

# Shelf Help: helps you to understand and manage your health and wellbeing using self-help reading (Academic year 2017-2018)

[View Online](#)

Based on the Reading Well Books on Prescription scheme: <http://reading-well.org.uk/books>

67 items

---

## General (8 items)

---

**Stuff that sucks: accepting what you can't change and committing to what you can** - Ben Sedley, 2015

[Book](#) | [Further](#)

---

**House of windows** - Alexia Casale, 2015

[Book](#) | [Further](#)

---

**Mind your head** - Juno Dawson, Olivia Hewitt, Gemma Correll, 2016

[Book](#) | [Further](#)

---

**Every day** - David Levithan, 2013

[Book](#) | [Further](#)

---

**Kite spirit** - Sita Brahmachari, 2013

[Book](#) | [Further](#)

---

**Quiet the mind: an illustrated guide on how to meditate** - Matthew Johnstone, 2012

[Book](#) | [Further](#)

---

**Blame my brain: the amazing teenage brain revealed** - Nicola Morgan, 2013

[Book](#) | [Further](#)

---

**I'll give you the sun** - Jandy Nelson, 2015

[Book](#) | [Further](#)

---

## ADHD (1 items)

---

**Putting on the brakes: understanding and taking control of your ADD or ADHD** - Patricia O. Quinn, Judith M. Stern, c2012

[Book](#) | [Further](#)

---

## Anger (1 items)

---

**Overcoming Anger and Irritability** - William Davies, 2013

[Book](#) | [Further](#)

---

## Anxiety, Worry and Panic (5 items)

---

**The perks of being a wallflower** - Stephen Chbosky, 2013

[Book](#) | [Further](#)

---

**The anxiety survival guide for teens: CBT skills to overcome fear, worry & panic** - Jennifer Shannon, 2015

[Book](#) | [Further](#)

---

**My anxious mind: a teen's guide to managing anxiety and panic** - Michael A. Tompkins, Katherine A. Martinez, c2010

[Book](#) | [Further](#)

---

**The shyness and social anxiety workbook for teens: CBT and act skills to help you build social confidence** - Jennifer Shannon, 2012

[Book](#) | [Further](#)

---

**Feel the fear and do it anyway** - Susan Jeffers, 1991

[Book](#) | [Further](#)

---

## Autism and Asperger Syndrome (5 items)

---

**The shyness and social anxiety workbook for teens: CBT and act skills to help you build social confidence** - Jennifer Shannon, 2012

[Book](#) | [Further](#)

---

**Freaks, geeks and Asperger syndrome: a user guide to adolescence** - Luke Jackson, Dawsonera, 2002

[Book](#) | [Further](#)

---

**Freaks, geeks and Asperger syndrome: a user guide to adolescence** - Luke Jackson, Dawsonera, 2002

[Book](#) | [Further](#)

---

**The reason I jump: one boy's voice from the silence of autism** - Naoki Higashida, KA Yoshida, David Mitchell, 2014

[Book](#) | [Further](#)

---

**The curious incident of the dog in the night-time** - Mark Haddon, 2004

[Book](#) | [Further](#)

---

## Body image and eating disorders (5 items)

---

**Overcoming binge eating: the proven program to learn why you binge and how you can stop** - Christopher G. Fairburn, Dawsonera, 2013

[Book](#) | [Further](#)

---

**Overcoming binge eating: the proven program to learn why you binge and how you can stop** - Christopher G. Fairburn, 2013

[Book](#) | [Further](#)

---

**Banish your body image thief: a cognitive behavioural therapy workbook on building positive body image for young people** - Kate Collins-Donnelly, 2014

[Book](#) | [Further](#)

---

**Tyranny** - Lesley Fairfield, 2011

[Book](#) | [Further](#)

---

**Can I tell you about eating disorders?: a guide for friends, family and professionals** - Bryan Lask, Lucy Watson, Fiona Field, Dawsonera, 2014

[Book](#) | [Further](#)

## **Bullying** (2 items)

---

**Vicious: true stories by teens about bullying** - Hope Vanderberg, 2012

[Book](#) | [Further](#)

---

**Bullies, cyberbullies and frenemies** - Michele Elliott, 2013

[Book](#) | [Further](#)

## **Chronic Fatigue Syndrome** (3 items)

---

**Chronic fatigue syndrome (CFS/ME)** - Frankie Campling, Michael Sharpe, 2008

[Book](#) | [Further](#)

---

**Chronic fatigue syndrome (CFS/ME)** - Frankie Campling, Michael Sharpe, Dawsonera, 2008

[Book](#) | [Further](#)

---

**Overcoming chronic fatigue: a self-help guide using cognitive behavioral techniques** - Mary Burgess, Trudie Chalder, 2009

[Book](#) | [Further](#)

## **Chronic Pain** (1 items)

---

**Overcoming chronic pain: a self-help manual using cognitive behavioral techniques** - Frances Cole, Helen MacDonald, Catherine Carus, Hazel Howden-Leach, 2010

[Book](#) | [Further](#)

## **Confidence and self-esteem** (4 items)

---

**Face** - Benjamin Zephaniah, 1999

[Book](#) | [Further](#)

---

**Self esteem and being you** - Anita Naik, 2013

[Book](#) | [Further](#)

---

**Banish your self-esteem thief: a cognitive behavioural therapy workbook on building positive self-esteem for young people** - Kate Collins-Donnelly, 2014

[Book](#) | [Further](#)

---

**Banish your self-esteem thief: a cognitive behavioural therapy workbook on building positive self-esteem for young people** - Kate Collins-Donnelly, Dawsonera, 2014

[Book](#) | [Further](#)

---

## Depression (4 items)

---

**I had a black dog: his name was depression** - Matthew Johnstone, 2007

[Book](#) | [Further](#)

---

**Can I tell you about depression?: a guide for friends, family and professionals** - Christopher Dowrick, Susan Martin, Mike Medaglia, 2015

[Book](#) | [Further](#)

---

**Can I tell you about depression?: a guide for friends, family and professionals** - Christopher Dowrick, Susan Martin, Mike Medaglia, Dawsonera, 2015

[Book](#) | [Further](#)

---

**Mind over mood: change how you feel by changing the way you think** - Dennis Greenberger, Christine A. Padesky, 2016

[Book](#) | [Further](#)

---

## Health Anxiety (2 items)

---

**Overcoming health anxiety: a self-help guide using cognitive behavioral techniques** - Rob Willson, David Veale, 2009

[Book](#) | [Further](#)

---

**An introduction to coping with health anxiety** - Brenda Hogan, Charles Young, 2007

[Book](#) | [Further](#)

---

## Mood Swings (1 items)

---

**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** - Sheri Van Dijk, c2011

[Book](#) | [Further](#)

---

## OCD (5 items)

---

**Break free from OCD** - Fiona Challacombe, Victoria Bream Oldfield, Paul M. Salkovskis, 2011

[Book](#) | [Further](#)

---

**Touch and go Joe: an adolescent's experiences of OCD** - Joe Wells, Dawsonera, c2006

[Book](#) | [Further](#)

---

**Touch and go Joe: an adolescent's experiences of OCD** - Joe Wells, c2006

[Book](#) | [Further](#)

---

**The unlikely hero of Room 13B** - Teresa Toten, 2015

[Book](#) | [Further](#)

---

**Overcoming obsessive compulsive disorder: a self-help guide using cognitive behavioral techniques** - David Veale, Rob Willson, 2005

[Book](#) | [Further](#)

## Relationship Problems (1 items)

---

**Overcoming relationship problems: a self-help guide using cognitive behavioral techniques** - Michael Crowe, 2005

[Book](#) | [Further](#)

## Self-Harm (1 items)

---

**The truth about self-harm: for young people and their friends and families** - Celia Richardson, Kristen Morgan, Claire Walsh, Camelot Foundation, 2006

[Book](#) | [Further](#)

## Sleep Problems (1 items)

---

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

[Book](#) | [Further](#)

## Social Anxiety (1 items)

---

**Overcoming social anxiety and shyness: a self-help guide using cognitive behavioral techniques** - Gillian Butler, 1999

[Book](#) | [Further](#)

## Stress (3 items)

---

**Manage your stress for a happier life** - Terry Looker, Olga Gregson, Terry Looker, Dawsonera, 2010

[Book](#) | [Further](#)

---

**Manage your stress for a happier life** - Terry Looker, Olga Gregson, Terry Looker, 2010

[Book](#) | [Further](#)

---

**The relaxation & stress reduction workbook** - Martha Davis, Elizabeth Robbins Eshelman, Matthew McKay, 2008

[Book](#) | [Further](#)

---

## Worry (2 items)

---

**How to stop worrying** - Frank Tallis, 2009

[Book](#) | [Further](#)

---

**The worry cure: stop worrying and start living** - Robert L. Leahy, 2006

[Book](#) | [Further](#)

---

## Mindfulness (11 items)

---

### Books (5 items)

---

**Mindfulness: a practical guide to finding peace in a frantic world** - J. Mark G. Williams, Danny Penman, 2014

[Book](#) | [Further](#)

---

**The Miracle of Mindfulness** - Thich Nhat Hanh, 1991

[Book](#) | [Further](#)

---

**No Mud No Lotus: The Art of Transforming Suffering** - Thich Nhat Hanh, 2015

[Book](#) | [Further](#)

---

**The compassionate mind: a new approach to life's challenges** - Paul Gilbert, 2010

[Book](#) | [Further](#)

---

**Change Your Mind: Practical Guide to Buddhist Meditation** - Parmanand, 2005

[Book](#) | [Further](#)

---

### Audio (3 items)

---

**Guided Meditations** - Tara Brach

[Webpage](#) | [Further](#)

---

**Guided Imagery Audio Samples from Belleruth Naparstek and Health Journeys**

[Webpage](#) | [Further](#)

---

**Chill - We're here to help you chill**

[Webpage](#) | [Further](#)

---

### Apps (3 items)

---

**Headspace**

[Webpage](#) | [Further](#)

---

## Insight Meditation Timer with guided meditations

[Webpage](#) | [Further](#)

---

## Calm - Meditation Techniques for Sleep and Stress Reduction

[Website](#) | [Further](#)