

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. Robinson, London (2015).

2.

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

3.

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

4.

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

5.

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

6.

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

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

8.

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

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

10.

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

11.

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

12.

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

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

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Shannon, J.: The shyness and social anxiety workbook for teens: CBT and act skills to help

you build social confidence. New Harbinger, Oakland, Calif (2012).

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

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

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

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

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

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

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

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

23.

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

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

25.

Lask, B., Watson, L., Field, F.: Can I tell you about eating disorders?: a guide for friends, family and professionals. Jessica Kingsley Publishers, London (2014).

26.

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

27.

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

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

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

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

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

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

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

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

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

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

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

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

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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. New Harbinger Publications, Oakland, CA (2011).

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

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

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

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

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Looker, T., Gregson, O., Looker, T.: Manage Your Stress for a Happier Life. Teach Yourself, London (2010).

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

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

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

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

64.

Chill - We're here to help you chill, <http://www.helpmechill.com/>.

65.

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

66.

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

67.

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