

Shelf Help: helps you to understand and manage your health and wellbeing using self-help reading

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<http://reading-well.org.uk/books>

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

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

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

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

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Espie, C.A. (2006) *Overcoming insomnia and sleep problems: a self-help guide using cognitive behavioral techniques*. London: Robinson.

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Fairburn, C.G. (2013b) *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.

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

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

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

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