

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

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

Brahmachari, Sita, *Kite Spirit* (Macmillan Children's Books, 2013)

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

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

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

Campling, Frankie, and Michael Sharpe, *Chronic Fatigue Syndrome (CFS/ME)*, 2nd ed (Oxford University Press, 2008), *the facts*

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Casale, Alexia, *House of Windows* (Faber and Faber, 2015)

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Chbosky, Stephen, *The Perks of Being a Wallflower* (Simon & Schuster Children's, 2013)

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

Cole, Frances, and others, *Overcoming Chronic Pain: A Self-Help Manual Using Cognitive Behavioral Techniques* (Robinson, 2010), *Overcoming series*

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

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

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Dawson, Juno, Olivia Hewitt, and Gemma Correll, Mind Your Head (Hot Key Books, 2016)

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

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Elliott, Michele, Bullies, Cyberbullies and Frenemies (Wayland, 2013), Teen life confidential

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

Fairburn, Christopher G., Overcoming Binge Eating: The Proven Program to Learn Why You Binge and How You Can Stop, 2nd Edition (The Guilford Press, 2013)

—, Overcoming Binge Eating: The Proven Program to Learn Why You Binge and How You Can Stop, Second edition (The Guilford Press, 2013)

Fairfield, Lesley, Tyranny (Walker, 2011)

Gilbert, Paul, The Compassionate Mind: A New Approach to Life's Challenges (Constable, 2010)

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

'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/>>

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Hanh, Thich Nhat, No Mud No Lotus: The Art of Transforming Suffering (Parallax Press, 2015)

—, The Miracle of Mindfulness (Rider, 1991)

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

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from the Silence of Autism (Sceptre, 2014)

Hogan, Brenda, and Charles Young, An Introduction to Coping with Health Anxiety (Robinson, 2007), Introduction to coping

'Insight Meditation Timer with Guided Meditations', n.d.
<<https://insighttimer.com/meditation-app>>

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

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

Levithan, David, Every Day (Electric Monkey, an imprint of Egmont, 2013)

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Richardson, Celia, and others, The Truth about Self-Harm: For Young People and Their Friends and Families (Mental Health Foundation, 2006)

Sedley, Ben, *Stuff That Sucks: Accepting What You Can't Change and Committing to What You Can* (Robinson, 2015)

Shannon, Jennifer, *The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry & Panic*, ed. by Doug Shannon (Instant Help Books an imprint of New Harbinger Pub, 2015), *The instant help solutions series*

—, *The Shyness and Social Anxiety Workbook for Teens: CBT and Act Skills to Help You Build Social Confidence* (New Harbinger, 2012)

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Tallis, Frank, *How to Stop Worrying* (Sheldon, 2009), *Overcoming common problems series*

Tompkins, Michael A., and Katherine A. Martinez, *My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic* (Magination Press, 2010)

Toten, Teresa, *The Unlikely Hero of Room 13B* (Walker Books, 2015)

Van Dijk, Sheri, *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* (New Harbinger Publications, 2011)

Vanderberg, Hope, *Vicious: True Stories by Teens about Bullying* (Free Spirit, 2012), *Real teen voices series*

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Zephaniah, Benjamin, *Face* (Bloomsbury Children's, 1999)