

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. 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.

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. <https://www.calm.com/>.

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

———. Chronic Fatigue Syndrome (CFS/ME). 2nd Edition, the facts, Oxford University Press, 2008.

Casale, Alexia. House of Windows. Faber and Faber, 2015.

Challacombe, Fiona, et al. Break Free From OCD. Vermilion, 2011.

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

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

Cole, Frances, et al. Overcoming Chronic Pain: A Self-Help Manual Using Cognitive Behavioral Techniques. Robinson, 2010.

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. Electronic resource.

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

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

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

Davis, Martha, et al. The Relaxation & Stress Reduction Workbook. 6th ed, A New Harbinger self-help workbook, New Harbinger, 2008.

Dawson, Juno, et al. Mind Your Head. Hot Key Books, 2016.

Dowrick, Christopher, et al. Can I Tell You about Depression?: A Guide for Friends, Family and Professionals. Jessica Kingsley Publishers, 2015. Electronic resource.

———. Can I Tell You About Depression?: A Guide for Friends, Family and Professionals. Jessica Kingsley Publishers, 2015.

Elliott, Michele. Bullies, Cyberbullies and Frenemies. Wayland, 2013.

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. Electronic resource.

———. 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.
<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. Vintage, 2004.

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

———. The Miracle of Mindfulness. Rider, 1991.

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

Higashida, Naoki, et al. The Reason I Jump: One Boy's Voice from the Silence of Autism. Sceptre, 2014.

Hogan, Brenda, and Charles Young. An Introduction to Coping with Health Anxiety.

Robinson, 2007.

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

Jackson, Luke. Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence. Jessica Kingsley, 2002. Electronic resource.

———. Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence. Jessica Kingsley, 2002. Electronic resource.

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

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

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

Lask, Bryan, et al. Can I Tell You about Eating Disorders?: A Guide for Friends, Family and Professionals. Jessica Kingsley Publishers, 2014. Electronic resource.

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

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

Looker, Terry, et al. Manage Your Stress for a Happier Life. [New] ed, Teach Yourself, 2010. Electronic resource.

———. Manage Your Stress for a Happier Life. [New] ed, Teach Yourself, 2010.

Morgan, Nicola. Blame My Brain: The Amazing Teenage Brain Revealed. New edition, Walker Books, 2013.

Naik, Anita. Self Esteem and Being You. Wayland, 2013.

Nelson, Jandy. I'll Give You the Sun. Walker Books, 2015.

Parmanand. Change Your Mind: Practical Guide to Buddhist Meditation. Illustrated edition, Windhorse Publications, 2005.

Quinn, Patricia O., and Judith M. Stern. Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD. 3rd Edition, Magination Press, 2012.

Richardson, Celia, et al. 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. Edited by Doug Shannon, The instant help solutions series, Instant Help

Books an imprint of New Harbinger Pub, 2015.

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

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

Tallis, Frank. How to Stop Worrying. Sheldon, 2009.

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.

Veale, David, and Rob Willson. Overcoming Obsessive Compulsive Disorder: A Self-Help Guide Using Cognitive Behavioral Techniques. Robinson, 2005.

Wells, Joe. Touch and Go Joe: An Adolescent's Experiences of OCD. 1st pbk. ed, Jessica Kingsley, 2006. Electronic resource.

———. Touch and Go Joe: An Adolescent's Experiences of OCD. 1st pbk. ed, Jessica Kingsley, 2006.

Williams, J. Mark G., and Danny Penman. Mindfulness: A Practical Guide to Finding Peace in a Frantic World. Piatkus, 2014.

Willson, Rob, and David Veale. Overcoming Health Anxiety: A Self-Help Guide Using Cognitive Behavioral Techniques. Robinson, an imprint of Constable & Robinson, 2009.

Zephaniah, Benjamin. Face. Bloomsbury Children's, 1999.