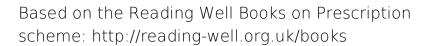
## Shelf Help: helps you to understand and manage your health and wellbeing using self-help reading





[1]

Brahmachari, S. 2013. Kite spirit. Macmillan Children's Books.

[2]

Burgess, M. and Chalder, T. 2009. Overcoming chronic fatigue: a self-help guide using cognitive behavioral techniques. Robinson.

[3]

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

[4]

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

[5]

Campling, F. and Sharpe, M. 2008. Chronic Fatigue Syndrome (CFS/ME). Oxford University Press.

[6]

Campling, F. and Sharpe, M. 2008. Chronic Fatigue Syndrome (CFS/ME). Oxford University Press.

[7] Casale, A. 2015. House of windows. Faber and Faber. [8] Challacombe, F. et al. 2011. Break free from OCD. Vermilion. [9] Chbosky, S. 2013. The perks of being a wallflower. Simon & Schuster Children's. [10] Chill - We're here to help you chill: http://www.helpmechill.com/. [11] Cole, F. et al. 2010. Overcoming chronic pain: a self-help manual using cognitive behavioral techniques. Robinson. [12] Collins-Donnelly, K. 2014. Banish your body image thief: a cognitive behavioural therapy workbook on building positive body image for young people. Jessica Kingsley Publishers. [13]

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

[14]

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

[15]

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

[16]

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

[17]

Davis, M. et al. 2008. The relaxation & stress reduction workbook. New Harbinger.

[18]

Dawson, J. et al. 2016. Mind your head. Hot Key Books.

[19]

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

[20]

Dowrick, C. et al. 2015. Can I tell you about depression?: a guide for friends, family and professionals. Jessica Kingsley Publishers.

[21]

Elliott, M. 2013. Bullies, cyberbullies and frenemies. Wayland.

[22]

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

[23]

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

[24]

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

[25]

Fairfield, L. 2011. Tyranny. Walker.

[26]

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

[27]

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

[28]

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

[29]

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

[30]

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

[31]

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

[32]

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

[33]

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

[34]

Higashida, N. et al. 2014. The reason I jump: one boy's voice from the silence of autism. Sceptre.

[35]

Hogan, B. and Young, C. 2007. An introduction to coping with health anxiety. Robinson.

[36]

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

[37]

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

[38]

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

[39]

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

[40]

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

[41]

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

[42]

Lask, B. et al. 2014. Can I tell you about eating disorders?: a guide for friends, family and professionals. Jessica Kingsley Publishers.

[43]

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

[44]

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

[45]

Looker, T. et al. 2010. Manage Your Stress for a Happier Life. Teach Yourself.

[46]

Looker, T. et al. 2010. Manage Your Stress for a Happier Life. Teach Yourself.

[47]

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

[48]

Naik, A. 2013. Self esteem and being you. Wayland.

[49]

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

[50]

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

[51]

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

[52]

Richardson, C. et al. 2006. The truth about self-harm: for young people and their friends and families. Mental Health Foundation.

[53]

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

[54]

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

[55]

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

[56]

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

[57]

Tallis, F. 2009. How to stop worrying. Sheldon.

[58]

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

[59]

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

[60]

Van Dijk, S. 2011. 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.

[61]

Vanderberg, H. 2012. Vicious: true stories by teens about bullying. Free Spirit.

[62]

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

[63]

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

[64]

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

[65]

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

[66]

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

[67]

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