

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

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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

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House of windows - Alexia Casale, 2015

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

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

Every day - David Levithan, 2013

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

Kite spirit - Sita Brahmachari, 2013

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

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

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

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ADHD (1 items)

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

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Anger (1 items)

Overcoming Anger and Irritability - William Davies, 2013

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Anxiety, Worry and Panic (5 items)

The perks of being a wallflower - Stephen Chbosky, 2013

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

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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

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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

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

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

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

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

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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

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

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

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Tyranny - Lesley Fairfield, 2011

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

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Bullying (2 items)

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

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Bullies, cyberbullies and frenemies - Michele Elliott, 2013

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Chronic Fatigue Syndrome (3 items)

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

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

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

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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

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Confidence and self-esteem (4 items)

Face - Benjamin Zephaniah, 1999

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Self esteem and being you - Anita Naik, 2013

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

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

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Depression (4 items)

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

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

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

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

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Health Anxiety (2 items)

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

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

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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

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OCD (5 items)

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

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

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

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

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

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Relationship Problems (1 items)

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

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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

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Sleep Problems (1 items)

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

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Social Anxiety (1 items)

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

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Stress (3 items)

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

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

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

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Worry (2 items)

How to stop worrying - Frank Tallis, 2009

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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

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The Miracle of Mindfulness - Thich Nhat Hanh, 1991

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

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

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

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Audio (3 items)

Guided Meditations - Tara Brach

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Guided Imagery Audio Samples from Belleruth Naparstek and Health Journeys

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Chill - We're here to help you chill

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Apps (3 items)

Headspace

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Insight Meditation Timer with guided meditations

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Calm - Meditation Techniques for Sleep and Stress Reduction

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