

## **List of Self Help Resources**

Below you will find a list of self-help resources organised by topic. All of these resources should be available in the university library as either a book, CD or ebook.

Some of the books use Cognitive Behavioural Therapy (CBT) which helps people to identify unhelpful patterns in their thinking or behaviour, to challenge these patterns and eventually substitute them with more rational and realistic alternatives.

\*If you are viewing this document as a PDF, you can use the search button to search for the topic you are interested in.

## **Addictions**

Title	Author	Format	Overview
<a href="#"><u>Caught in the Net: How to Recognize the Signs of Internet Addiction - And a Winning Strategy for Recovery</u></a>	Kimberly S. Young	Book	Looks at warning signs of internet addiction, tips for regulating time spent on the internet
<a href="#"><u>Hope and Recovery : A Twelve Step Guide for Healing From Compulsive Sexual Behaviour</u></a>	Hazelden Educational materials	E Book	One of the books used by Sex addicts anonymous, contains stories of personal experiences
<a href="#"><u>How to Stop Smoking and Stay Stopped for Good</u></a>	G Riley	Book	Popular book -Step by step programme to help you give up smoking
<a href="#"><u>Overcoming Compulsive Gambling: A self help guide using cognitive behavioural therapy techniques</u></a>	Blaszczynski	Book	CBT based guide to overcoming a gambling addiction
<a href="#"><u>Overcome addictions</u></a>	Glenn Harrold	CD	Uses relaxation and hypnosis to help overcome addictions and create a positive replacement
<a href="#"><u>The Addiction workbook</u></a>	Fanning and O'Neill	Book	Useful to work through if you want to quit drinking or using drugs

## Alcohol and Responsible Drinking

Title	Author	Format	Overview
<a href="#"><u>Adult Children of Alcoholics</u></a>	Woititz	Book	Explores the impact of growing up with an alcoholic parent
<a href="#"><u>Let's Drink to Your Health</u></a>	Robertson and Heather	Book	Helpful if you want to change your drinking patterns, includes tips for cutting down and drink diaries
<a href="#"><u>Easy Way to Control Alcohol</u></a>	Allen Carr	Book	Popular book, useful if you're considering giving up alcohol

## Anger

Title	Author	Format	Overview
<a href="#"><u>Anger Releasing</u></a>	Louise Hay	CD	Meditation to help you visualise and release anger
<a href="#"><u>How to deal with anger</u></a>	Cloutte	MIND booklet	Short booklet providing an introduction to anger management
<a href="#"><u>Managing anger: simple steps to dealing with frustration and threat.</u></a>	Gael Lindenfield	Book	Includes info on physical and mental effects of anger and strategies for preventing build-up of frustration
<a href="#"><u>Overcoming Anger</u></a>	Windy Dryden	Book	Good for identifying healthy and unhealthy anger, and unhelpful beliefs that contribute to anger
<a href="#"><u>Overcoming anger and irritability</u></a>	William Davies	Book	Easy to follow practical guide, using CBT techniques
<a href="#"><u>Taking Charge of Anger : How to Resolve Conflict, Sustain Relationships, and Express Yourself Without Losing Control</u></a>	Robert W Nay	Ebook	Includes a self-assessment questionnaire, sections on understanding anger, triggers and changing thoughts
<a href="#"><u>The anger control workbook</u></a>	McKay, Rogers	Book	Practical workbook including exercises and worksheets

# Anxiety

Title	Author	Format	Overview
<a href="#"><u>Coping with anxiety and depression</u></a>	Trickett	Book	Good overview for those who want to know more about anxiety and depression
<a href="#"><u>Fear: The friend of exceptional people</u></a>	Geoff Thompson	Ebook	Tips on how to control fear and how to use it to your advantage
<a href="#"><u>Feel the Fear and Do It Anyway</u></a>	Susan Jeffers	BOOK	Classic self-help book, applicable to many situations, explores the different levels of fear
<a href="#"><u>Overcoming Anxiety (CBT)</u></a>	Helen Kennerley	Book	Good all round CBT based guide, covers anxiety, stress, phobias and panic
<a href="#"><u>Overcoming Anxiety, Panic, and Depression : New Ways to Regain Your Confidence</u></a>	James Gardner, Arthur H Bell	Ebook	Explores origins of anxiety and depression treatment options and self-help techniques
<a href="#"><u>The Anxiety and Phobia Workbook</u></a>	Bourne, Edmund J.	Book	Practical workbook covers lots of strategies for dealing with anxiety

# Asperger's Syndrome / Autism

Title	Author	Format	Overview
<a href="#"><u>The complete guide to Asperger's Syndrome</u></a>	Attwood, T	Book	Comprehensive book written by an expert in Asperger's
<a href="#"><u>Freaks, geeks and Asperger' Syndrome</u></a>	Jackson, L	Book	Written for teenagers, by a teenager with Asperger's

## Assertiveness

Title	Author	Format	Overview
<a href="#"><u>Develop your assertiveness (Creating Success) 2nd Ed</u></a>	Sue Bishop	Ebook	Basic introduction to assertiveness skills
<a href="#"><u>How to assert yourself</u></a>	Cloutte	MIND Booklet	Short booklet providing a summary of assertiveness
<a href="#"><u>The assertiveness workbook</u></a>	Randy J Paterson	Book	More in depth book, practical CBT guide to becoming more assertive

## Confidence

Title	Author	Format	Overview
<a href="#"><u>365 Steps to Self-confidence : A Complete Programme for Personal Transformation - in Just a Few Minutes a Day</u></a>	David Lawrence Preston	Ebook	Broken down in to short sections, lots of exercises
<a href="#"><u>Confidence works: learn to be your own life coach</u></a>	McMahon	Book	Practical tips to improve communication skills, and develop a more positive view of the self
<a href="#"><u>How to Win Friends and Influence People</u></a>	Dale Carnegie	Book	Classic and popular self help book, the title says it all!
<a href="#"><u>The Confidence to be Yourself: How to boost your self esteem</u></a>	Brian Roet	Book	Explains confidence as a spectrum, includes case studies and exercises to work through to boost self esteem

## Depression and low mood

Title	Author	Format	Overview
<a href="#"><u>Beating Depression : The Complete Guide to Depression and How to Overcome It</u></a>	Cembrowicz, Stefan.; Kingham, Dorcas.	Ebook	General overview of depression and treatments, including practical tips
<a href="#"><u>Creating Optimism : A Proven, Seven-step Program for Overcoming Depression</u></a>	Bob Murray; Alicia Fortinberry	Ebook	Focuses on the importance of relationships and explores evolutionary explanation of depression
<a href="#"><u>Dealing With Depression Naturally.</u></a>	Syd Baumel,	Ebook	Explores biological causes of depression, the impact of nutrition on mood
<a href="#"><u>Depression: The way out of your prison</u></a>	Dorothy Rowe	Ebook and Book	Explores where depression may stem from, and how to overcome it
<a href="#"><u>Help Yourself Move Out of Depression and Anxiety</u></a>	Helga A. H Rowe	Ebook	Cognitive behavioural focus - practical steps to help manage negative thoughts, emotions and anxiety
<a href="#"><u>How to lift depression (fast)</u></a>	Griffin and Tyrell	Book	Easy to read, looks at role of sleep/dreaming in depression
<a href="#"><u>Mindfulness Based Cognitive Therapy for Depression</u></a>	Segal , Williams, Teasdale	Book	Combining CBT and mindfulness techniques, aimed at preventing relapse of depression
<a href="#"><u>Overcoming depression</u></a>	Windy Dryden, Sarah Opie	Book	Uses case studies to explore how beliefs and thoughts maintain depression.
<a href="#"><u>Overcoming depression (CBT)</u></a>	Paul Gilbert	Book	Popular self-help book, good overview of CBT techniques for depression
<a href="#"><u>The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness</u></a>	Williams , Teasdale, Segal	CD	Combining CBT and mindfulness techniques, includes CD with meditations

## Eating disorders

Title	Author	Format	Overview
<a href="#"><u>Anorexia Nervosa: A Survival Guide for families, friends and sufferers</u></a>	Treasure	Book	Comprehensive and practical guide for sufferers and families.
<a href="#"><u>Bulimia nervosa – a cognitive therapy programme for clients</u></a>	Cooper, Todd, Wells	Book	CBT Programme aimed at changing unhelpful thoughts and behaviours of bulimia
<a href="#"><u>Demystifying Anorexia Nervosa : An Optimistic Guide to Understanding and Healing {Developmental Perspectives in Psychiatry}</u></a>	Alexander R Lucas	Ebook	Explores causes, diagnosis, physical effects of anorexia, treatment options and recovery.
<a href="#"><u>Diet of despair: a book about eating disorders for young people and their families</u></a>	Paterson	Book	Written by a former anorexia sufferer, includes information about the different types of eating disorder and tips for recovery
<a href="#"><u>Eating disorders- the facts</u></a>	Abraham and Llewellyn Jones	Book	Sections on anorexia, bulimia and obesity. Includes info on how hormonal changes affect appetite
<a href="#"><u>Fit to die – men and eating disorders</u></a>	Paterson	Book	Useful book for men effected by an eating disorder and their families
<a href="#"><u>Getting Better Bit(e) by Bit(e) - A survival kit for sufferers of bulimia nervosa and binge eating disorders</u></a>	Treasure & Schmidt	Book	Popular and easy to follow guide, has been evaluated in a clinical trial
<a href="#"><u>Invisible Man : A Self-help Guide for Men With Eating Disorders, Compulsive Exercise and Bigorexia</u></a>	John F Morgan	Ebook	Aimed at men who feel they have difficulties with eating /weight
<a href="#"><u>Overcoming Bulimia Nervosa and Binge Eating</u></a>	Cooper	Book	CBT based self-help programme
<a href="#"><u>When Food is Love.</u></a>	G Roth	Book	Useful if you want to understand how you relate to food and how this links with your relationships

## Exam Anxiety

Title	Author	Format	Overview
<u>Exam-busting Tips : How to Pass Exams the Easy Way</u>	Nick Atkinson	Ebook	Practical guide to organising revision and avoiding last minute panic
<u>Overcome exam nerves</u>	Glenn Harrold	CD	Uses relaxation and hypnosis to help calm exam nerves and reach peak performance
<u>Passing Exams Without Anxiety : How to Get Organised, Be Prepared and Feel Confident of Success</u>	David Acres	Ebook	Includes sections on organising revision. Improving memory and coping with exam nerves

## Family and childhood

Title	Author	Format	Overview
<u>How to survive family life</u>	Clutte	MIND Booklet	Booklet contains straightforward advice and a list of useful resources
<u>Overcoming childhood trauma: a self help guide using CBT</u>	Kennerley	Book	CBT based book for people who have had difficult childhood experiences. Includes section on coping strategies
<u>Toxic Parents: overcoming the legacy of parental abuse</u>	Susan Forward	Book	Popular book, helpful for understanding the impact of difficult relationships with parents

## Grief/Bereavement

Title	Author	Format	Overview
<a href="#"><u>Death and how to survive it – a unique, practical and uplifting guide to coming to terms with the loss of your partner</u></a>	Boydell	Book	Explores how to cope with the practical and emotional aspects of grief. The author draws on her personal experience of losing her partner aged 33.
<a href="#"><u>Facing Grief: Bereavement and the Young Adult</u></a>	Susan Wallbank	Book	A book tailored to how young adults can cope with bereavement
<a href="#"><u>Healing Pain : Attachment, Loss, and Grief Therapy</u></a>	Nini Leick, Marianne Davidsen-Nielsen	Ebook	Explores process of grief and how to treat it
<a href="#"><u>How to go on Living When Someone you Love Dies</u></a>	T. Rando	Book	Useful for helping to understand grief and deal with the practical tasks when someone close to you dies
<a href="#"><u>Living with grief</u></a>	Lake	Book	Easy to read, covers stages of grief, also addresses sudden loss and losing someone through suicide
<a href="#"><u>The Courage to Grieve</u></a>	Judy Tatelbaum	Book	Explores the experiences of grief, recovery and also covers preparing for a death of a loved one.
<a href="#"><u>When Parents Die: Learning to live with the loss of a parent</u></a>	Black and Adams	Book	Thoughtful book for teenagers/young adults who have lost a parent



# Happiness

Title	Author	Format	Overview
<a href="#"><u>Addicted to Unhappiness : Free Yourself From Moods and Behaviours That Undermine Relationships work and the life you want</u></a>	Martha Pieper; Joseph William Pieper,	Ebook	Interesting book, explores how our upbringing can cause us to self- sabotage our potential for happiness and contains exercises to try and overcome this
<a href="#"><u>Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfilment</u></a>	Martin E. P. Seligman	CD	Describes how we can build on our strengths and virtues to incorporate more happiness into our lives
<a href="#"><u>Happiness: A Guide to Developing Life's Most Important Skill</u></a>	Ricard, M	Book	This book has a Buddhist philosophy, including exercises/meditations to help develop happiness
<a href="#"><u>Simple Steps to Happiness</u></a>	Rosie Hamilton-McGinty,	Ebook	100 steps to promote happiness

# Healthy living/Health

Title	Author	Format	Overview
<a href="#"><u>Calm Energy : How People Regulate Mood With Food and Exercise</u></a>	Robert Thayer,	Ebook	Describes how you can manage your moods by eating the right foods and living a healthy lifestyle
<a href="#"><u>Increase Vitality</u></a>	Michael Reed Gach	CD	Describes simple acupuncture and yoga exercises that can increase energy levels and general wellbeing?
<a href="#"><u>Minding the Body, Mending the Mind</u></a>	Joan Z. Borysenko	CD	6 CD set which covers how to use relaxation to boost your immune system and help prevent stress related illness
<a href="#"><u>New Optimum Nutrition for the Mind</u></a>	P Holford	Book	How to use nutrition to boost your mood, mind, memory, and develop your own personal nutrition plan

<a href="#"><u>The kitchen shrink- food and recipes for a healthy mind</u></a>	Natalie Savona	Book	Recipes containing foods that may help depression, PMS and anxiety and enhance mood and brain power.
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## Jealousy

Title	Author	Format	Overview
<a href="#"><u>Jealousy</u></a>	Paul Hauck	Book	Explores where jealousy comes from, the impact it has on relationships and ways in which you can overcome it
<a href="#"><u>Overcoming Jealousy</u></a>	W. Dryden	Book	Concise book, defines healthy and unhealthy jealousy, contains advice to help boost confidence and reduce insecurity.

## Loneliness

Title	Author	Format	Overview
<a href="#"><u>How to cope with loneliness</u></a>	Maekins and Gorman	MIND Booklet	Brief guide, contains tips to manage loneliness and avenues for further support

# Meditation

Title	Author	Format	Overview
<a href="#"><u>Hurry Up and Meditate : Your Starter Kit for Inner Peace and Better Health,,</u></a>	David Michie	Ebook	Covers basics and benefits of meditation, and how to incorporate it into a busy lifestyle
<a href="#"><u>Meditation for Busy People : 60 Seconds to Serenity</u></a>	Dawn Groves,	Ebook	Introduces a straightforward method of meditation that can be used even in brief sittings
<a href="#"><u>Meditations and Music for Sound Healing</u></a>	Mitchell LGaynor	CD	Includes guided meditations for fear, inner peace and healing
<a href="#"><u>Meditations for Difficult Times</u></a>	Bernie S. Siegel	CD	Meditations to encourage positivity when times are difficult
<a href="#"><u>Meditations for Morning and Evening</u></a>	Bernie S. Siegel	CD	Uses guided imagery for meditations to start and end the day
<a href="#"><u>Meditations for Personal Healing</u></a>	Louise Hay	CD	Several meditations to encourage healing
<a href="#"><u>Meditations for Self-Healing and Inner Power</u></a>	Joan Z. Borysenko	CD	Mediations focussing on physical healing, concentration and awareness
<a href="#"><u>Your Present: A Guided Imagery Meditation for Physical and Spiritual Wellness: A Half-Hour of Peace</u></a>	Susie Mantell	CD	Guided meditation to aid relaxation and help reduce stress

## Mental Health/Psychiatric issues

Title	Author	Format	Overview
<a href="#"><u>Accepting voices</u></a>	Romme and Escher	MIND booklet	Useful for people who hear voices, includes techniques on how to deal with them

<a href="#"><u>Living with Bipolar</u></a>	Lesley Berk et al	Ebook	A guide to the causes and triggers of bipolar disorder and the treatment options available for sufferers
<a href="#"><u>Why Am I Still Depressed? : Recognizing and Managing the Ups and Downs of Bipolar II and Soft Bipolar Disorder,</u></a>	James R Phelps,	Ebook	Explores the spectrum of bi-polar disorders
<a href="#"><u>Winter blues: Everything you need to know to beat Seasonal Affective disorder</u></a>	N. Rosenthal	Book	Includes a self test, and tips for managing winter blues and SAD

## Mindfulness

Title	Author	Format	Overview
<a href="#"><u>Full Catastrophe living: How to cope with stress, pain and illness using mindfulness meditation</u></a>	John Kabat-Zinn	Book	Practical step by step guide to mindfulness based stress reduction, written by one of the pioneers of the approach
<a href="#"><u>The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness</u></a>	Williams , Teasdale, Segal	CD	Combining CBT and mindfulness techniques, includes CD with meditations

## Mood swings

Title	Author	Format	Overview
<a href="#"><u>Calm Energy : How People Regulate Mood With Food and Exercise</u></a>	Robert E. Thayer	Ebook	Explores reasons for emotional eating and benefits of exercise to mood
<a href="#"><u>Coping with Depression and Elation</u></a>	McKeon	Book	Useful for family members of those experiencing mood swings or bipolar disorder.

<a href="#"><u>Overcoming mood swings (CBT)</u></a>	Jan Scott	Book	CBT based book, useful for identifying triggers and managing moods more effectively
<a href="#"><u>The Food and Mood Handbook</u></a>	Amanda Geary	Book	Popular book looking at impact of different food groups and nutrients on mood

## Motivation

Title	Author	Format	Overview
<a href="#"><u>100 Ways to Motivate Yourself: Change Your Life Forever</u></a>	Steve Chandler	Ebook	Written by a motivational speaker, each of the 100 ways is summarised in 1 or 2 pages, easy to dip in and out of
<a href="#"><u>Raise Your Energy and Increase Your Motivation</u></a>	Glenn Harrold	CD	Uses relaxation and hypnosis to help increase energy levels and motivation

## OCD

Title	Author	Format	Overview
<a href="#"><u>Obsessive compulsive disorder: Practical, tried and tested strategies to overcome OCD</u></a>	Toates and Coschug-Toates	Book	Interesting book on OCD, written by an expert who also has OCD himself. Covers causes and treatments
<a href="#"><u>Obsessive Compulsive Disorder : A Survival Guide for Family and Friends</u></a>	Roy Cohen,	Ebook	Useful for family members of those with OCD
<a href="#"><u>Overcoming Obsessive compulsive disorder</u></a>	Veale and Wilson	Book	Popular CBT based guide to overcoming OCD

<b><u>Stop Obsessing: How to overcome your Obsessions and Compulsions</u></b>	Foa and Wilson	Book	Step by step programme, includes questionnaires, charts and strategies for managing obsessive thoughts and compulsive behaviours and rituals
<b><u>Understanding obsessions and compulsions</u></b>	Tallis	Book	Practical guide to OCD
<b><u>Washing My Life Away : Surviving Obsessive-compulsive Disorder</u></b>	Ruth Deane	Ebook	A personal account of OCD

## **Panic**

<b>Title</b>	<b>Author</b>	<b>Format</b>	<b>Overview</b>
<b><u>Don't Panic</u></b>	Wilson, Robert R	Book	Comprehensive guide to help understand and manage panic attacks
<b><u>How to cope with panic attacks</u></b>	Teevan and Gorman	MIND Booklet	Brief guide containing useful tips on managing panic
<b><u>Overcoming Panic (CBT)</u></b>	Derrick Silove and V Manicavasagar	Book	CBT step by step guide to managing panic disorder and agoraphobia
<b><u>Panic Attacks</u></b>	Christine Ingham	Book	Good overview of the causes of panic attacks and how to manage them
<b><u>Understanding Panic Attacks and Overcoming Fear</u></b>	Baker	Book	Popular and accessible book for dealing with panic attacks
<b><u>When panic attacks (book and CD)</u></b>	Aine Tubridy	Book and CD	Concise guide to panic, includes CD with breathing exercises

## Perfectionism

Title	Author	Format	Overview
<a href="#"><u>When perfect isn't Good Enough</u></a>	Anthony and Swinson	Book	Explores causes and impact of perfectionism, and strategies for overcoming perfectionism

## Pregnancy/Abortion

Title	Author	Format	Overview
<a href="#"><u>Abortion and afterwards:</u></a>	Davies V.	Book	Explores the practical and medical aspects of abortion as well as the emotional aftermath.
<a href="#"><u>Unplanned pregnancy- Your Choices: A Practical Guide to Pregnancy</u></a>	A Furedi	Book	Explains all the options available to someone with an unplanned pregnancy, includes real life extracts

## Procrastination

Title	Author	Format	Overview
<a href="#"><u>Procrastination: Why you do it, What to do about it now</u></a>	Jane B. Burka & Lenora M. Yuen.	Book	Helpful book for people who want to understand why they procrastinate, contains lots of practical tips on how to work more efficiently and productively

## Relationships

Title	Author	Format	Overview
<a href="#"><u>Intimacy &amp; Solitude: balancing closeness and independence</u></a>	Stephanie Dowrick	Book	Useful if you would like to understand more about your relationships and your needs for intimacy and independence
<a href="#"><u>How to cope with relationship problems</u></a>	De Borsac	MIND booklet	Brief guide to relationship difficulties
<a href="#"><u>Overcoming Relationship Problems: A Self-help Guide Using Cognitive Behavioural Techniques</u></a>	M. Crowe	Book	CBT based guide to overcoming difficulties in couple relationships

## Relaxation

Title	Author	Format	Overview
<a href="#"><u>Healing Without Freud or Prozac.</u></a>	Servan-Schreiber, D.	Book	Covers natural approaches to dealing with stress, anxiety and depression
<a href="#"><u>Mind guide to relax</u></a>	Atherton	MIND Booklet	Brief guide to relaxation
<a href="#"><u>Relaxation: exercises and inspirations of well-being</u></a>	Sarah Brewer	Book	Good overview of relaxation techniques, Includes sections on meditation, breathing exercises and visualisation
<a href="#"><u>Stress-Free: Peaceful Affirmations to Relieve Anxiety and Help You Relax</u></a>	Louise L. Hay	CD	Uses affirmations to reduce stress and aid relaxation
<a href="#"><u>The 10-Minute Stress Manager</u></a>	Emmett E. Miller	CD	Short guided visualisations to reduce stress
<a href="#"><u>The Relaxation and Stress Reduction Workbook</u></a>	Davis Robbins Eshelman and McKay	Book	Stress reduction techniques for body and mind



## Self-esteem

Title	Author	Format	Overview
<b><u>10 days to great self esteem</u></b>	Burns	Book	Practical book focuses on solutions and techniques to improve self-esteem and mood
<b><u>Boost Your Self-esteem {Creating Success}</u></b>	John Caunt	Ebook	Easy to read book with practical exercises to increase self-esteem.
<b><u>Building Self-esteem : How to Replace Self-doubt With Confidence and Well-being</u></b>	William Stewart	Ebook	More detailed book, explores how the roles we take in relation to others can affect our self esteem
<b><u>Developing Self-esteem : A Guide for Positive Success {Fifty-Minute Series}</u></b>	Connie D Palladino	Ebook	Concise book on self-esteem, Includes quizzes/self-tests
<b><u>Forgiveness/Loving the Inner Child</u></b>	Louise Hay	CD	This CD uses visualisation to help you to forgive those who have hurt you and be more loving towards yourself.
<b><u>Overcoming low self esteem (CBT)</u></b>	Mel Fennell	Book	CBT based book recommended by NHS, contains helpful strategies to boost confidence and self esteem

## Self-harm

Title	Author	Format	Overview
<b><u>Cutting – the risk (self-harm, self-care and risk reduction)</u></b>	National self-harm network	Book	Guide to the risks of self-harm by cutting and how to minimise them

<a href="#"><u>Cutting: understanding and overcoming self-mutilation</u></a>	Levenkron	Book	Useful for people who self-harm, as well as their family and friends, explores factors that may lead someone to self-harm and how they can be helped
<a href="#"><u>Healing the Hurt Within: Understand Self-injury and Self-harm, and Heal the Emotional Wounds</u></a>	Jan Sutton	Book and Ebook	Includes personal accounts of people that self-harm, their families and those who have recovered.
<a href="#"><u>Life after self-harm: A guide to the future</u></a>	Ulrike Schmidt, Kate M Davidson	Ebook	Covers self-harm and suicide
<a href="#"><u>Self-harm – perspectives from personal experience</u></a>	Pembroke	Book	Aims to answer the question “why do people self-harm”, through personal stories

## Sexuality

Title	Author	Format	Overview
<a href="#"><u>Family Outing: The guide to coming out for gays, lesbians and their parents</u></a>	Chastity Bono ,Billie Fitzpatrick	Book	Written from personal experience and includes stories of people who came out to their families
<a href="#"><u>How to cope with doubts about your sexual identity</u></a>	Hill	MIND booklet	Brief guide, contains tips and information on agencies that may be helpful
<a href="#"><u>Outing Yourself</u></a>	Signorile	Book	Practical things to consider when coming out to family and friends
<a href="#"><u>The new gay teenager</u></a>	Savin-Williams.R	Book	Interesting take on what sexuality means to young people, including personal accounts

## Sleep

Title	Author	Format	Overview
<u><a href="#">How to cope with sleep problems</a></u>	Gorman and Darton	MIND booklet	Brief guide to dealing with sleep problems
<u><a href="#">Learn to sleep well kit (inc audio CD)</a></u>	Chris Idzikowski	Book with CD	Includes sections on the sleep environment, overcoming sleep problems and relaxation/meditation techniques
<u><a href="#">Overcoming Insomnia and Sleep Problems: A Self-help Guide Using Cognitive Behavioural Techniques</a></u>	Espie, C.A.	Book	CBT based book, contains practical strategies for overcoming sleep difficulties
<u><a href="#">Sleep Better</a></u>	Michael Reed Gach	CD	CD including relaxation and yoga exercises to aid a better nights sleep
<u><a href="#">The Complete Idiot's Guide to Getting a Good Night's Sleep</a></u>	Martin Moore-Ede, Suzanne LeVert	Ebook	Interesting, easy to read book, looks at your sleep style (owl or lark), the role of naps and how to deal with specific sleep problems
<u><a href="#">The Sleep Solution</a></u>	Ball and Hough	Book	A 21 day course to help improve your sleep pattern using practical steps and exercises

## Social Anxiety/Shyness

Title	Author	Format	Overview
<u><a href="#">Overcoming social anxiety and shyness (CBT)</a></u>	Gillian Butler	Book	CBT based book aimed at those who particularly struggle with social situations
<u><a href="#">Triumph Over Shyness : Conquering Shyness and Social Anxiety</a></u>	Murray B Stein, John R Walker	Ebook	Readable, uses case examples, includes sections on self-help and relationships

## Stress

Title	Author	Format	Overview
<a href="#"><u>Managing Stress (Teach yourself)</u></a>	Looker and Gregson	Book	How to identify stress, the impact it has on our bodies and develop a personal stress management plan
<a href="#"><u>Mind guide to managing stress</u></a>	Sharman	MIND booklet	Brief guide to stress management
<a href="#"><u>Stress, Anxiety, Depression : A Practical Workbook,]</u></a>	Martin Simmons, Peter Daw,.	Ebook	Practical guide. Includes sections on lifestyle, anxiety management and low mood
<a href="#"><u>The Good Stress Guide</u></a>	Mary Hartley	Book	Suggests ways of managing stress and includes self tests to measure stress levels

## Student life/ Studying

Title	Author	Format	Overview
<a href="#"><u>Dyslexia, the self and higher education</u></a>	David Pollak	Book	Explores the impact of dyslexia in a higher education setting
<a href="#"><u>How to be a student: 100 great ideas and practical habits for students everywhere</u></a>	Sarah Moore, Maura Murphy	Book	Practical tips for student life
<a href="#"><u>Power Up Your Mind : Learn Faster, Work Smarter</u></a>	Bill Lucas	Ebook	Explores how the brain works and how to use this knowledge to maximise learning potential
<a href="#"><u>The Art of Learning : A Self-help Manual for Students</u></a>	Katherine M. Ramsland	Ebook	Explores how to develop your ability to learn

## Suicide/Suicidal Thoughts

Title	Author	Format	Overview
<a href="#"><u>A Special Scar</u></a>	Wertheimer	Book	For people who have been bereaved by suicide
<a href="#"><u>How to help someone who is suicidal</u></a>	Hill and Gorman	Booklet	Includes straightforward advice and a list of further resources

## Trauma/Abuse

Title	Author	Format	Overview
<a href="#"><u>Breaking Free: Help for Survivors of Child Sexual Abuse.</u></a>	Ainscough, C. & Toon, K.	Book	Practical advice for survivors of abuse
<a href="#"><u>Memory and Abuse : Remembering and Healing the Effects of Trauma</u></a>	Charles L Whitfield	Ebook	Explores role of memory in trauma and recovery
<a href="#"><u>Overcoming Traumatic Stress: A Self-Help Guide using CBT techniques</u></a>	Herbert & Wermore	Book	Popular CBT based guide to managing traumatic stress
<a href="#"><u>The PTSD Workbook</u></a>	Mary Beth Williams	Book	Practical workbook to help identify the type of trauma experienced and work through it using a step by step approach
<a href="#"><u>The survivors guide to recovery from rape or sexual abuse</u></a>	Robert Kelly, Fay Maxted	Book	Sensitively written book, useful for survivors of rape and abuse, their friends and relatives.

## Worry

Title	Author	Format	Overview
<a href="#"><u>How to stop worrying</u></a>	Frank Tallis	Book	How to control your worry and make it work for you
<a href="#"><u>How to stop worrying</u></a>	Flory	MIND booklet	Brief guide to managing worry
<a href="#"><u>The worry cure. Stop worrying and start living</u></a>	Leahy	Book	Good book for a wide range of worries

## Writers Block

Title	Author	Format	Overview
<a href="#"><u>Getting down to writing – A students guide to overcoming writers block</u></a>	Caroline Hall	Book	Practical guide to dealing with writers block
<a href="#"><u>Writers Block</u></a>	Zachary Leader	Book	Looks at different theories and perspectives on Writers block