

## RECOMMENDED READING LIST

The use of books for therapeutic purposes is known as *bibliotherapy*. Reading can often be an initial point in understanding and treating mild to moderate mental health issues or personal difficulties. It often complements the work being carried out with your counsellor.

Please note it is not a substitute for getting professional help.

Please select your topic of interest from the following: Abuse; Anger; Assertiveness; Bereavement; Depression; Eating Disorders; Mood; Mindfulness; Obsessions & Compulsions; Panic; Self-awareness, Self-esteem; Self-harm; Stress; Study Skills.

TOPIC	TITLE	AUTHOR	COMMENT
<b>ABUSE</b>	The Courage to Heal (2002)	E. Bass & L. Davis	Offers advice on coming to terms with the past while moving positively into the future. Provides an explanation of the healing process.
	Breaking Free: Help for Survivors of Child Sexual Abuse (2000)	C. Ainscough & K. Toon	Explores the effects of child sexual abuse which often persist into adult life. Offers an optimistic approach to help survivors break free from the past.
	Overcoming Childhood Trauma (2009)	Helen Kennerley	Links past and present difficulties. Practical strategies for managing specific problems linked to abuse.
<b>ANGER</b>	Overcoming Irritability and Anger (2000)	William Davies	A self-help book to help you manage the way you respond to provocation.
	Managing Anger (2000)	Gael Lindenfield	Seeks to explain the effects of anger on our minds and bodies and suggests ways of dealing with our own anger and that of other people.
	<b>The Dance of Anger</b> (2001)	Harriet Lerner	Anger is a signal worth listening to. Helping women to identify the true sources of anger and to use anger as a vehicle for creating lasting change.

<b>ANXIETY</b>	Overcoming Anxiety (1997)	Helen Kennerley	Offers expert advice on managing worries, fears and anxieties that can impair the quality of one's life.
	The Anxiety and Phobia Workbook (2000)	Edmund J.Bourne	A helpful and practical guide to working on anxiety and phobias.
	Overcoming Social Anxiety and Shyness (1999)	Gillian Butler	A self-help manual and easy-to-use guide for those who suffer from all degrees of social anxiety and shyness.
	Feel the Fear and Do it Anyway (2007)	Susan Jeffers	Offers a clear-cut plan to help with misconceptions about fear and replace them with attitudes of strength and conviction.
	Self Help for your Nerves (1977)	Claire Weeks	A guide explaining the principles of anxiety reduction and offers some treatment suggestions.
<b>ASSERTIVENESS</b>	Assert Yourself (1992)	Gael Lindenfield	A self-help assertiveness programme for men and women.
	A Woman in Your Own Right (1982)	Anne Dickson	An assertive approach to building self-esteem and strengthen the ability to make choices in life. Manage the anxiety and stress of difficult situations.
<b>BEREAVEMENT</b>	Facing Grief: Bereavement & the Young Adult (1991)	Susan Wallbank	Advice and help for young people experiencing the loss of a loved one.
	A Special Scar: The Experience of People Bereaved by Suicide (2001)	Alison Wertheimer	Addresses the issues faced by those bereaved by suicide.
	The Courage to Grieve (2009)	Judy Tatelbaum	Advice on the immediate experience of death and the grief that follows.

<b>DEPRESSION</b>	Overcoming Depression (1997)	Paul Gilbert	A self-help manual of step by step suggestions and practical ideas for gaining control over depression and low mood.
	Depression: The Common Sense Approach (1999)	Tony Bates	A practical and accessible book which explains depression, outlines the signs and symptoms, and provides the necessary tools to help one deal with it.
	Depression: The way out of your prison (2011)	Dorothy Rowe	Depression is not an illness requiring drugs in all cases, but a defense we may use to hold ourselves together when we feel our lives are falling apart.
	Flagging The Problem (2007)	Harry Barry	Addresses the deficit in public knowledge relating to the understanding of mental health problems such as depression, anxiety, addiction and suicide.
	Feeling Good: The New Mood Therapy (2000)	David Burns	A drug-free guide that uses scientifically tested methods to improve mood and stave off the blues in relation to mental health problems.
	The Mindful Way through Depression (2007)	Mark Williams et al	A self-help guide offering helpful relief from your depression through the practice of mindfulness and cognitive therapy.
<b>EATING DISORDERS</b>	Overcoming Binge Eating (2005)	Christopher Fairburn	Provides a comprehensive account of current knowledge about binge eating problems. Seeks to dispel many of the myths associated with binge eating.
	Getting Better Bit(e) by Bit(e) (1993)	U. Schmidt & J. Treasure	A survival guide for sufferers of Bulimia Nervosa and Binge Eating disorders.
	Overcoming Anorexia Nervosa (2002)	C. Freeman & P. Cooper	A complete self-help recovery programme based on CBT
<b>MOODS</b>	The Feeling Good Handbook (2000)	David Burns	Free yourself from fears, phobias, panic attacks, procrastination, and marital conflict. Overcome self-defeating attitudes and discover the five secrets of intimate communication.
	Mind Over Mood (1995)	D. Greenberger & C. Padesky	Draws on principles of cognitive therapy to help clients understand and improve their moods.

	Overcoming Mood Swings (2001)	Jan Scott	Aimed to help people identify and manage their mood swings more effectively. Also provides background information on depression and mania.
<b>OBSESSIONS &amp; COMPULSIONS</b>	Overcoming Obsessive Compulsive Disorder (2005)	D. Veale & R. Willson	A self-help guide for those suffering distress caused by disturbing thoughts, images or urges.
	Overcoming Obsessive Thoughts (2005)	C. Purdon & D. Clark	Learn to identify and manage intrusive thoughts and overcome the fears associated with such unwanted obsessions.
	Brain Lock: Free yourself from obsessive compulsive behaviour (1996)	J. Schwartz	CBT-based self-help resource. Offers a simple 4-step programme that appears to be quite effective.
<b>PANIC</b>	Overcoming Panic (1997)	Derrek Silove	Addresses the issues surrounding panic attacks and their causes and how panic disorder is diagnosed.
	Panic Attacks (2000)	Christine. Ingham	This authoritative guide explains what panic attacks are, why they happen and what every sufferer can do to empower themselves and regain control.
	When Panic Attacks (2003)	Aine. Tubridy	Explains the psychological and physiological impact of having a panic attack. Offers skills and strategies to sufferers of persistent panic.
<b>SELF-AWARENESS MINDFULNESS</b>	Wherever I Go There I Am (2004)	Jon Kabat- Zinn	Mindfulness meditation
	Full Catastrophe Living (2001)	Jon Kabat- Zinn	How to handle potentially stressful situations using mindfulness meditation.
	The Power of Now (2004)	Eckart Tolle	A self-help programme on self-awareness.
<b>SELF-ESTEEM</b>	10 Days to Great Self Esteem (2000)	David Burns	Helps to pinpoint and overcome the self-defeating attitudes that rob people of happiness, productivity and intimacy.

	Self Esteem (2000)	Gael Lindenfield	This book seeks to provide a practical program aimed at making the reader feel more energized and self-reliant.
	Overcoming Low Self-Esteem (1999)	Melanie Fennell	A CBT self-help book describing techniques to help you to overcome your low self-esteem.
	The Highly Sensitive Person (1996)	Elaine N. Aron	This book seeks to offer highly sensitive people solutions for a happy and fulfilling life amidst a society apparently dominated by excess and stress .
<b>STRESS</b>	The Relaxation & Stress Reduction Workbook (2000)	M. Davis, E. Eshelman, & M. McKay	A self-help book describing step-by-step techniques to calm your body and mind.
	How to Stop Worrying (1990)	Frank Tallis	Learn how to understand your fears and face the possibilities of life calmly.
<b>SELF-HARM</b>	Healing the Hurt Within (2007)	Jan Sutton	Offers solace, hope and direction to those who self-injure. Provides professional guidelines on how to respond to the issue of self-injury.
<b>STUDY SKILLS</b>	The Study Skills Handbook (2008)	Stella Cottrell	A guide for students to use learning styles and existing skills effectively to develop core study skills in time management, academic writing, critical thinking.
	Essential Study Skills: the complete guide to success at university (2008)	Burns & Sinfield	This book will encourage you to reflect on how you learn, how you organise yourself for study, take notes, write and research academically, pass exams, and cope with stress at university.

**References:**

The Library Council of Ireland's Bibliotherapy scheme in association with HSE & Royal College of GP's

The Overcoming Series on: [www.overcoming.co.uk](http://www.overcoming.co.uk).

The How To Books website on: [www.howtobooks.co.uk](http://www.howtobooks.co.uk)

Please check references for further self-help resources.