

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. London: Robinson; 2015.

2.

Casale A. House of windows. London: Faber and Faber; 2015.

3.

Dawson J, Hewitt O, Correll G. Mind your head. London: Hot Key Books; 2016.

4.

Levithan D. Every day. London: Electric Monkey, an imprint of Egmont; 2013.

5.

Brahmachari S. Kite spirit. London: Macmillan Children's Books; 2013.

6.

Johnstone M. Quiet the mind: an illustrated guide on how to meditate. London: Robinson; 2012.

7.

Morgan N. Blame my brain: the amazing teenage brain revealed. New edition. London: Walker Books; 2013.

8.

Nelson J. I'll give you the sun. London: Walker Books; 2015.

9.

Quinn PO, Stern JM. Putting on the brakes: understanding and taking control of your ADD or ADHD. 3rd ed. Washington, DC: Magination Press; 2012.

10.

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

11.

Chbosky S. The perks of being a wallflower. London: Simon & Schuster Children's; 2013.

12.

Shannon J. The anxiety survival guide for teens: CBT skills to overcome fear, worry & panic. Shannon D, editor. Vol. The instant help solutions series. Oakland, CA: Instant Help Books an imprint of New Harbinger Pub; 2015.

13.

Tompkins MA, Martinez KA. My anxious mind: a teen's guide to managing anxiety and panic. Washington, DC: Magination Press; 2010.

14.

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

17.

Jackson L. Freaks, geeks and Asperger syndrome: a user guide to adolescence [Internet]. London: Jessica Kingsley; 2002. Available from:
<http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781846423567>

18.

Jackson L. Freaks, geeks and Asperger syndrome: a user guide to adolescence [Internet]. London: Jessica Kingsley; 2002. Available from:
<http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781846423567>

19.

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

20.

Haddon M. The curious incident of the dog in the night-time. London: Vintage; 2004.

21.

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

22.

Fairburn CG. 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; 2013.

23.

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

24.

Fairfield L. Tyranny. London: Walker; 2011.

25.

Lask B, Watson L, Field F. Can I tell you about eating disorders?: a guide for friends, family and professionals [Internet]. Vol. Can I tell you about...? series. London: Jessica Kingsley Publishers; 2014. Available from:
<http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9780857007971>

26.

Vanderberg H. Vicious: true stories by teens about bullying. Vol. Real teen voices series. Minneapolis, Minn: Free Spirit; 2012.

27.

Elliott M. Bullies, cyberbullies and frenemies. Vol. Teen life confidential. London: Wayland; 2013.

28.

Campling F, Sharpe M. Chronic Fatigue Syndrome (CFS/ME). 2nd Edition. Vol. the facts. Oxford: Oxford University Press; 2008.

29.

Campling F, Sharpe M. Chronic Fatigue Syndrome (CFS/ME) [Internet]. 2nd ed. Vol. the facts. Oxford: Oxford University Press; 2008. Available from: <http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9780191552755>

30.

Burgess M, Chalder T. Overcoming chronic fatigue: a self-help guide using cognitive behavioral techniques. Vol. Overcoming series. London: 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. London: Robinson; 2010.

32.

Zephaniah B. Face. London: Bloomsbury Children's; 1999.

33.

Naik A. Self esteem and being you. Vol. Teen life confidential. London: Wayland; 2013.

34.

Collins-Donnelly K. Banish Your Self-Esteem Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Self-Esteem for Young People. London: 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 [Internet]. London: Jessica Kingsley Publishers; 2014. Available from:
<http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9780857008411>

36.

Johnstone M. I had a black dog: his name was depression. London: Constable & Robinson; 2007.

37.

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

38.

Dowrick C, Martin S, Medaglia M. Can I tell you about depression?: a guide for friends, family and professionals [Internet]. London: Jessica Kingsley Publishers; 2015. Available from:
<http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781784500030>

39.

Greenberger D, Padesky CA. Mind over mood: change how you feel by changing the way you think. Second edition. New York: The Guilford Press; 2016.

40.

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

41.

Hogan B, Young C. An introduction to coping with health anxiety. Vol. Introduction to coping. London: 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. Oakland, CA: New Harbinger Publications; 2011.

43.

Challacombe F, Oldfield VB, Salkovskis PM. Break free from OCD. London: Vermilion; 2011.

44.

Wells J. Touch and Go Joe: An Adolescent's Experiences of OCD [Internet]. 1st pbk. ed. London: Jessica Kingsley; 2006. Available from:
<http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781846424892>

45.

Wells J. Touch and Go Joe: An Adolescent's Experiences of OCD. 1st pbk. ed. London: Jessica Kingsley; 2006.

46.

Toten T. The unlikely hero of Room 13B. London: Walker Books; 2015.

47.

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

48.

Crowe M. Overcoming relationship problems: a self-help guide using cognitive behavioral techniques. London: Robinson; 2005.

49.

Richardson C, Morgan K, Walsh C, Camelot Foundation. The truth about self-harm: for young people and their friends and families. [Place of publication not identified]: Mental Health Foundation; 2006.

50.

Espie CA. Overcoming insomnia and sleep problems: a self-help guide using cognitive behavioral techniques. London: Robinson; 2006.

51.

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

52.

Looker T, Gregson O, Looker T. Manage Your Stress for a Happier Life [Internet]. [New] ed. London: Teach Yourself; 2010. Available from:
<http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781444125719>

53.

Looker T, Gregson O, Looker T. Manage Your Stress for a Happier Life. [New] ed. London: Teach Yourself; 2010.

54.

Davis M, Eshelman ER, McKay M. The relaxation & stress reduction workbook. 6th ed. Vol. A New Harbinger self-help workbook. Oakland, Calif: New Harbinger; 2008.

55.

Tallis F. How to stop worrying. Vol. Overcoming common problems series. London: Sheldon; 2009.

56.

Leahy RL. The worry cure: stop worrying and start living. London: Piatkus; 2006.

57.

Williams JMG, Penman D. Mindfulness: a practical guide to finding peace in a frantic world. London: Piatkus; 2014.

58.

Hanh TN. The Miracle of Mindfulness. London: Rider; 1991.

59.

Hanh TN. No Mud No Lotus: The Art of Transforming Suffering. Berkeley: Parallax Press; 2015.

60.

Gilbert P. The compassionate mind: a new approach to life's challenges. London: Constable; 2010.

61.

Parmanand. Change Your Mind: Practical Guide to Buddhist Meditation. illustrated edition. Birmingham: Windhorse Publications; 2005.

62.

Guided Meditations - Tara Brach [Internet]. Available from:
<https://www.tarabrach.com/guided-meditations/>

63.

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

64.

Chill - We're here to help you chill [Internet]. Available from: <http://www.helpmechill.com/>

65.

Headspace [Internet]. Available from:
<https://www.headspace.com/headspace-meditation-app>

66.

Insight Meditation Timer with guided meditations [Internet]. Available from:
<https://insighttimer.com/meditation-app>

67.

Calm - Meditation Techniques for Sleep and Stress Reduction [Internet]. Available from:
<https://www.calm.com/>