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



Brahmachari, S. (2013) Kite spirit. London: Macmillan Children's Books.

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

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

Calm - Meditation Techniques for Sleep and Stress Reduction (no date). Available at: https://www.calm.com/.

Campling, F. and Sharpe, M. (2008a) Chronic Fatigue Syndrome (CFS/ME). 2nd Edition. Oxford: Oxford University Press.

Campling, F. and Sharpe, M. (2008b) Chronic Fatigue Syndrome (CFS/ME). 2nd ed. Oxford: Oxford University Press. Available at: http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/e xternal/AbstractView/S9780191552755.

Casale, A. (2015) House of windows. London: Faber and Faber.

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

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

Chill - We're here to help you chill (no date). Available at: http://www.helpmechill.com/.

Cole, F. et al. (2010) Overcoming chronic pain: a self-help manual using cognitive behavioral techniques. London: Robinson.

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

Collins-Donnelly, K. (2014b) Banish Your Self-Esteem Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Self-Esteem for Young People. London: Jessica Kingsley Publishers. Collins-Donnelly, K. (2014c) Banish your self-esteem thief: a cognitive behavioural therapy workbook on building positive self-esteem for young people. London: Jessica Kingsley Publishers. Available at:

http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9780857008411.

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

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

Davis, M., Eshelman, E.R. and McKay, M. (2008) The relaxation & stress reduction workbook. 6th ed. Oakland, Calif: New Harbinger.

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

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

Dowrick, C., Martin, S. and Medaglia, M. (2015b) Can I tell you about depression?: a guide for friends, family and professionals. London: Jessica Kingsley Publishers. Available at: http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/e xternal/AbstractView/S9781784500030.

Elliott, M. (2013) Bullies, cyberbullies and frenemies. London: Wayland.

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

Fairburn, C.G. (2013a) 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. Available at:

http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781462510801.

Fairburn, C.G. (2013b) 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.

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

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

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

Guided Imagery Audio Samples from Belleruth Naparstek and Health Journeys (no date). Available at: http://www.healthjourneys.com/Main/AudioSample/.

Guided Meditations - Tara Brach (no date). Available at:

https://www.tarabrach.com/guided-meditations/.

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

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

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

Headspace (no date). Available at: https://www.headspace.com/headspace-meditation-app.

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

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

Insight Meditation Timer with guided meditations (no date). Available at: https://insighttimer.com/meditation-app.

Jackson, L. (2002a) Freaks, geeks and Asperger syndrome: a user guide to adolescence. London: Jessica Kingsley. Available at: http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/e xternal/AbstractView/S9781846423567.

Jackson, L. (2002b) Freaks, geeks and Asperger syndrome: a user guide to adolescence. London: Jessica Kingsley. Available at: http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/e xternal/AbstractView/S9781846423567.

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

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

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

Lask, B., Watson, L. and Field, F. (2014) Can I tell you about eating disorders?: a guide for friends, family and professionals. London: Jessica Kingsley Publishers. Available at: http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/e xternal/AbstractView/S9780857007971.

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

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

Looker, T., Gregson, O. and Looker, T. (2010a) Manage Your Stress for a Happier Life. [New] ed. London: Teach Yourself. Available at: http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/e xternal/AbstractView/S9781444125719.

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

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

Naik, A. (2013) Self esteem and being you. London: Wayland.

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

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

Quinn, P.O. and Stern, J.M. (2012) Putting on the brakes: understanding and taking control of your ADD or ADHD. 3rd ed. Washington, DC: Magination Press.

Richardson, C. et al. (2006) The truth about self-harm: for young people and their friends and families. [Place of publication not identified]: Mental Health Foundation.

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

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

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

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

Tallis, F. (2009) How to stop worrying. London: Sheldon.

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

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

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. Oakland, CA: New Harbinger Publications.

Vanderberg, H. (2012) Vicious: true stories by teens about bullying. Minneapolis, Minn: Free Spirit.

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

Wells, J. (2006a) Touch and Go Joe: An Adolescent's Experiences of OCD. 1st pbk. ed. London: Jessica Kingsley. Available at: http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/e xternal/AbstractView/S9781846424892.

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

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

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

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