

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

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

View Online



1.
Sedley, B. *Stuff that sucks: accepting what you can't change and committing to what you can.* (Robinson, 2015).

2.
Casale, A. *House of windows.* (Faber and Faber, 2015).

3.
Dawson, J., Hewitt, O. & Correll, G. *Mind your head.* (Hot Key Books, 2016).

4.
Levithan, D. *Every day.* (Electric Monkey, an imprint of Egmont, 2013).

5.
Brahmachari, S. *Kite spirit.* (Macmillan Children's Books, 2013).

6.
Johnstone, M. *Quiet the mind: an illustrated guide on how to meditate.* (Robinson, 2012).

7.

Morgan, N. Blame my brain: the amazing teenage brain revealed. (Walker Books, 2013).

8.

Nelson, J. I'll give you the sun. (Walker Books, 2015).

9.

Quinn, P. O. & Stern, J. M. Putting on the brakes: understanding and taking control of your ADD or ADHD. (Magination Press, 2012).

10.

Davies, W. Overcoming Anger and Irritability. (ReadHowYouWant.com Ltd, 2013).

11.

Chbosky, S. The perks of being a wallflower. (Simon & Schuster Children's, 2013).

12.

Shannon, J. The anxiety survival guide for teens: CBT skills to overcome fear, worry & panic. vol. The instant help solutions series (Instant Help Books an imprint of New Harbinger Pub, 2015).

13.

Tompkins, M. A. & Martinez, K. A. My anxious mind: a teen's guide to managing anxiety and panic. (Magination Press, 2010).

14.

Shannon, J. The shyness and social anxiety workbook for teens: CBT and act skills to help you build social confidence. (New Harbinger, 2012).

15.

Jeffers, S. *Feel the fear and do it anyway*. (Arrow, 1991).

16.

Shannon, J. *The shyness and social anxiety workbook for teens: CBT and act skills to help you build social confidence*. (New Harbinger, 2012).

17.

Jackson, L. *Freaks, geeks and Asperger syndrome: a user guide to adolescence*. (Jessica Kingsley, 2002).

18.

Jackson, L. *Freaks, geeks and Asperger syndrome: a user guide to adolescence*. (Jessica Kingsley, 2002).

19.

Higashida, N., Yoshida, K. & Mitchell, D. *The reason I jump: one boy's voice from the silence of autism*. (Sceptre, 2014).

20.

Haddon, M. *The curious incident of the dog in the night-time*. (Vintage, 2004).

21.

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

22.

Fairburn, C. G. Overcoming binge eating: the proven program to learn why you binge and how you can stop. (The Guilford Press, 2013).

23.

Collins-Donnelly, K. Banish your body image thief: a cognitive behavioural therapy workbook on building positive body image for young people. (Jessica Kingsley Publishers, 2014).

24.

Fairfield, L. Tyranny. (Walker, 2011).

25.

Lask, B., Watson, L. & Field, F. Can I tell you about eating disorders?: a guide for friends, family and professionals. vol. Can I tell you about...? series (Jessica Kingsley Publishers, 2014).

26.

Vanderberg, H. Vicious: true stories by teens about bullying. vol. Real teen voices series (Free Spirit, 2012).

27.

Elliott, M. Bullies, cyberbullies and frenemies. vol. Teen life confidential (Wayland, 2013).

28.

Campling, F. & Sharpe, M. Chronic Fatigue Syndrome (CFS/ME). vol. the facts (Oxford University Press, 2008).

29.

Campling, F. & Sharpe, M. Chronic Fatigue Syndrome (CFS/ME). vol. the facts (Oxford

University Press, 2008).

30.

Burgess, M. & Chalder, T. Overcoming chronic fatigue: a self-help guide using cognitive behavioral techniques. vol. Overcoming series (Robinson, 2009).

31.

Cole, F., MacDonald, H., Carus, C. & Howden-Leach, H. Overcoming chronic pain: a self-help manual using cognitive behavioral techniques. vol. Overcoming series (Robinson, 2010).

32.

Zephaniah, B. Face. (Bloomsbury Children's, 1999).

33.

Naik, A. Self esteem and being you. vol. Teen life confidential (Wayland, 2013).

34.

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

35.

Collins-Donnelly, K. Banish your self-esteem thief: a cognitive behavioural therapy workbook on building positive self-esteem for young people. (Jessica Kingsley Publishers, 2014).

36.

Johnstone, M. I had a black dog: his name was depression. (Constable & Robinson, 2007).

37.

Dowrick, C., Martin, S. & Medaglia, M. Can I Tell You About Depression?: A Guide for Friends, Family and Professionals. (Jessica Kingsley Publishers, 2015).

38.

Dowrick, C., Martin, S. & Medaglia, M. Can I tell you about depression?: a guide for friends, family and professionals. (Jessica Kingsley Publishers, 2015).

39.

Greenberger, D. & Padesky, C. A. Mind over mood: change how you feel by changing the way you think. (The Guilford Press, 2016).

40.

Willson, R. & Veale, D. Overcoming health anxiety: a self-help guide using cognitive behavioral techniques. vol. Overcoming series (Robinson, an imprint of Constable & Robinson, 2009).

41.

Hogan, B. & Young, C. An introduction to coping with health anxiety. vol. Introduction to coping (Robinson, 2007).

42.

Van Dijk, S. 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).

43.

Challacombe, F., Oldfield, V. B. & Salkovskis, P. M. Break free from OCD. (Vermilion, 2011).

44.

Wells, J. Touch and Go Joe: An Adolescent's Experiences of OCD. (Jessica Kingsley, 2006).

45.

Wells, J. Touch and Go Joe: An Adolescent's Experiences of OCD. (Jessica Kingsley, 2006).

46.

Toten, T. The unlikely hero of Room 13B. (Walker Books, 2015).

47.

Veale, D. & Willson, R. Overcoming obsessive compulsive disorder: a self-help guide using cognitive behavioral techniques. (Robinson, 2005).

48.

Crowe, M. Overcoming relationship problems: a self-help guide using cognitive behavioral techniques. (Robinson, 2005).

49.

Richardson, C., Morgan, K., Walsh, C., & Camelot Foundation. The truth about self-harm: for young people and their friends and families. (Mental Health Foundation, 2006).

50.

Espie, C. A. Overcoming insomnia and sleep problems: a self-help guide using cognitive behavioral techniques. (Robinson, 2006).

51.

Butler, G. Overcoming social anxiety and shyness: a self-help guide using cognitive behavioral techniques. (Robinson, 1999).

52.

Looker, T., Gregson, O. & Looker, T. Manage Your Stress for a Happier Life. (Teach Yourself, 2010).

53.

Looker, T., Gregson, O. & Looker, T. Manage Your Stress for a Happier Life. (Teach Yourself, 2010).

54.

Davis, M., Eshelman, E. R. & McKay, M. The relaxation & stress reduction workbook. vol. A New Harbinger self-help workbook (New Harbinger, 2008).

55.

Tallis, F. How to stop worrying. vol. Overcoming common problems series (Sheldon, 2009).

56.

Leahy, R. L. The worry cure: stop worrying and start living. (Piatkus, 2006).

57.

Williams, J. M. G. & Penman, D. Mindfulness: a practical guide to finding peace in a frantic world. (Piatkus, 2014).

58.

Hanh, T. N. The Miracle of Mindfulness. (Rider, 1991).

59.

Hanh, T. N. No Mud No Lotus: The Art of Transforming Suffering. (Parallax Press, 2015).

60.

Gilbert, P. The compassionate mind: a new approach to life's challenges. (Constable, 2010).

61.

Parmanand. Change Your Mind: Practical Guide to Buddhist Meditation. (Windhorse Publications, 2005).

62.

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

63.

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

64.

Chill - We're here to help you chill. <http://www.helpmechill.com/>.

65.

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

66.

Insight Meditation Timer with guided meditations. <https://insighttimer.com/meditation-app>.

67.

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