Gillian	9781849010009	Book
The relaxation and stress reduction workbook	Davis, Martha	9781572245495	Book
Overcoming depression	Dryden, Windy	0869698181	Book
What's happening to me? (Boy)	Frith, Alex	0746076630	Book

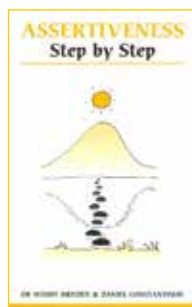
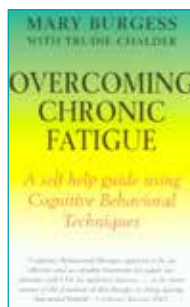
<b>Overcoming depression</b>	Gilbert, Paul	1841191256	Book
<b>Depression</b>	Hauck, Paul	0859691683	Book
<b>An introduction to coping with phobias</b>	Hogan, Brenda	9781845292898	Book
<b>Panic attacks</b>	Ingham, Christine	9780007106905	Book
<b>The wise mouse</b>	Ironside, Virginia	9780954512309	Book
<b>Feel the fear and do it anyway</b>	Jeffers, Susan J.	9780091947446	Book
<b>I had a black dog</b>	Johnstone, Matthew	9781845295899	Book
<b>Living with a black dog</b>	Johnstone, Matthew	9781845297435	Book
<b>Overcoming anxiety</b>	Kennerley, Helen	9781854874221	Book
<b>Manage Your Stress for a Happier Life</b>	Looker, Terry	9781444133752	Book
<b>Mind over mood</b>	Padesky, Christine	9780898621280	Book
<b>Beyond fear</b>	Rowe, Dorothy	9780007246595	Book
<b>Overcoming mood swings</b>	Scott, Jan	9781841190174	Book
<b>Overcoming panic</b>	Silove, Derrick	9781854877017	Book
<b>Triumph over shyness</b>	Stein, Murray B.	9780071412988	Book
<b>How to stop worrying</b>	Tallis, Frank	0859696103	Book
<b>Overcoming Health Anxiety: A Self-Help Guide Using Cognitive Behavioral Techniques</b>	Veale, David	9781459642898	Book
<b>Overcoming anxiety, stress and panic: a five areas approach</b>	Williams, Chris	9781444163148	Book
<b>Overcoming depression and low mood: a five areas approach</b>	Williams, Chris	9781444183771	Book
<b>Everything You Always Wanted To Know About Stress</b>			DVD
<b>Living Life to the Full</b>			DVD
<b>Reflections on Recovery</b>			DVD
<b>Worried about your memory?</b>		9781844854202	Book

## **Bereavement**

<b>Angel wings</b>	Donovan, Anne	97809555188237	Book
<b>The grief recovery handbook</b>	James, John W.	9780061686078	Book
<b>Living with grief</b>	Lake, Tony	9780859694261	Book

## Chronic Fatigue

<b>Coping with chronic fatigue</b>	Chalder, Trudie	0859696855	Book
<b>Chronic fatigue syndrome: CFS/ME</b>	Campling, Frankie	9780199233168	Book
<b>Overcoming Chronic Fatigue</b>	Burgess, Mary	9781459658653	Book



## Confidence and Self Esteem

<b>Assertiveness step by step</b>	Dryden, Windy	0859699250	Book
<b>Overcoming low self-esteem: a self-help guide using cognitive behavioral techniques</b>	Fennell, Melanie J.V.	9781854877253	Book
<b>How to improve your confidence</b>	Hambly, Kenneth	9780859695633	Book
<b>Self-esteem for boys</b>	Hartley-Brewer, Elizabeth	009185587X	Book
<b>Self-esteem for girls</b>	Hartley-Brewer, Elizabeth	0091855861	Book
<b>Self-esteem bible</b>	Lindenfield, Gael	0007179553	Book
<b>Confidence works</b>	McMahon, Gladeana	9780859698696	Book
<b>Confidence boosters</b>	Perry, Martin	9780600613237	Book

## Dementia

<b>10 helpful hints for carers</b>	Andrews, June	9781857692365	Book
<b>10 helpful hints for dementia design at home</b>	Andrews, June	9781857692549	Book
<b>Coping with dementia</b>			Book

<b>Coping with dementia</b>	DVD
<b>Facing dementia</b>	Book
<b>Living well with dementia</b>	DVD

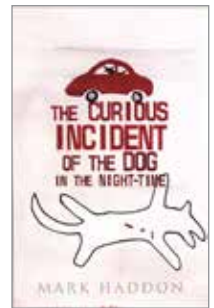
## Eating Disorders

<b>Bulimia Nervosa</b>	Cooper, Peter	1854871714	Book
<b>Overcoming binge eating</b>	Fairburn, Christopher G.	9780898621792	Book
<b>Overcoming anorexia nervosa</b>	Freeman, Christopher	9781854879691	Book
<b>Getting better bit(e) by bit(e)</b>	Schmidt, Ulrike	9780863773228	Book
<b>Anorexia nervosa</b>	Treasure, Janet	9780863777608	Book

## Family, parenting, children and teenagers

<b>Surviving post-natal depression</b>	Aiken, Cara	9781853028618	Book
<b>There's a house inside my mummy</b>	Andreae, Giles	1841210684	Book
<b>How to talk so teens will listen &amp; listen so teens will talk</b>	Faber, Adele	9781853408571	Book
<b>Why love matters</b>	Gerhardt, Sue	9781583918173	Book
<b>New toddler taming</b>	Green, Christopher	0091902584	Book
<b>Secrets of the baby whisperer</b>	Hogg, Tracy	0091857023	Book
<b>Getting through it with CBT</b>	Holdaway, Claire	9781904127048	Book
<b>The huge bag of worries</b>	Ironside, Virginia	9780340903179	Book
<b>Being angry</b>	Johnson, Julie	9780749675011	Book
<b>Confident children: help children feel good about themselves</b>	Lindenfield, Gael	0722539568	Book
<b>How did I begin?</b>	Manning, Mick	9780749656614	Book
<b>Infant massage</b>	McClure, Vimala	9780285636170	Book
<b>What's happening to me?</b>	Meredith, Susan	9780746069950	Book
<b>The social baby</b>	Murray, Lynne	9781903275429	Book
<b>Raising happy brothers and sisters</b>	Parker, Jan	0340834757	Book

<b>Me and my feelings</b>	Powell, Jillian	9780749689681	Book
<b>How are babies made?</b>	Smith, Alastair	0746025025	Book
<b>Children, feelings and divorce</b>	Smith, Heather	9781853434341	Book
<b>What every parent needs to know</b>	Sunderland, Margot	9781405320368	Book
<b>Survival teen island</b>	Tasker, Sandy	9781842851678	Book
<b>Understanding 12–14-year-olds</b>	Waddell, Margot	9781843103677	Book
<b>The incredible years</b>	Webster-Stratton, Carolyn	9781892222046	Book
<b>The illustrated mum</b>	Wilson, Jacqueline	9780440867814	Book
<b>Sabre Tooth Tigers &amp; Teddy Bears</b>	Zeedyk, Suzanne		Book
<b>Play@home: Baby</b>		9781844854370	Book
<b>Play@home: Pre school</b>		9781844854394	Book
<b>Play@home: Toddler</b>		9781844854363	Book
<b>Speakeasy: talking with your children about growing up</b>		9781905506637	Book



## Obsessive Compulsive Disorder

<b>Break free from OCD</b>	Challacombe, Fiona	9780091939694	Book
<b>Understanding obsessions and compulsions: a self-help manual</b>	Tallis, Frank	0859696529	Book
<b>Overcoming obsessive compulsive disorder: a self-help guide using cognitive behavioral techniques</b>	Veale, David	9781849010726	Book

## Sleeping and relaxation

<b>Overcoming insomnia and sleep problems:</b> a self-help guide using cognitive behavioral techniques	Espie, Colin A.	9781459642874	Book
<b>No more sleepless nights</b>	Hauri, Peter	9780471149040	Book
<b>Getting a good night's sleep</b>	Johnston, Fiona	0859698416	Book
<b>1, 2, 3 CHILL!</b>	Williams, Chris	9781906564131	CD
<b>Mind to listen</b>			CD

## Various

<b>Breaking free: help for survivors of child sexual abuse</b>	Ainscough, Carolyn	9780859698108	Book
<b>Overcoming chronic pain:</b> a self-help guide using cognitive behavioral techniques	Cole, Frances	9781459642904	Book
<b>Overcoming relationship problems:</b> a self-help guide using cognitive behavioral techniques	Crowe, Michael	9781459658660	Book
<b>The curious incident of the dog in the night-time</b>	Haddon, Mark	9780099456766	Book
<b>Overcoming traumatic stress</b>	Herbert, Claudia	9781841190167	Book

### Healthy Reading webpage:

[www.elament.org.uk/self-help-resources/healthy-reading.aspx](http://www.elament.org.uk/self-help-resources/healthy-reading.aspx)

**Culture NL library catalogue:** <https://librariesnl.northlan.gov.uk>

**SLL&C library catalogue:** [www.sllclibrary.co.uk](http://www.sllclibrary.co.uk)

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