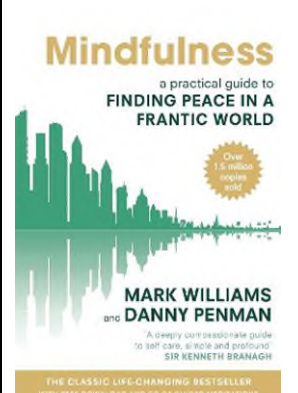


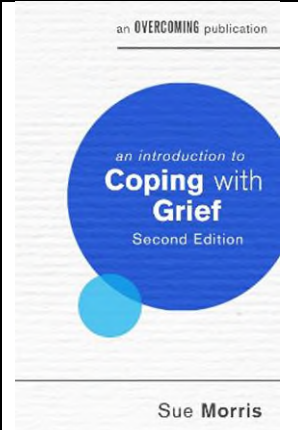
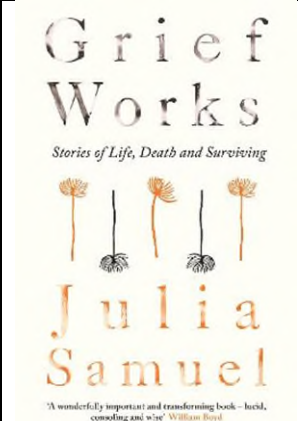
## Mental Health Reading Well Booklist

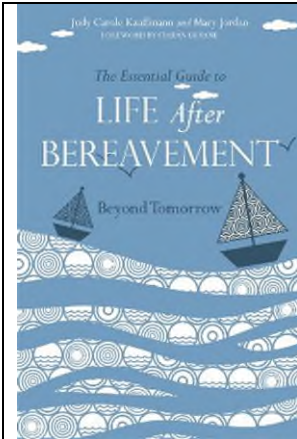
Reading Well for mental health provides helpful information and support for managing common mental health conditions, or dealing with difficult feelings and experiences. Some books also include personal stories from people who are living with or caring for someone with mental health needs.

### Therapy

|   |  |
|---|--|
|  | <p><a href="#">Mindfulness: A practical guide to finding peace in a frantic world</a></p> <p>J. Mark G. Williams, Dr. Danny Penman</p> |
|---|--|

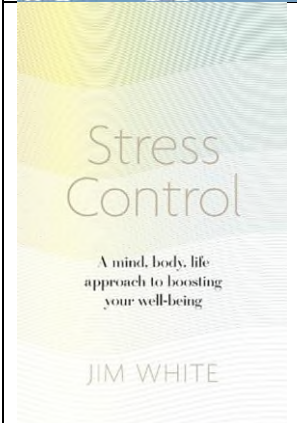
### Common Feelings and Experiences

|   |  |
|---|--|
|   | <p><a href="#">An Introduction to Coping with Grief, 2nd Edition</a></p> <p>Sue Morris</p>   |
|  | <p><a href="#">Grief Works: Stories of Life, Death and Surviving</a></p> <p>Julia Samuel</p> |



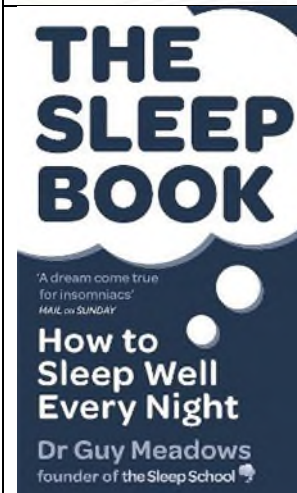
The Essential Guide to Life After Bereavement: Beyond Tomorrow

Judy Carole Kauffmann, Mary Jordan



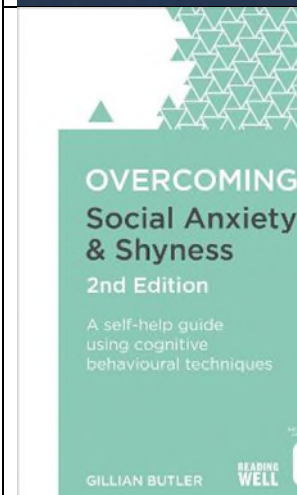
[Stress Control: A Mind, Body, Life Approach to Boosting Your Well-being](#)

Jim White




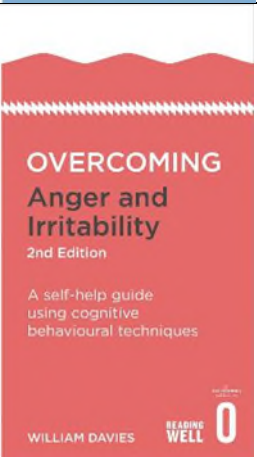
[The Sleep Book: How to Sleep Well Every Night](#)

Guy Meadows

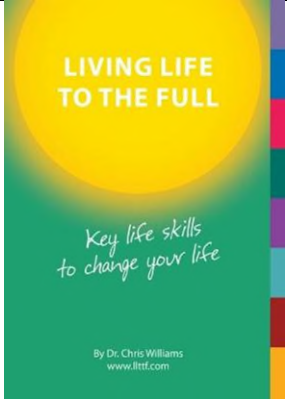
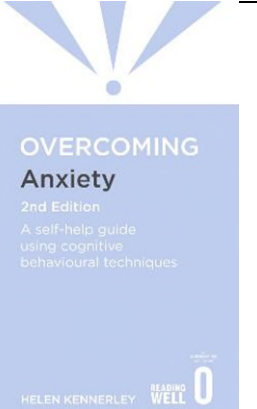


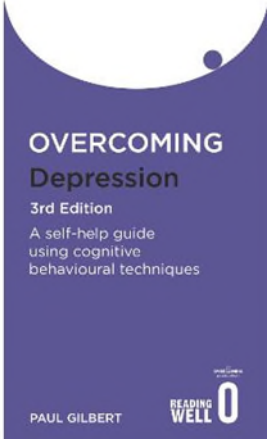
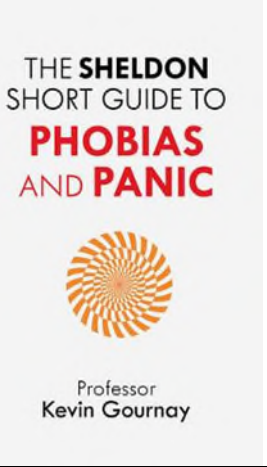
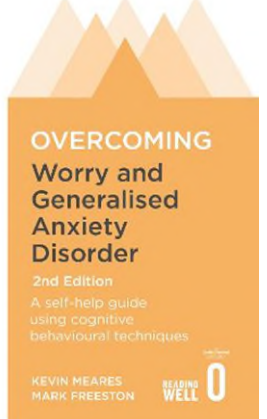
[Overcoming Social Anxiety and Shyness, 2nd Edition: A self-help guide using cognitive behavioural techniques](#)

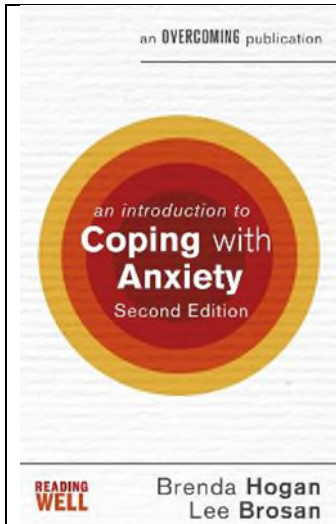
Gillian Butler

|  |   |
|--|---|
|   | <p><a href="#">Overcoming Low Self-Esteem, 2nd Edition: A self-help guide using cognitive behavioural techniques</a></p> <p>Melanie Fennell</p>           |
|  | <p><a href="#">Overcoming Anger and Irritability, 2nd Edition: A self-help guide using cognitive behavioural techniques</a></p> <p>Dr. William Davies</p> |

### Self-help books to support mental health

|   |   |
|---|---|
|  | <p><a href="#">Living Life to the Full: Key life skills to change your life</a></p> <p>Christopher Williams</p>                         |
|  | <p><a href="#">Overcoming Anxiety, 2nd Edition: A self-help guide using cognitive behavioural techniques</a></p> <p>Helen Kennerley</p> |

|   |  |
|---|--|
|    | <p>Overcoming Depression 3rd Edition: A self-help guide using cognitive behavioural techniques</p> <p>Prof Paul Gilbert</p>  |
|   | <p><a href="#">The Sheldon Short Guide to Phobias and Panic</a></p> <p>Professor Kevin Gournay</p>   |
|  | <p><a href="#">Overcoming Worry and Generalised Anxiety Disorder, 2nd Edition: A self-help guide using cognitive behavioural techniques</a></p> <p>Mark Freeston, Kevin Meares</p> |



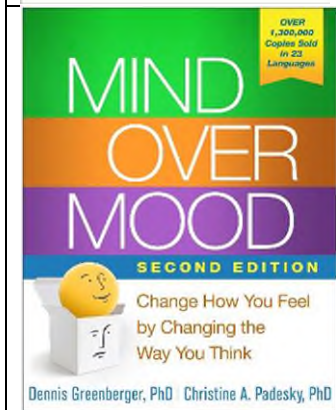
[An Introduction to Coping with Anxiety](#), 2nd Edition

Brenda Hogan, Leonora Brosan



[Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT](#)

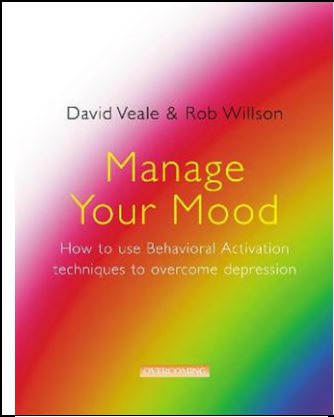
Fiona Challacombe, Victoria Bream Oldfield, Paul M. Salkovskis



[Mind Over Mood, Second Edition: Change How You Feel by Changing the Way You Think](#)

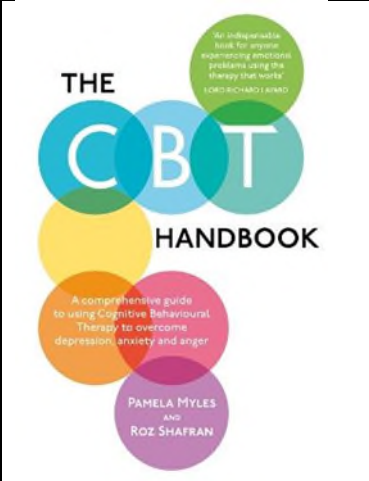
Dennis Greenberger, Christine A. Padesky

|   |  |
|---|--|
|    | <p><a href="#">An Introduction to Coping with Depression, 2nd Edition</a></p> <p>Lee Brosan, Brenda Hogan</p>  |
|   | <p><a href="#">Overcoming Panic, 2nd Edition: A self-help guide using cognitive behavioural techniques</a></p> <p>Vijaya Manicavasagar, Derrick Silove</p> |
|  | <p><a href="#">Overcoming Health Anxiety: A self-help guide using cognitive behavioural techniques</a></p> <p>David Veale, Rob Willson</p>                 |



[Manage Your Mood: How to Use Behavioural Activation Techniques to Overcome Depression](#)

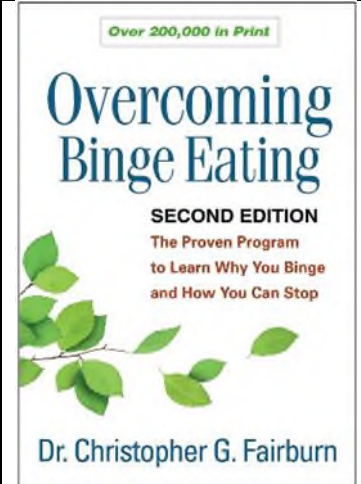
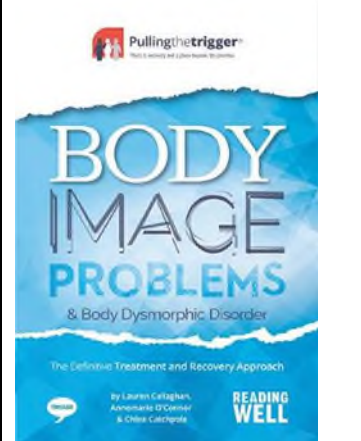
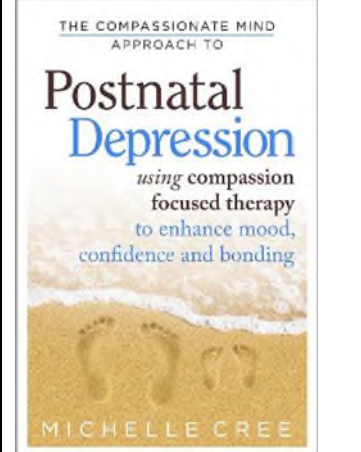
David Veale, Rob Willson



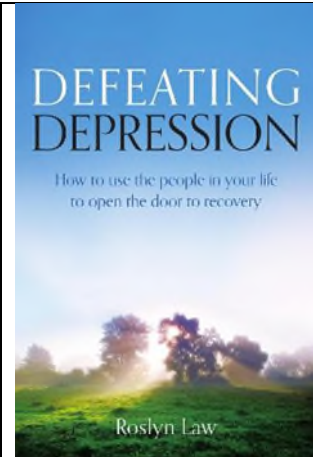
[The CBT Handbook: A comprehensive guide to using Cognitive Behavioural Therapy to overcome depression, anxiety and anger](#)

Pamela Myles, Roz Shafran

**Other Common Conditions**

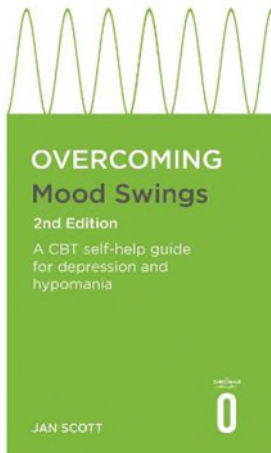
|   |  |
|---|--|
|    | <p><a href="#"><u>Overcoming Binge Eating, Second Edition: The Proven Program to Learn Why You Binge and How You Can Stop</u></a></p> <p>Christopher G. Fairburn</p>                 |
|   | <p><a href="#"><u>Body Image Problems and Body Dysmorphic Disorder: The Definitive Treatment and Recovery Approach</u></a></p> <p>Lauren Callaghan</p>                               |
|  | <p><a href="#"><u>The Compassionate Mind Approach To Postnatal Depression: Using Compassion Focused Therapy to Enhance Mood, Confidence and Bonding</u></a></p> <p>Michelle Cree</p> |





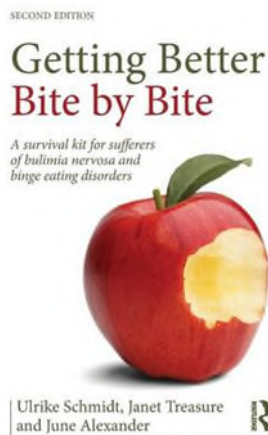
[Defeating Depression: How to use the people in your life to open the door to recovery](#)

Roslyn Law



[Overcoming Mood Swings: A self-help guide using cognitive behavioural techniques](#)

Jan Scott



[Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders](#)

Ulrike Schmidt, Janet Treasure, June Alexander