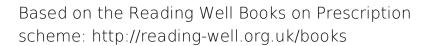
## Shelf Help: helps you to understand and manage your health and wellbeing using self-help reading





[1]

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

[2]

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

[3]

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

[4]

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

[5]

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

[6]

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

[7]

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

[8]

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

[9]

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

[10]

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

[11]

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

[12]

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

[13]

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

[14]

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

[15]

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

[16]

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

[17]

L. Jackson, Freaks, geeks and Asperger syndrome: a user guide to adolescence. London: Jessica Kingsley, 2002 [Online]. Available:

http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781846423567

[18]

L. Jackson, Freaks, geeks and Asperger syndrome: a user guide to adolescence. London: Jessica Kingsley, 2002 [Online]. Available:

http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781846423567

[19]

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

[20]

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

[21]

C. G. Fairburn, 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, 2013 [Online]. Available:

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

[22]

C. G. Fairburn, 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]

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

[24]

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

[25]

B. Lask, L. Watson, and F. Field, Can I tell you about eating disorders?: a guide for friends, family and professionals, vol. Can I tell you about...? series. London: Jessica Kingsley Publishers, 2014 [Online]. Available:

http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9780857007971

[26]

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

[27]

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

[28]

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

[29]

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

[30]

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

[31]

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

[32]

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

[33]

A. Naik, Self esteem and being you, vol. Teen life confidential. London: Wayland, 2013.

[34]

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

[35]

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

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

[36]

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

[37]

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

[38]

C. Dowrick, S. Martin, and M. Medaglia, Can I tell you about depression?: a guide for friends, family and professionals. London: Jessica Kingsley Publishers, 2015 [Online]. Available:

http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781784500030

[39]

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

[40]

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

[41]

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

[42]

S. Van Dijk, 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]

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

[44]

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

[45]

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

[46]

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

[47]

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

[48]

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

[49]

C. Richardson, K. Morgan, C. Walsh, and 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]

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

[51]

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

[52]

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

[53]

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

[54]

M. Davis, E. R. Eshelman, and M. McKay, The relaxation & stress reduction workbook, 6th ed., vol. A New Harbinger self-help workbook. Oakland, Calif: New Harbinger, 2008.

[55]

F. Tallis,	How	to st	Ор	worrying,	vol.	Overcoming	common	problems	series.	London:
Sheldon	200	9.								

[56]

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

[57]

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

[58]

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

[59]

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

[60]

P. Gilbert, 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'. [Online]. Available: https://www.tarabrach.com/guided-meditations/

[63]

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

[64]

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

[65]

'Headspace'. [Online]. Available: https://www.headspace.com/headspace-meditation-app

[66]

'Insight Meditation Timer with guided meditations'. [Online]. Available: https://insighttimer.com/meditation-app

[67]

'Calm - Meditation Techniques for Sleep and Stress Reduction'. [Online]. Available: https://www.calm.com/