

Shelf Help: helps you to understand and manage your health and wellbeing using self-help reading

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@book{Brahmachari_2013, address={London}, title={Kite spirit}, publisher={Macmillan Children's Books}, author={Brahmachari, Sita}, year={2013} }

@book{Burgess_Chalder_2009, address={London}, title={Overcoming chronic fatigue: a self-help guide using cognitive behavioral techniques}, volume={Overcoming series}, publisher={Robinson}, author={Burgess, Mary and Chalder, Trudie}, year={2009} }

@book{Butler_1999, address={London}, title={Overcoming social anxiety and shyness: a self-help guide using cognitive behavioral techniques}, publisher={Robinson}, author={Butler, Gillian}, year={1999} }

@book{Campling_Sharpe_2008a, address={Oxford}, edition={2nd Edition}, title={Chronic Fatigue Syndrome (CFS/ME)}, volume={the facts}, publisher={Oxford University Press}, author={Campling, Frankie and Sharpe, Michael}, year={2008} }

@book{Campling_Sharpe_2008b, address={Oxford}, edition={2nd ed}, title={Chronic Fatigue Syndrome (CFS/ME)}, volume={the facts}, url={http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9780191552755}, publisher={Oxford University Press}, author={Campling, Frankie and Sharpe, Michael}, year={2008} }

@book{Casale_2015, address={London}, title={House of windows}, publisher={Faber and Faber}, author={Casale, Alexia}, year={2015} }

@book{Challacombe_Oldfield_Salkovskis_2011, address={London}, title={Break free from OCD}, publisher={Vermilion}, author={Challacombe, Fiona and Oldfield, Victoria Bream and Salkovskis, Paul M.}, year={2011} }

@book{Chbosky_2013, address={London}, title={The perks of being a wallflower}, publisher={Simon & Schuster Children's}, author={Chbosky, Stephen}, year={2013} }

@book{Cole_MacDonald_Carus_Howden-Leach_2010, address={London}, title={Overcoming chronic pain: a self-help manual using cognitive behavioral techniques}, volume={Overcoming series}, publisher={Robinson}, author={Cole, Frances and MacDonald, Helen and Carus, Catherine and Howden-Leach, Hazel}, year={2010} }

@book{Collins-Donnelly_2014a, address={London}, title={Banish your body image thief: a cognitive behavioural therapy workbook on building positive body image for young people}, publisher={Jessica Kingsley Publishers}, author={Collins-Donnelly, Kate},

year={2014} }

@book{Collins-Donnelly_2014b, address={London}, title={Banish Your Self-Esteem Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Self-Esteem for Young People}, publisher={Jessica Kingsley Publishers}, author={Collins-Donnelly, Kate}, year={2014} }

@book{Collins-Donnelly_2014c, address={London}, title={Banish your self-esteem thief: a cognitive behavioural therapy workbook on building positive self-esteem for young people}, url={http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9780857008411}, publisher={Jessica Kingsley Publishers}, author={Collins-Donnelly, Kate}, year={2014} }

@book{Crowe_2005, address={London}, title={Overcoming relationship problems: a self-help guide using cognitive behavioral techniques}, publisher={Robinson}, author={Crowe, Michael}, year={2005} }

@book{Davies_2013, address={Richmond, BC}, edition={ [Large Print] }, title={Overcoming Anger and Irritability}, publisher={ReadHowYouWant.com Ltd}, author={Davies, William}, year={2013} }

@book{Davis_Eshelman_McKay_2008, address={Oakland, Calif}, edition={6th ed}, title={The relaxation & stress reduction workbook}, volume={A New Harbinger self-help workbook}, publisher={New Harbinger}, author={Davis, Martha and Eshelman, Elizabeth Robbins and McKay, Matthew}, year={2008} }

@book{Dawson_Hewitt_Correll_2016, address={London}, title={Mind your head}, publisher={Hot Key Books}, author={Dawson, Juno and Hewitt, Olivia and Correll, Gemma}, year={2016} }

@book{Dowrick_Martin_Medaglia_2015a, address={London}, title={Can I Tell You About Depression?: A Guide for Friends, Family and Professionals}, publisher={Jessica Kingsley Publishers}, author={Dowrick, Christopher and Martin, Susan and Medaglia, Mike}, year={2015} }

@book{Dowrick_Martin_Medaglia_2015b, address={London}, title={Can I tell you about depression?: a guide for friends, family and professionals}, url={http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781784500030}, publisher={Jessica Kingsley Publishers}, author={Dowrick, Christopher and Martin, Susan and Medaglia, Mike}, year={2015} }

@book{Elliott_2013, address={London}, title={Bullies, cyberbullies and frenemies}, volume={Teen life confidential}, publisher={Wayland}, author={Elliott, Michele}, year={2013} }

@book{Espie_2006, address={London}, title={Overcoming insomnia and sleep problems: a self-help guide using cognitive behavioral techniques}, publisher={Robinson}, author={Espie, Colin A.}, year={2006} }

@book{Fairburn_2013a, address={New York, New York}, edition={2nd Edition},

title={Overcoming Binge Eating: The Proven Program to Learn Why You Binge and How You Can Stop},
url={http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781462510801}, publisher={The Guilford Press},
author={Fairburn, Christopher G.}, year={2013} }

@book{Fairburn_2013b, address={New York, New York}, edition={Second edition},
title={Overcoming binge eating: the proven program to learn why you binge and how you can stop}, publisher={The Guilford Press}, author={Fairburn, Christopher G.},
year={2013} }

@book{Fairfield_2011, address={London}, title={Tyranny}, publisher={Walker},
author={Fairfield, Lesley}, year={2011} }

@book{Gilbert_2010, address={London}, title={The compassionate mind: a new approach to life's challenges}, publisher={Constable}, author={Gilbert, Paul},
year={2010} }

@book{Greenberger_Padesky_2016, address={New York}, edition={Second edition},
title={Mind over mood: change how you feel by changing the way you think}, publisher={The Guilford Press}, author={Greenberger, Dennis and Padesky, Christine A.},
year={2016} }

@book{Haddon_2004, address={London}, title={The curious incident of the dog in the night-time}, publisher={Vintage}, author={Haddon, Mark}, year={2004} }

@book{Hanh_1991, address={London}, title={The Miracle of Mindfulness}, publisher={Rider}, author={Hanh, Thich Nhat}, year={1991} }

@book{Hanh_2015, address={Berkeley}, title={No Mud No Lotus: The Art of Transforming Suffering}, publisher={Parallax Press}, author={Hanh, Thich Nhat},
year={2015} }

@book{Higashida_Yoshida_Mitchell_2014, address={London}, title={The reason I jump: one boy's voice from the silence of autism}, publisher={Sceptre}, author={Higashida, Naoki and Yoshida, KA and Mitchell, David}, year={2014} }

@book{Hogan_Young_2007, address={London}, title={An introduction to coping with health anxiety}, volume={Introduction to coping}, publisher={Robinson},
author={Hogan, Brenda and Young, Charles}, year={2007} }

@book{Jackson_2002a, address={London}, title={Freaks, geeks and Asperger syndrome: a user guide to adolescence},
url={http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781846423567}, publisher={Jessica Kingsley},
author={Jackson, Luke}, year={2002} }

@book{Jackson_2002b, address={London}, title={Freaks, geeks and Asperger syndrome: a user guide to adolescence},
url={http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781846423567}, publisher={Jessica Kingsley},

author={Jackson, Luke}, year={2002} }

@book{Jeffers_1991, title={Feel the fear and do it anyway}, publisher={Arrow},
author={Jeffers, Susan}, year={1991} }

@book{Johnstone_2007, address={London}, title={I had a black dog: his name was
depression}, publisher={Constable & Robinson}, author={Johnstone, Matthew},
year={2007} }

@book{Johnstone_2012, address={London}, title={Quiet the mind: an illustrated guide
on how to meditate}, publisher={Robinson}, author={Johnstone, Matthew},
year={2012} }

@book{Lask_Watson_Field_2014, address={London}, title={Can I tell you about eating
disorders?: a guide for friends, family and professionals}, volume={Can I tell you about...?
series},
url={http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9780857007971}, publisher={Jessica Kingsley Publishers},
author={Lask, Bryan and Watson, Lucy and Field, Fiona}, year={2014} }

@book{Leahy_2006, address={London}, title={The worry cure: stop worrying and start
living}, publisher={Piatkus}, author={Leahy, Robert L.}, year={2006} }

@book{Levithan_2013, address={London}, title={Every day}, publisher={Electric
Monkey, an imprint of Egmont}, author={Levithan, David}, year={2013} }

@book{Looker_Gregson_Looker_2010a, address={London}, edition={ [New] ed},
title={Manage Your Stress for a Happier Life},
url={http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781444125719}, publisher={Teach Yourself},
author={Looker, Terry and Gregson, Olga and Looker, Terry}, year={2010} }

@book{Looker_Gregson_Looker_2010b, address={London}, edition={ [New] ed},
title={Manage Your Stress for a Happier Life}, publisher={Teach Yourself},
author={Looker, Terry and Gregson, Olga and Looker, Terry}, year={2010} }

@book{Morgan_2013, address={London}, edition={New edition}, title={Blame my
brain: the amazing teenage brain revealed}, publisher={Walker Books}, author={Morgan,
Nicola}, year={2013} }

@book{Naik_2013, address={London}, title={Self esteem and being you},
volume={Teen life confidential}, publisher={Wayland}, author={Naik, Anita},
year={2013} }

@book{Nelson_2015, address={London}, title={I'll give you the sun},
publisher={Walker Books}, author={Nelson, Jandy}, year={2015} }

@book{Parmanand_2005, address={Birmingham}, edition={illustrated edition},
title={Change Your Mind: Practical Guide to Buddhist Meditation}, publisher={Windhorse
Publications}, author={Parmanand}, year={2005} }

@book{Quinn_Stern_2012, address={Washington, DC}, edition={3rd ed}, title={Putting on the brakes: understanding and taking control of your ADD or ADHD}, publisher={Magination Press}, author={Quinn, Patricia O. and Stern, Judith M.}, year={2012} }

@book{Richardson_Morgan_Walsh_Camelot Foundation_2006, address={[Place of publication not identified]}, title={The truth about self-harm: for young people and their friends and families}, publisher={Mental Health Foundation}, author={Richardson, Celia and Morgan, Kristen and Walsh, Claire and Camelot Foundation}, year={2006} }

@book{Sedley_2015, address={London}, title={Stuff that sucks: accepting what you can't change and committing to what you can}, publisher={Robinson}, author={Sedley, Ben}, year={2015} }

@book{Shannon_2012a, address={Oakland, Calif}, title={The shyness and social anxiety workbook for teens: CBT and act skills to help you build social confidence}, publisher={New Harbinger}, author={Shannon, Jennifer}, year={2012} }

@book{Shannon_2012b, address={Oakland, Calif}, title={The shyness and social anxiety workbook for teens: CBT and act skills to help you build social confidence}, publisher={New Harbinger}, author={Shannon, Jennifer}, year={2012} }

@book{Shannon_2015, address={Oakland, CA}, title={The anxiety survival guide for teens: CBT skills to overcome fear, worry & panic}, volume={The instant help solutions series}, publisher={Instant Help Books an imprint of New Harbinger Pub}, author={Shannon, Jennifer}, editor={Shannon, Doug}, year={2015} }

@book{Tallis_2009, address={London}, title={How to stop worrying}, volume={Overcoming common problems series}, publisher={Sheldon}, author={Tallis, Frank}, year={2009} }

@book{Tompkins_Martinez_2010, address={Washington, DC}, title={My anxious mind: a teen's guide to managing anxiety and panic}, publisher={Magination Press}, author={Tompkins, Michael A. and Martinez, Katherine A.}, year={2010} }

@book{Toten_2015, address={London}, title={The unlikely hero of Room 13B}, publisher={Walker Books}, author={Toten, Teresa}, year={2015} }

@book{Van Dijk_2011, address={Oakland, CA}, title={Don't let your emotions run your life for teens: dialectical behavior therapy skills for helping you manage mood swings, control angry outbursts, and get along with others}, publisher={New Harbinger Publications}, author={Van Dijk, Sheri}, year={2011} }

@book{Vanderberg_2012, address={Minneapolis, Minn}, title={Vicious: true stories by teens about bullying}, volume={Real teen voices series}, publisher={Free Spirit}, author={Vanderberg, Hope}, year={2012} }

@book{Veale_Willson_2005, address={London}, title={Overcoming obsessive compulsive disorder: a self-help guide using cognitive behavioral techniques}, publisher={Robinson}, author={Veale, David and Willson, Rob}, year={2005} }

@book{Wells_2006a, address={London}, edition={1st pbk. ed}, title={Touch and Go Joe: An Adolescent's Experiences of OCD},
url={http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781846424892}, publisher={Jessica Kingsley},
author={Wells, Joe}, year={2006} }

@book{Wells_2006b, address={London}, edition={1st pbk. ed}, title={Touch and Go Joe: An Adolescent's Experiences of OCD}, publisher={Jessica Kingsley}, author={Wells, Joe}, year={2006} }

@book{Williams_Penman_2014, address={London}, title={Mindfulness: a practical guide to finding peace in a frantic world}, publisher={Piatkus}, author={Williams, J. Mark G. and Penman, Danny}, year={2014} }

@book{Willson_Veale_2009, address={London}, title={Overcoming health anxiety: a self-help guide using cognitive behavioral techniques}, volume={Overcoming series}, publisher={Robinson, an imprint of Constable & Robinson}, author={Willson, Rob and Veale, David}, year={2009} }

@book{Zephaniah_1999, address={London}, title={Face}, publisher={Bloomsbury Children's}, author={Zephaniah, Benjamin}, year={1999} }

@misc{Guided Meditations - Tara Brach,
url={https://www.tarabrach.com/guided-meditations/} }

@misc{Guided Imagery Audio Samples from Belleruth Naparstek and Health Journeys,
url={http://www.healthjourneys.com/Main/AudioSample/} }

@misc{Chill - We're here to help you chill, url={http://www.helpmechill.com/} }

@misc{Headspace, url={https://www.headspace.com/headspace-meditation-app} }

@misc{Insight Meditation Timer with guided meditations,
url={https://insighttimer.com/meditation-app} }

@misc{Calm - Meditation Techniques for Sleep and Stress Reduction,
url={https://www.calm.com/} }