

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; 2015.
2.
Casale A. *House of Windows*. Faber and Faber; 2015.
3.
Dawson J, Hewitt O, Correll G. *Mind Your Head*. Hot Key Books; 2016.
4.
Levithan D. *Every Day*. Electric Monkey, an imprint of Egmont; 2013.
5.
Brahmachari S. *Kite Spirit*. Macmillan Children's Books; 2013.
6.
Johnstone M. *Quiet the Mind: An Illustrated Guide on How to Meditate*. Robinson; 2012.
- 7.

Morgan N. Blame My Brain: The Amazing Teenage Brain Revealed. New edition. Walker Books; 2013.

8.

Nelson J. I'll Give You the Sun. Walker Books; 2015.

9.

Quinn PO, Stern JM. Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD. 3rd ed. Magination Press; 2012.

10.

Davies W. Overcoming Anger and Irritability. [Large Print]. ReadHowYouWant.com Ltd; 2013.

11.

Chbosky S. The Perks of Being a Wallflower. Simon & Schuster Children's; 2013.

12.

Shannon J. The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry & Panic. Vol The instant help solutions series. (Shannon D, ed.). Instant Help Books an imprint of New Harbinger Pub; 2015.

13.

Tompkins MA, Martinez KA. My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic. Magination Press; 2010.

14.

Shannon J. The Shyness and Social Anxiety Workbook for Teens: CBT and Act Skills to Help You Build Social Confidence. New Harbinger; 2012.

15.

Jeffers S. *Feel the Fear and Do It Anyway*. Arrow; 1991.

16.

Shannon J. *The Shyness and Social Anxiety Workbook for Teens: CBT and Act Skills to Help You Build Social Confidence*. New Harbinger; 2012.

17.

Jackson L. *Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence*. Jessica Kingsley; 2002.
<http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781846423567>

18.

Jackson L. *Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence*. Jessica Kingsley; 2002.
<http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781846423567>

19.

Higashida N, Yoshida K, Mitchell D. *The Reason I Jump: One Boy's Voice from the Silence of Autism*. Sceptre; 2014.

20.

Haddon M. *The Curious Incident of the Dog in the Night-Time*. Vintage; 2004.

21.

Fairburn CG. *Overcoming Binge Eating: The Proven Program to Learn Why You Binge and How You Can Stop*. 2nd Edition. The Guilford Press; 2013.
<http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/e>

external/AbstractView/S9781462510801

22.

Fairburn CG. *Overcoming Binge Eating: The Proven Program to Learn Why You Binge and How You Can Stop*. Second edition. The Guilford Press; 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; 2014.

24.

Fairfield L. *Tyranny*. Walker; 2011.

25.

Lask B, Watson L, Field F. *Can I Tell You about Eating Disorders?: A Guide for Friends, Family and Professionals*. Vol Can I tell you about...? series. Jessica Kingsley Publishers; 2014.
<http://ezproxy01.rhul.ac.uk/login?url=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9780857007971>

26.

Vanderberg H. *Vicious: True Stories by Teens about Bullying*. Vol Real teen voices series. Free Spirit; 2012.

27.

Elliott M. *Bullies, Cyberbullies and Frenemies*. Vol Teen life confidential. Wayland; 2013.

28.

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

29.

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

30.

Burgess M, Chalder T. Overcoming Chronic Fatigue: A Self-Help Guide Using Cognitive Behavioral Techniques. Vol Overcoming series. Robinson; 2009.

31.

Cole F, MacDonald H, Carus C, Howden-Leach H. Overcoming Chronic Pain: A Self-Help Manual Using Cognitive Behavioral Techniques. Vol Overcoming series. Robinson; 2010.

32.

Zephaniah B. Face. Bloomsbury Children's; 1999.

33.

Naik A. Self Esteem and Being You. Vol Teen life confidential. Wayland; 2013.

34.

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

35.

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

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

36.

Johnstone M. I Had a Black Dog: His Name Was Depression. Constable & Robinson; 2007.

37.

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

38.

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

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

39.

Greenberger D, Padesky CA. Mind over Mood: Change How You Feel by Changing the Way You Think. Second edition. The Guilford Press; 2016.

40.

Willson R, Veale D. Overcoming Health Anxiety: A Self-Help Guide Using Cognitive Behavioral Techniques. Vol Overcoming series. Robinson, an imprint of Constable & Robinson; 2009.

41.

Hogan B, Young C. An Introduction to Coping with Health Anxiety. Vol Introduction to coping. Robinson; 2007.

42.

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; 2011.

43.

Challacombe F, Oldfield VB, Salkovskis PM. Break Free from OCD. Vermilion; 2011.

44.

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

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

45.

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

46.

Toten T. The Unlikely Hero of Room 13B. Walker Books; 2015.

47.

Veale D, Willson R. Overcoming Obsessive Compulsive Disorder: A Self-Help Guide Using Cognitive Behavioral Techniques. Robinson; 2005.

48.

Crowe M. Overcoming Relationship Problems: A Self-Help Guide Using Cognitive Behavioral Techniques. Robinson; 2005.

49.

Richardson C, Morgan K, Walsh C, Camelot Foundation. The Truth about Self-Harm: For Young People and Their Friends and Families. Mental Health Foundation; 2006.

50.

Espie CA. Overcoming Insomnia and Sleep Problems: A Self-Help Guide Using Cognitive Behavioral Techniques. Robinson; 2006.

51.

Butler G. Overcoming Social Anxiety and Shyness: A Self-Help Guide Using Cognitive Behavioral Techniques. Robinson; 1999.

52.

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

53.

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

54.

Davis M, Eshelman ER, McKay M. The Relaxation & Stress Reduction Workbook. Vol A New Harbinger self-help workbook. 6th ed. New Harbinger; 2008.

55.

Tallis F. How to Stop Worrying. Vol Overcoming common problems series. Sheldon; 2009.

56.

Leahy RL. The Worry Cure: Stop Worrying and Start Living. Piatkus; 2006.

57.

Williams JMG, Penman D. Mindfulness: A Practical Guide to Finding Peace in a Frantic World . Piatkus; 2014.

58.

Hanh TN. The Miracle of Mindfulness. Rider; 1991.

59.

Hanh TN. No Mud No Lotus: The Art of Transforming Suffering. Parallax Press; 2015.

60.

Gilbert P. The Compassionate Mind: A New Approach to Life's Challenges. Constable; 2010.

61.

Parmanand. Change Your Mind: Practical Guide to Buddhist Meditation. illustrated edition. Windhorse Publications; 2005.

62.

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

63.

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/>