



Books For  
Adults To Help  
your Well-being

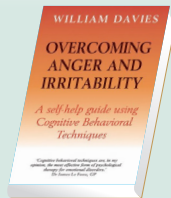


These books are self-help and guided self-help books recommended by NHS Forth Valley. They are chosen specifically for adults.

## Anger

### Overcoming Anger and Irritability

William Davies (2009)



### Beating Anger: The eight-point plan for coping with rage

Mike Fisher (2005)



## Anxiety (see also panic and phobias)

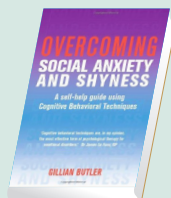
### Overcoming anxiety: A self-help guide using Cognitive Behavioural Techniques

Helen Kennerly (2009)



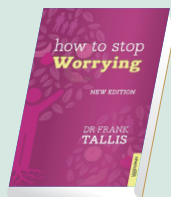
### Overcoming social anxiety and shyness: A self-help guide using Cognitive Behavioural Techniques

Gillian Butler (1999)



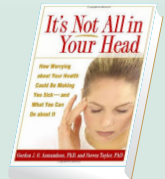
### How to stop worrying

Frank Tallis (2009)



## It's not all in your head

Gordon Asmundsen and Steven Taylor (2005)



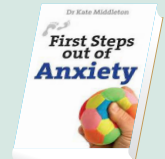
## The Compassionate Mind Approach to Overcoming Anxiety

Dennis Tirsch (2012)



## First Steps Out of Anxiety

Dr Kate Middleton (2011)



## How To Beat Your Fears and Worries

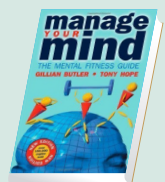
Helen Kennerly (2011)



## Assertiveness and Communication

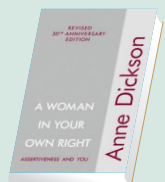
### Manage your mind: The mental fitness guide

Gillian Butler and Tony Hope (2007)



## A Woman in your own right: Assertiveness and you

Anne Dickson (2004)



## Bereavement

### Overcoming grief

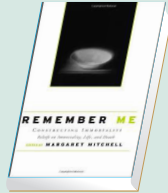
Sue Morris (2008)



### Remember me:

### Constructing immortality - Beliefs on Immortality, Life, and Death

M Mitchell (2007)



## Cancer Issues

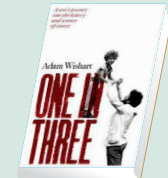
### What can I do to help?

Deborah Hutton (2005)



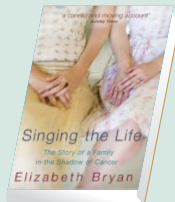
### One in three

Adam Wishart (2006)



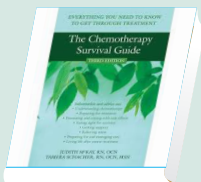
### Singing the life: The story of a family living in the shadow of cancer

Elizabeth Bryan (2008)



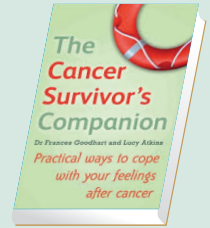
### The chemotherapy survival guide; everything you need to know,

Judith McKay, (2009)



### Cancer Survivors Companion: Practical ways to cope with your feelings after cancer

Lucy Atkins and Francis Goodheart (2012)



## Caring and Carers

### What can I do to help?

Deborah Hutton (2005)



### 10 Helpful Hints for Carers: Practical solutions for carers living with people with dementia

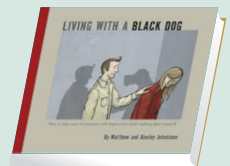
The Dementia Services

Development Centre (2009)



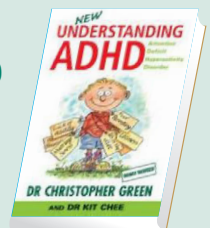
### Living with a black dog

Matthew Johnstone (2008)



### Understanding ADHD

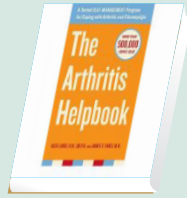
Christopher Green & Kit Chee (2001)



# Chronic Pain

**Arthritis help book: a tested self-management program for coping with arthritis and fibromyalgia**

Kate Lorig and James Fries (2007)



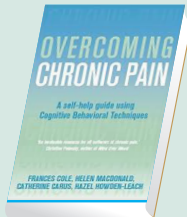
**Living with Fibromyalgia**

Christine Craggs-Hinton (2010)



**Overcoming chronic pain; a self-help guide using cognitive behavioural techniques**

Catherine Carus, Frances Cole, Hazel Howden- Leach, Helen MacDonald (2005)



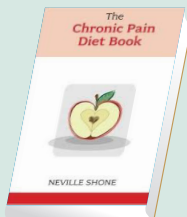
**Coping successfully with pain - overcoming common problems**

Neville Shone (1995)



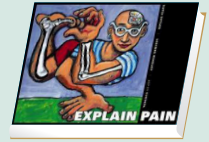
**The Chronic Pain Diet Book**

Neville Shone (2008)



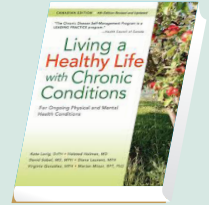
# Explain Pain

David Butler and G. Lorimer Moseley (2003)



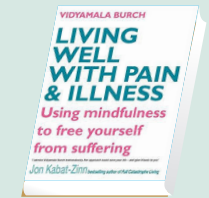
**Living a healthy life with chronic conditions**

Halstad Holman, Diana Laurent, Kate Lorig, David Sobel (2008)



**Living Well with Pain and Illness**

Vidyamala Burch (2011)



# Dementia

**10 Helpful Hints for Carers: Practical solutions for carers living with people with dementia**

The Dementia Services Development Centre (2009)



**10 Helpful hints for dementia design at home: Practical design solutions for carers living at home with someone who has dementia**

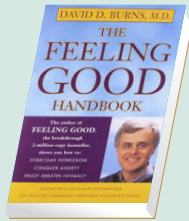
The Dementia Services Development Centre (2010)



# Depression

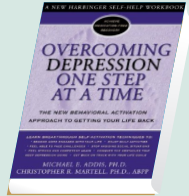
## Feeling good handbook

David Burns (1999)



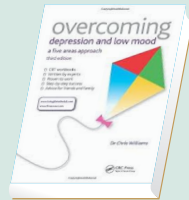
## Overcoming depression one step at a time

Michael Addis & Christopher Martell (2004)



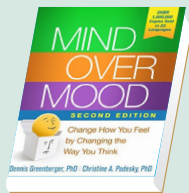
## Overcoming depression and low mood

Chris Williams (2009)



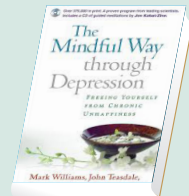
## Mind over mood: change the way you feel by changing the way you think

Dennis Greenberger & Christine Padesky (1995)



## Mindful way through depression

Jon Kabat-Zinn, Zindel V. Segal, John Teasdale, Mark Williams (2007)



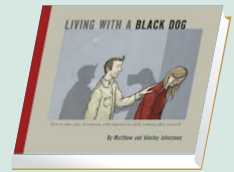
## I had a black dog

Matthew Johnstone (2007)



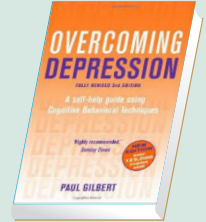
## Living with a black dog

Matthew Johnstone (2008)



## Overcoming depression: A guide to recovery with a complete self-help programme

Paul Gilbert (2009)



## First Steps Out of Depression

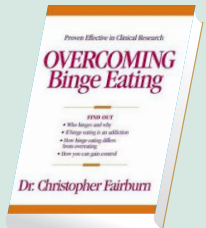
Sue Atkinson (2011)



## Eating issues and disorders

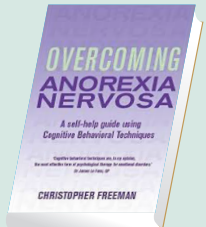
## Overcoming binge eating

Christopher Fairburn (1995)



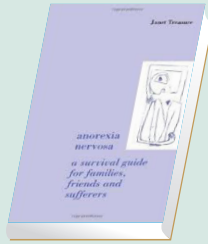
## Overcoming anorexia nervosa

Peter Cooper & Christopher Freeman (2009)



## Anorexia nervosa: a survival guide for families, friends and sufferers

Janet Treasure (1997)



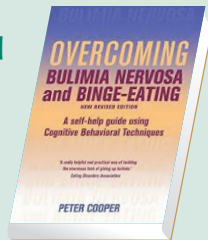
## Getting better bite by bite

Ulrike Schmidt and Janet Treasure (1993)



## Overcoming bulimia nervosa and binge eating

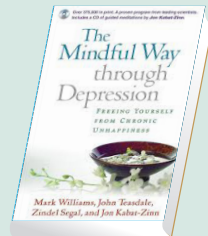
Peter Cooper (2009)



## Mindfulness

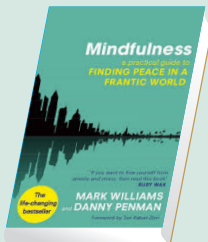
### The Mindful way through depression

Jon Kabat-Zinn, Zindel V. Segal, John Teasdale, Mark Williams (2007)



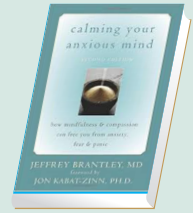
### Mindfulness: a practical guide to finding peace in a frantic world

Mark Williams and Danny Penman (2011)



## Calming your anxious mind: How mindfulness and compassion can free you from anxiety, fear and panic

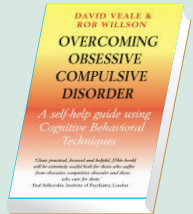
Jeffrey Brantley (2007)



## Obsessions and Compulsions

### Overcoming obsessive compulsive disorder

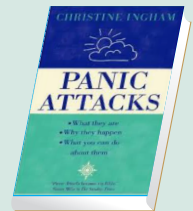
David Veale and Rob Wilson (2009)



## Panic (see also phobias / anxiety)

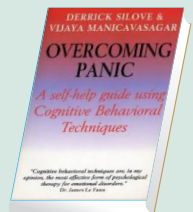
### Panic attacks: what they are, why they happen, and what can you do about them

Christine Ingham (2000)



### Overcoming panic: a self-help guide using cognitive behavioural techniques

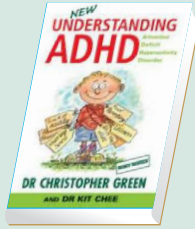
Derek Silove and Vijaya Manicavasagar (2001)



## Parenting books for parents and carers

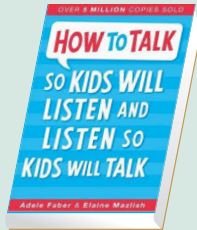
### Understanding ADHD

Christopher Green & Kit Chee (2001)



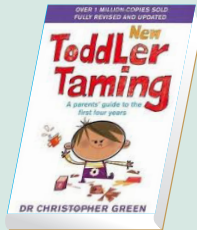
### How to talk so kids will listen and listen so kids will talk

Adele Faber & Elaine Mazlish (2001)



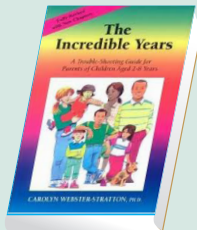
### New toddler taming

Christopher Green (2006)



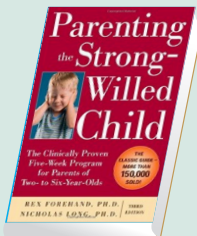
### The Incredible Years

Carolyn Webster-Stratton (2005)



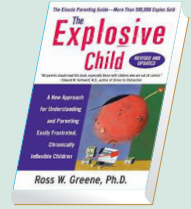
### Parenting the Strong-Willed Child

Rex Forehand & Nicholas Long (2010)



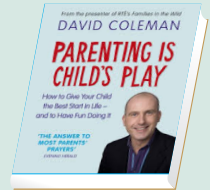
### The Explosive Child: A new approach for understanding and parenting easily frustrated, chronically inflexible children

Ross Greene (2010)



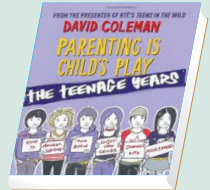
### Parenting is Child's Play: how to give your child the best start in life and have fun doing it

David Coleman (2007)



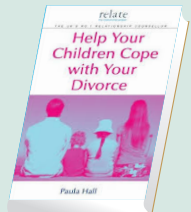
### Parenting is Child's Play: The teenage years

David Coleman (2010)



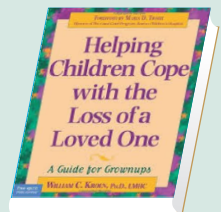
### Help your child cope with divorce

Paula Hall (2007)



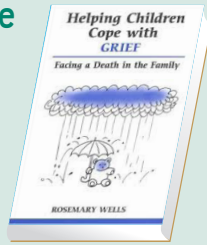
### Helping children cope with the loss of a loved one

Pamela Espeland & William Kroen (1996)



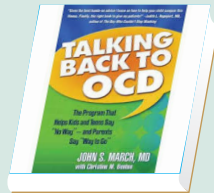
## Helping children cope with grief

Rosemary Wells (1988)



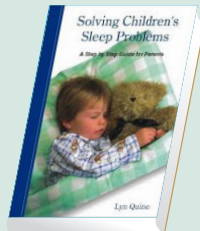
## Talking Back to OCD (Suitable for parents to work through with children 4 and over)

Christine Benton & John March (2007)



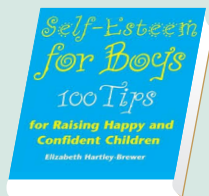
## Solving Children's Sleep Problems: A step by step guide for parents

Lyn Quine (1997)



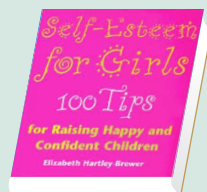
## Self-esteem for boys: 100 tips for raising happy and confident children

Elizabeth Hartley-Brewer (2000)



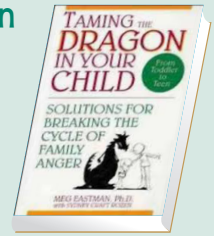
## Self-esteem for girls: 100 tips for raising happy and confident children

Elizabeth Hartley-Brewer (2000)



## Taming the Dragon in your child

Meg Eastman (1994)



## Confident Teens: how to raise a positive, confident and happy teenager

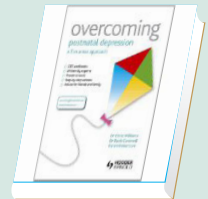
Gael Lindenfield (2001)



## Perinatal and Post-natal Issues

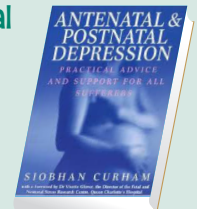
### Overcoming post natal depression: A Five Areas Approach

Roch Cantwell & Karen Robertson, Christopher Williams (2009)



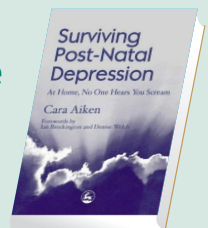
### Antenatal & postnatal depression: Practical advice and support for all sufferers

Siobahn Curham (2000)



### Surviving postnatal depression: At home no one hears you scream

Cara Aitken (2000)

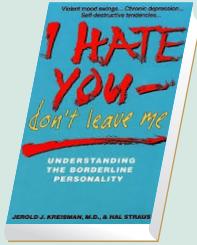




# Personality Disorder

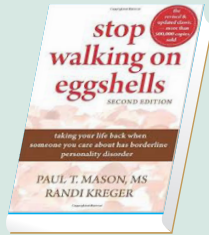
## I Hate You - Don't Leave Me: Understanding The Borderline Personality

Jerold J Kreisman and Straus Hal (1991)



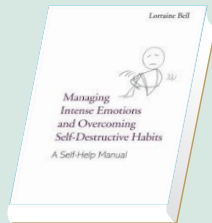
## Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About has Borderline Personality Disorder

Paul T Mason and Randi Kreger (1998)



## Managing Intense Emotions and Overcoming Self-Destructive Habits

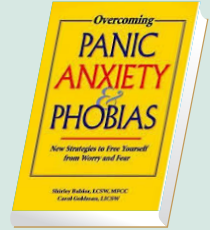
Lorraine Bell (2003)



# Phobias

## Overcoming Panic, anxiety and phobias: New strategies to free yourself from worry and fear

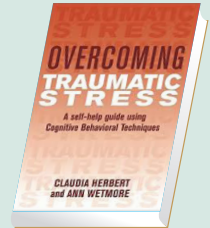
Carol Goldman and Shirley Babior (1996)



## Trauma / Post traumatic stress disorder

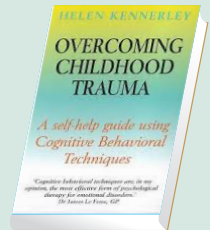
## Overcoming traumatic stress

Claudia Herbert & Ann Wetmore (2008)



## Overcoming childhood trauma

Helen Kennerly (2000)



## Relationships

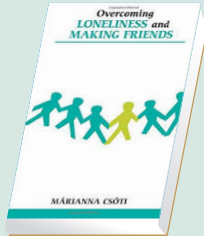
**Stop arguing, start talking: The 10 point plan for couples in conflict**

(Relate) Susan Quilliam (2001)



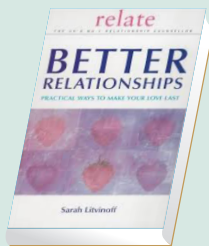
**Overcoming loneliness and start making friends**

Marianna Csoti (2005)



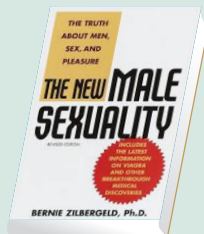
**Better relationships: Practical ways to make your love last**

(Relate) Sarah Litvinoff (2001)



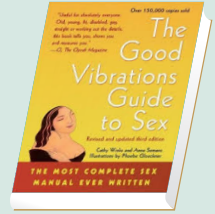
**The New Male Sexuality**

Bernie Zilbergeld (1999)



**Good Vibrations guide to sex**

Cathy Winks & Anne Semans, Cleis Press (2002)



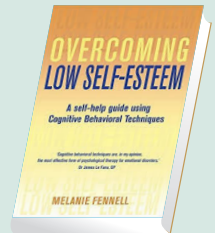
**Intimate Partners**  
Maggie Scarf (2008)



**Self esteem**

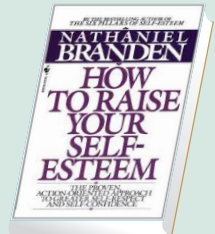
**Overcoming low self-esteem: A self help guide**

Melanie Fennell (2009)



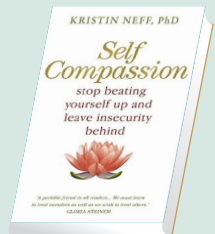
**How to raise your self-esteem**

Nathaniel Branden (1988)



**Self-compassion: stop beating yourself up and leave insecurity behind**

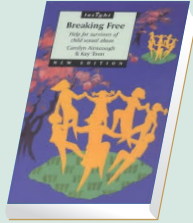
Kristen Neff (2011)



## Sexual Abuse

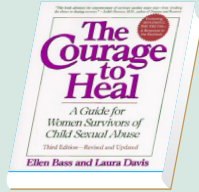
### Breaking free: help for Survivors of Child Sexual Abuse

Carolyn Aincough and Kay Toon (2000)



### The courage to heal: A guide for women survivors of childhood sexual abuse

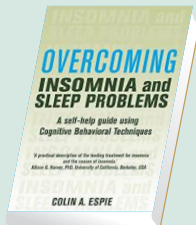
Ellen Bass & Laura Davis (2008)



## Sleeping problems and Insomnia

### Overcoming Insomnia and Sleep Problems: A self-help guide using Cognitive Behavioural Techniques

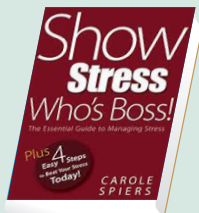
Colin Espie (2012)



## Stress

### Show Stress Who's Boss

Carole Spiers (2011)



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