

# Recommended booklist

Problem Issue	No.	Book Title and ISBN	Author(s)	Year	Publisher	Reader rating (0-10)	Pages
<b>Anger</b>	W1	Overcoming anger and irritability (1854875957)	Davies, Will	2000	Constable & Robinson	8.5	192
	W2	Managing anger (0007100345)	Lindenfield, Gael	2000	HarperCollins	7.0	224
<b>Anxiety</b>	W3	Overcoming anxiety (1854874225)	Kennerley, Helen	1997	Constable & Robinson	7.5	200
	W4	Introduction to coping with anxiety (1845292782)	Brosan, Leonora	2007	Constable & Robinson	8.0	32
	W5	Anxiety, phobias and panic attacks (1852307730)	Sheehan, Elaine	1996	Element Books	7.0	128
<b>Assertiveness</b>	W6	The assertiveness workbook: how to express your ideas and stand up for yourself at work and in relationships (1872242094)	Paterson, Rosemary J	2000	New Harbinger Publications	7.0	200
	W7	A woman in your own right (0704334208)	Dickson, Anne	1982	Quartet	8.0	192
	W8	Assert yourself (0722526520)	Lindenfield, Gael	1996	HarperCollins	8.5	112
	W9	Assertiveness step by step (0859699250)	Dryden, Windy	2004	Sheldon Press	7.5	120
<b>Bereavement</b>	W10	You'll get over it: rage of bereavement (0140236082)	Ironside, Virginia	1997	Penguin Books	9.0	224
	W11	Living with loss (1841191051)	Taylor, Liz McNeill	2000	Robinson	8.0	212
	W12	Living with grief (0859694267)	Lake, Tony	1984	Sheldon Press	7.5	144
<b>Binge-Eating Disorder and Bulimia Nervosa</b>	W13	Overcoming binge eating (0898621798)	Fairburn, Christopher	1995	Guilford Press	9.0	247
<b>Depression</b>	W14	Overcoming depression (1841191256)	Gilbert, Paul	2000	Constable & Robinson	8.5	352
	W15	Mind over mood (0898621283)	Greenberger, Dennis & Padesky, Christine	1995	Guilford Press	8.0	243
	W16	Introduction to coping with depression (1845292839)	Brosan, Lee	2007	Constable & Robinson	7.5	32
	W17	Dealing with depression (0749924969)	Shreeve, Caroline	2005	Piatkus Books	7.0	192

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<b>Health Anxiety</b>	W18	Introduction to coping with health anxiety (1845292871)	Young, Charles and Hogan, Brenda	2007	Constable & Robinson	8.5	32
<b>Insomnia</b>	W19	No more sleepless nights (0471149047)	Hauri, Peter	1996	John Wiley	8.0	304
	W20	Overcoming insomnia and sleep problems (1845290704)	Espie, Colin A	2006	Constable & Robinson	7.5	288
<b>Obsessions and Compulsions</b>	W21	Overcoming obsessive compulsive disorder (1841199362)	Veale, David and Willson, Rob	2005	Constable & Robinson	8.5	288
	W22	Understanding obsessions and compulsions (0859696529)	Tallis, Frank	1992	Sheldon Press	7.5	128
	W23	Introduction to coping with obsessive compulsive disorder (184529288X)	Brosan, Lee	2007	Robinson Publishing	8.5	32
<b>Panic</b>	W24	Overcoming panic (1854877011)	Silove, Derrick	2003	Constable & Robinson	7.5	200
	W25	Panic attacks (0007106904)	Ingham, Christine	2000	HarperCollins	9.5	192
	W26	Introduction to coping with panic (1845292901)	Young, Charles	2007	Robinson Publishing	8.5	32
<b>Phobias</b>	W27	Introduction to coping with phobias (1845292898)	Hogan, Brenda	2007	Robinson Publishing	8.5	32
<b>PTSD / Trauma</b>	W28	Overcoming traumatic stress (1841190160)	Herbert, Claudia & Wetmore, Ann	2002	Constable & Robinson	7.0	256
	W29	Overcoming childhood trauma (1841190810)	Kennerley, Helen	1997	Constable & Robinson	8.0	240
<b>Self-Esteem</b>	W30	Overcoming low self esteem (1854877259)	Fennell, Melanie	2004	Constable & Robinson	7.0	256
	W31	Self esteem for women (009187632X)	Field, Lynda	2001	Vermilion	8.0	186
	W32	Change your life in 7 days (059305055X)	McKenna, Paul	2004	Bantam	9.0	256
	W33	Self esteem: simple steps to develop self reliance and perseverance (0722540078)	Lindenfield, Gael	2000	HarperCollins	8.0	208
<b>Social Anxiety / Social Phobia</b>	W34	Overcoming social anxiety and shyness (1854877038)	Butler, Gillian	2003	Constable & Robinson	8.5	256
<b>Stress</b>	W35	The relaxation and stress reduction workbook (5 <sup>th</sup> ed) (1572242140)	Davis, Martha, Eshelman, Elizabeth Robbins & McKay, Matthew	2000	New Harbinger	9.5	276
	W36	Managing stress (teach yourself) (0340860073)	Looker, Terry & Gregson, Olga	2003	Hodder Headline	7.5	224
<b>Worry</b>	W37	How to stop worrying (0859696103)	Tallis, Frank	1990	Sheldon Press	8.5	192

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