

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

View Online



Based on the Reading Well Books on Prescription scheme: <http://reading-well.org.uk/books>

Brahmachari, Sita. 2013. *Kite Spirit*. London: Macmillan Children's Books.

Burgess, Mary, and Trudie Chalder. 2009. *Overcoming Chronic Fatigue: A Self-Help Guide Using Cognitive Behavioral Techniques*. Vol. *Overcoming* series. London: Robinson.

Butler, Gillian. 1999. *Overcoming Social Anxiety and Shyness: A Self-Help Guide Using Cognitive Behavioral Techniques*. London: Robinson.

'Calm - Meditation Techniques for Sleep and Stress Reduction'. n.d. <https://www.calm.com/>.

Campling, Frankie, and Michael Sharpe. 2008a. *Chronic Fatigue Syndrome (CFS/ME)*. 2nd Edition. Vol. *the facts*. Oxford: Oxford University Press.

———. 2008b. *Chronic Fatigue Syndrome (CFS/ME)*. 2nd ed. Vol. *the facts*. Oxford: Oxford University Press.
<http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9780191552755>.

Casale, Alexia. 2015. *House of Windows*. London: Faber and Faber.

Challacombe, Fiona, Victoria Bream Oldfield, and Paul M. Salkovskis. 2011. *Break Free from OCD*. London: Vermilion.

Chbosky, Stephen. 2013. *The Perks of Being a Wallflower*. London: Simon & Schuster Children's.

'Chill - We're Here to Help You Chill'. n.d. <http://www.helpmechill.com/>.

Cole, Frances, Helen MacDonald, Catherine Carus, and Hazel Howden-Leach. 2010. *Overcoming Chronic Pain: A Self-Help Manual Using Cognitive Behavioral Techniques*. Vol. *Overcoming* series. London: Robinson.

Collins-Donnelly, Kate. 2014a. *Banish Your Body Image Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Body Image for Young People*. London: Jessica Kingsley Publishers.

———. 2014b. *Banish Your Self-Esteem Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Self-Esteem for Young People*. London: Jessica Kingsley Publishers.

———. 2014c. *Banish Your Self-Esteem Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Self-Esteem for Young People*. London: Jessica Kingsley Publishers.
<http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9780857008411>.

Crowe, Michael. 2005. *Overcoming Relationship Problems: A Self-Help Guide Using Cognitive Behavioral Techniques*. London: Robinson.

Davies, William. 2013. *Overcoming Anger and Irritability*. [Large Print]. Richmond, BC: ReadHowYouWant.com Ltd.

Davis, Martha, Elizabeth Robbins Eshelman, and Matthew McKay. 2008. *The Relaxation & Stress Reduction Workbook*. 6th ed. Vol. A New Harbinger self-help workbook. Oakland, Calif: New Harbinger.

Dawson, Juno, Olivia Hewitt, and Gemma Correll. 2016. *Mind Your Head*. London: Hot Key Books.

Dowrick, Christopher, Susan Martin, and Mike Medaglia. 2015a. *Can I Tell You About Depression?: A Guide for Friends, Family and Professionals*. London: Jessica Kingsley Publishers.

———. 2015b. *Can I Tell You about Depression?: A Guide for Friends, Family and Professionals*. London: Jessica Kingsley Publishers.
<http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781784500030>.

Elliott, Michele. 2013. *Bullies, Cyberbullies and Frenemies*. Vol. Teen life confidential. London: Wayland.

Espie, Colin A. 2006. *Overcoming Insomnia and Sleep Problems: A Self-Help Guide Using Cognitive Behavioral Techniques*. London: Robinson.

Fairburn, Christopher G. 2013a. *Overcoming Binge Eating: The Proven Program to Learn Why You Binge and How You Can Stop*. 2nd Edition. New York, New York: The Guilford Press.
<http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781462510801>.

———. 2013b. *Overcoming Binge Eating: The Proven Program to Learn Why You Binge and How You Can Stop*. Second edition. New York, New York: The Guilford Press.

Fairfield, Lesley. 2011. *Tyranny*. London: Walker.

Gilbert, Paul. 2010. *The Compassionate Mind: A New Approach to Life's Challenges*. London: Constable.

Greenberger, Dennis, and Christine A. Padesky. 2016. *Mind over Mood: Change How You Feel by Changing the Way You Think*. Second edition. New York: The Guilford Press.

'Guided Imagery Audio Samples from Belleruth Naparstek and Health Journeys'. n.d.

<http://www.healthjourneys.com/Main/AudioSample/>.

'Guided Meditations - Tara Brach'. n.d. <https://www.tarabrach.com/guided-meditations/>.

Haddon, Mark. 2004. *The Curious Incident of the Dog in the Night-Time*. London: Vintage.

Hanh, Thich Nhat. 1991. *The Miracle of Mindfulness*. London: Rider.

———. 2015. *No Mud No Lotus: The Art of Transforming Suffering*. Berkeley: Parallax Press.

'Headspace'. n.d. <https://www.headspace.com/headspace-meditation-app>.

Higashida, Naoki, KA Yoshida, and David Mitchell. 2014. *The Reason I Jump: One Boy's Voice from the Silence of Autism*. London: Sceptre.

Hogan, Brenda, and Charles Young. 2007. *An Introduction to Coping with Health Anxiety*. Vol. Introduction to coping. London: Robinson.

'Insight Meditation Timer with Guided Meditations'. n.d.

<https://insighttimer.com/meditation-app>.

Jackson, Luke. 2002a. *Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence*. London: Jessica Kingsley.

<http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781846423567>.

———. 2002b. *Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence*. London: Jessica Kingsley.

<http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781846423567>.

Jeffers, Susan. 1991. *Feel the Fear and Do It Anyway*. Arrow.

Johnstone, Matthew. 2007. *I Had a Black Dog: His Name Was Depression*. London: Constable & Robinson.

———. 2012. *Quiet the Mind: An Illustrated Guide on How to Meditate*. London: Robinson.

Lask, Bryan, Lucy Watson, and Fiona Field. 2014. *Can I Tell You about Eating Disorders?: A Guide for Friends, Family and Professionals*. Vol. Can I tell you about...? series. London: Jessica Kingsley Publishers.

<http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9780857007971>.

Leahy, Robert L. 2006. *The Worry Cure: Stop Worrying and Start Living*. London: Piatkus.

Levithan, David. 2013. *Every Day*. London: Electric Monkey, an imprint of Egmont.

Looker, Terry, Olga Gregson, and Terry Looker. 2010a. *Manage Your Stress for a Happier Life*. [New] ed. London: Teach Yourself.

<http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781444125719>.

- . 2010b. *Manage Your Stress for a Happier Life*. [New] ed. London: Teach Yourself.
- Morgan, Nicola. 2013. *Blame My Brain: The Amazing Teenage Brain Revealed*. New edition. London: Walker Books.
- Naik, Anita. 2013. *Self Esteem and Being You*. Vol. Teen life confidential. London: Wayland.
- Nelson, Jandy. 2015. *I'll Give You the Sun*. London: Walker Books.
- Parmanand. 2005. *Change Your Mind: Practical Guide to Buddhist Meditation*. Illustrated edition. Birmingham: Windhorse Publications.
- Quinn, Patricia O., and Judith M. Stern. 2012. *Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD*. 3rd ed. Washington, DC: Magination Press.
- Richardson, Celia, Kristen Morgan, Claire Walsh, and Camelot Foundation. 2006. *The Truth about Self-Harm: For Young People and Their Friends and Families*. [Place of publication not identified]: Mental Health Foundation.
- Sedley, Ben. 2015. *Stuff That Sucks: Accepting What You Can't Change and Committing to What You Can*. London: Robinson.
- Shannon, Jennifer. 2012a. *The Shyness and Social Anxiety Workbook for Teens: CBT and Act Skills to Help You Build Social Confidence*. Oakland, Calif: New Harbinger.
- . 2012b. *The Shyness and Social Anxiety Workbook for Teens: CBT and Act Skills to Help You Build Social Confidence*. Oakland, Calif: New Harbinger.
- . 2015. *The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry & Panic*. Edited by Doug Shannon. Vol. The instant help solutions series. Oakland, CA: Instant Help Books an imprint of New Harbinger Pub.
- Tallis, Frank. 2009. *How to Stop Worrying*. Vol. Overcoming common problems series. London: Sheldon.
- Tompkins, Michael A., and Katherine A. Martinez. 2010. *My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic*. Washington, DC: Magination Press.
- Toten, Teresa. 2015. *The Unlikely Hero of Room 13B*. London: Walker Books.
- Van Dijk, Sheri. 2011. *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*. Oakland, CA: New Harbinger Publications.
- Vanderberg, Hope. 2012. *Vicious: True Stories by Teens about Bullying*. Vol. Real teen voices series. Minneapolis, Minn: Free Spirit.
- Veale, David, and Rob Willson. 2005. *Overcoming Obsessive Compulsive Disorder: A Self-Help Guide Using Cognitive Behavioral Techniques*. London: Robinson.

- Wells, Joe. 2006a. *Touch and Go Joe: An Adolescent's Experiences of OCD*. 1st pbk. ed. London: Jessica Kingsley.
<http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781846424892>.
- . 2006b. *Touch and Go Joe: An Adolescent's Experiences of OCD*. 1st pbk. ed. London: Jessica Kingsley.
- Williams, J. Mark G., and Danny Penman. 2014. *Mindfulness: A Practical Guide to Finding Peace in a Frantic World*. London: Piatkus.
- Willson, Rob, and David Veale. 2009. *Overcoming Health Anxiety: A Self-Help Guide Using Cognitive Behavioral Techniques*. Vol. *Overcoming series*. London: Robinson, an imprint of Constable & Robinson.
- Zephaniah, Benjamin. 1999. *Face*. London: Bloomsbury Children's.