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, Sita, Kite Spirit (London: Macmillan Children's Books, 2013)

Burgess, Mary, and Trudie Chalder, Overcoming Chronic Fatigue: A Self-Help Guide Using Cognitive Behavioral Techniques (London: Robinson, 2009), Overcoming series

Butler, Gillian, Overcoming Social Anxiety and Shyness: A Self-Help Guide Using Cognitive Behavioral Techniques (London: Robinson, 1999)

'Calm - Meditation Techniques for Sleep and Stress Reduction' https://www.calm.com/ Campling, Frankie, and Michael Sharpe, Chronic Fatigue Syndrome (CFS/ME), 2nd Edition (Oxford: Oxford University Press, 2008), the facts

———, Chronic Fatigue Syndrome (CFS/ME), 2nd ed (Oxford: Oxford University Press, 2008), the facts

http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9780191552755>

Casale, Alexia, House of Windows (London: Faber and Faber, 2015)

Challacombe, Fiona, Victoria Bream Oldfield, and Paul M. Salkovskis, Break Free from OCD (London: Vermilion, 2011)

Chbosky, Stephen, The Perks of Being a Wallflower (London: Simon & Schuster Children's, 2013)

'Chill - We're Here to Help You Chill' http://www.helpmechill.com/

Cole, Frances, Helen MacDonald, Catherine Carus, and Hazel Howden-Leach, Overcoming Chronic Pain: A Self-Help Manual Using Cognitive Behavioral Techniques (London: Robinson, 2010), Overcoming series

Collins-Donnelly, Kate, Banish Your Body Image Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Body Image for Young People (London: Jessica Kingsley Publishers, 2014)

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

———, Banish Your Self-Esteem Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Self-Esteem for Young People (London: Jessica Kingsley Publishers, 2014) http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9780857008411>

Crowe, Michael, Overcoming Relationship Problems: A Self-Help Guide Using Cognitive Behavioral Techniques (London: Robinson, 2005)

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

Davis, Martha, Elizabeth Robbins Eshelman, and Matthew McKay, The Relaxation & Stress Reduction Workbook, 6th ed (Oakland, Calif: New Harbinger, 2008), A New Harbinger self-help workbook

Dawson, Juno, Olivia Hewitt, and Gemma Correll, Mind Your Head (London: Hot Key Books, 2016)

Dowrick, Christopher, Susan Martin, and Mike Medaglia, Can I Tell You About Depression?: A Guide for Friends, Family and Professionals (London: Jessica Kingsley Publishers, 2015) ———, Can I Tell You about Depression?: A Guide for Friends, Family and Professionals (London: Jessica Kingsley Publishers, 2015) http://exproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781784500030>

Elliott, Michele, Bullies, Cyberbullies and Frenemies (London: Wayland, 2013), Teen life confidential

Espie, Colin A., Overcoming Insomnia and Sleep Problems: A Self-Help Guide Using Cognitive Behavioral Techniques (London: Robinson, 2006)

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

———, 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)

Fairfield, Lesley, Tyranny (London: Walker, 2011)

Gilbert, Paul, The Compassionate Mind: A New Approach to Life's Challenges (London: Constable, 2010)

Greenberger, Dennis, and Christine A. Padesky, Mind over Mood: Change How You Feel by Changing the Way You Think, Second edition (New York: The Guilford Press, 2016)

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

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

Haddon, Mark, The Curious Incident of the Dog in the Night-Time (London: Vintage, 2004) Hanh, Thich Nhat, No Mud No Lotus: The Art of Transforming Suffering (Berkeley: Parallax Press, 2015)

———, The Miracle of Mindfulness (London: Rider, 1991)

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

Higashida, Naoki, KA Yoshida, and David Mitchell, The Reason I Jump: One Boy's Voice from the Silence of Autism (London: Sceptre, 2014)

Hogan, Brenda, and Charles Young, An Introduction to Coping with Health Anxiety (London: Robinson, 2007), Introduction to coping

'Insight Meditation Timer with Guided Meditations' https://insighttimer.com/meditation-app

Jackson, Luke, Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence (London: Jessica Kingsley, 2002)

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

———, Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence (London: Jessica Kingsley, 2002)

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

Jeffers, Susan, Feel the Fear and Do It Anyway (Arrow, 1991)

Johnstone, Matthew, I Had a Black Dog: His Name Was Depression (London: Constable & Robinson, 2007)

———, Quiet the Mind: An Illustrated Guide on How to Meditate (London: Robinson, 2012)

Lask, Bryan, Lucy Watson, and Fiona Field, Can I Tell You about Eating Disorders?: A Guide for Friends, Family and Professionals (London: Jessica Kingsley Publishers, 2014), Can I tell you about...? series

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

Leahy, Robert L., The Worry Cure: Stop Worrying and Start Living (London: Piatkus, 2006)

Levithan, David, Every Day (London: Electric Monkey, an imprint of Egmont, 2013)

Looker, Terry, Olga Gregson, and Terry Looker, Manage Your Stress for a Happier Life, [New] ed (London: Teach Yourself, 2010)

http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781444125719>

———, Manage Your Stress for a Happier Life, [New] ed (London: Teach Yourself, 2010)

Morgan, Nicola, Blame My Brain: The Amazing Teenage Brain Revealed, New edition (London: Walker Books, 2013)

Naik, Anita, Self Esteem and Being You (London: Wayland, 2013), Teen life confidential

Nelson, Jandy, I'll Give You the Sun (London: Walker Books, 2015)

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

Quinn, Patricia O., and Judith M. Stern, Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD, 3rd ed (Washington, DC: Magination Press, 2012)

Richardson, Celia, Kristen Morgan, Claire 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)

Sedley, Ben, Stuff That Sucks: Accepting What You Can't Change and Committing to What You Can (London: Robinson, 2015)

Shannon, Jennifer, The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry & Panic, ed. by Doug Shannon (Oakland, CA: Instant Help Books an imprint of New Harbinger Pub, 2015), The instant help solutions series

———, The Shyness and Social Anxiety Workbook for Teens: CBT and Act Skills to Help You Build Social Confidence (Oakland, Calif: New Harbinger, 2012)

———, The Shyness and Social Anxiety Workbook for Teens: CBT and Act Skills to Help You Build Social Confidence (Oakland, Calif: New Harbinger, 2012)

Tallis, Frank, How to Stop Worrying (London: Sheldon, 2009), Overcoming common problems series

Tompkins, Michael A., and Katherine A. Martinez, My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic (Washington, DC: Magination Press, 2010)

Toten, Teresa, The Unlikely Hero of Room 13B (London: Walker Books, 2015)

Van Dijk, Sheri, 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)

Vanderberg, Hope, Vicious: True Stories by Teens about Bullying (Minneapolis, Minn: Free Spirit, 2012), Real teen voices series

Veale, David, and Rob Willson, Overcoming Obsessive Compulsive Disorder: A Self-Help Guide Using Cognitive Behavioral Techniques (London: Robinson, 2005)

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

Jessica Kingsley, 2006)

http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781846424892>

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

Williams, J. Mark G., and Danny Penman, Mindfulness: A Practical Guide to Finding Peace in a Frantic World (London: Piatkus, 2014)

Willson, Rob, and David Veale, Overcoming Health Anxiety: A Self-Help Guide Using Cognitive Behavioral Techniques (London: Robinson, an imprint of Constable & Robinson, 2009), Overcoming series

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