

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* (London: Macmillan Children's Books, 2013)

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

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

'Calm - Meditation Techniques for Sleep and Stress Reduction' <<https://www.calm.com/>>
Campling, Frankie, and Michael Sharpe, *Chronic Fatigue Syndrome (CFS/ME)*, 2nd Edition (Oxford: Oxford University Press, 2008), the facts

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

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

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

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

Cole, Frances, Helen MacDonald, Catherine Carus, and Hazel Howden-Leach, *Overcoming Chronic Pain: A Self-Help Manual Using Cognitive Behavioral Techniques* (London: 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* (London: Jessica Kingsley Publishers, 2014)

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

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

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

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

Dowrick, Christopher, Susan Martin, and Mike Medaglia, *Can I Tell You About Depression?: A Guide for Friends, Family and Professionals* (London: Jessica Kingsley Publishers, 2015)
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Elliott, Michele, *Bullies, Cyberbullies and Frenemies* (London: Wayland, 2013), Teen life confidential

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

Fairburn, Christopher G., *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, 2013)
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Fairfield, Lesley, *Tyranny* (London: Walker, 2011)

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

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

'Guided Imagery Audio Samples from Belleruth Naparstek and Health Journeys'
<<http://www.healthjourneys.com/Main/AudioSample/>>

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

Haddon, Mark, *The Curious Incident of the Dog in the Night-Time* (London: Vintage, 2004)
Hanh, Thich Nhat, *No Mud No Lotus: The Art of Transforming Suffering* (Berkeley: Parallax Press, 2015)

———, *The Miracle of Mindfulness* (London: Rider, 1991)

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

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

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

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

Jackson, Luke, *Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence* (London: Jessica Kingsley, 2002)
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Jeffers, Susan, *Feel the Fear and Do It Anyway* (Arrow, 1991)

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

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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* (London: Jessica Kingsley Publishers, 2014), Can I tell you about...? series
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Leahy, Robert L., *The Worry Cure: Stop Worrying and Start Living* (London: Piatkus, 2006)

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

Looker, Terry, Olga Gregson, and Terry Looker, *Manage Your Stress for a Happier Life*, [New] ed (London: Teach Yourself, 2010)
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Morgan, Nicola, *Blame My Brain: The Amazing Teenage Brain Revealed*, New edition (London: Walker Books, 2013)

Naik, Anita, *Self Esteem and Being You* (London: Wayland, 2013), Teen life confidential

Nelson, Jandy, *I'll Give You the Sun* (London: Walker Books, 2015)

Parmanand, *Change Your Mind: Practical Guide to Buddhist Meditation*, illustrated edition (Birmingham: Windhorse Publications, 2005)

Quinn, Patricia O., and Judith M. Stern, *Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD*, 3rd ed (Washington, DC: Magination Press, 2012)

Richardson, Celia, Kristen Morgan, Claire Walsh, and Camelot Foundation, *The Truth about Self-Harm: For Young People and Their Friends and Families* ([Place of publication not identified]: Mental Health Foundation, 2006)

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

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

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Tallis, Frank, *How to Stop Worrying* (London: 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* (Washington, DC: Magination Press, 2010)

Toten, Teresa, *The Unlikely Hero of Room 13B* (London: 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* (Oakland, CA: New Harbinger Publications, 2011)

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

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Wells, Joe, *Touch and Go Joe: An Adolescent's Experiences of OCD*, 1st pbk. ed (London:

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