



WELLBEINGBOOKS

Wellbeing Books for Adults are self-help and guided self-help books recommended by the Psychology Department of NHS Forth Valley*.

Books may be borrowed from libraries across Forth Valley including Stirling University. Where each book is to be found is in brackets after each book. If a book is not available in one council area it can be ordered for free under the [LICS Passport scheme](#) from another area in Forth Valley. Ask at your library.

A full list of books is also available on *Moodjuice* (www.moodjuice.scot.nhs.uk) and at *Heal The Whole of Me* (www.healthewholeofme.com).

Anger

- *Overcoming Anger and Irritability*, William Davies, Robinson Publishing (2009) (Falkirk / Clacks)
- *Beating Anger: The eight-point plan for coping with rage*, Mike Fisher, Rider & Co (2005) (Falkirk / Clacks / Stirling)

Anxiety (see also panic and phobias)

- *Overcoming anxiety: A self-help guide using Cognitive Behavioural Techniques*, Helen Kennerly, Robinson Publishing (2009) (Falkirk / Stirling / Stirling Uni)
- *Overcoming social anxiety and shyness: A self-help guide using Cognitive Behavioural Techniques*, Gillian Butler, Robinson Publishing (1999) (all areas)
- *How to stop worrying*, Frank Tallis, Sheldon Press (2009) (all areas)
- *It's not all in your head*, Gordon Asmundsen & Steven Taylor, Guildford Publications (2005) (Falkirk / Stirling / Stirling Uni)
- *The Compassionate Mind Approach to Overcoming Anxiety*, Dennis Tirsch, Robinson (2012) (Stirling)
- *First Steps Out of Anxiety*, Kate Middleton (2011) (e-book)
- *How To Beat Your Fears and Worries*, Helen Kennerley (2011) (e-book)

Assertiveness and Communication

- *Manage your mind: The mental fitness guide*, Gillian Butler and Tony Hope, Oxford University Press (2007) (all areas)

- *A Woman in your own right: Assertiveness and you*, Anne Dickson, Piatkus (2004) (Falkirk / Clacks / Stirling Uni)

Bereavement

- *Overcoming grief*, Sue Morris, Robinson Publishing (2008) (Falkirk / Clacks / Stirling)
- *Remember me: Constructing immortality - Beliefs on Immortality, Life, and Death*, M Mitchell, Routledge (2007) (Falkirk)

Cancer Issues

- *What can I do to help?* Deborah Hutton, Short Books (2005) (Falkirk/Clacks/Stirling)
- *One in three*, Adam Wishart, Profile Books Ltd (2006) (all areas)
- *Singing the life: The story of a family living in the shadow of cancer*, Elizabeth Bryan, Vermilion (2008) (Falkirk / Clacks / Stirling)
- *The chemotherapy survival guide; everything you need to know*, Judith McKay, New Harbinger (2009)
- *Cancer Survivors Companion: Practical ways to cope with your feelings after cancer*, Lucy Atkins and Francis Goodheart, Piatkus (2012) (Falkirk / Clacks)

Caring and Carers

- *What can I do to help?* Deborah Hutton, Short Books (2005) (Falkirk / Clacks / Stirling)
- *10 Helpful Hints for Carers: Practical solutions for carers living with people with dementia*, The Dementia Services Development Centre, University of Stirling (2009) (Falkirk / Clacks / Stirling / DSDC)
- *Living with a black dog*, Matthew Johnstone, Robinson (2008) (Falkirk)
- *Understanding ADHD*, Christopher Green & Kit Chee, Vermillion (2001) (P) (Stirling Uni)

Chronic Pain

- *Arthritis help book: a tested self-management program for coping with arthritis and fibromyalgia*, Kate Lorig and James Fries, Cambridge (2007) (Falkirk / Clacks)
- *Living with Fibromyalgia*, Christine Craggs-Hinton, Sheldon Press (2010) (Falkirk / Clacks)
- *Overcoming chronic pain; a self-help guide using cognitive behavioural techniques*, Catherine Carus, Frances Cole, Hazel Howden- Leach, Helen MacDonald, Robinson Publishing (2005) (Falkirk / Clacks / Stirling)
- *Coping successfully with pain - overcoming common problems*, Neville Shone, Sheldon Press (Falkirk / Clacks / Stirling)
- *The Chronic Pain Diet Book*, Neville Shone, Sheldon Press, (2008) (Falkirk / Clacks / Stirling)
- *Explain Pain*, David Butler and G. Lorimer Moseley, Noigroup (2003) (Stirling)
- *Living a healthy life with chronic conditions*, Halstad Holman, Diana Laurent, Kate Lorig, David Sobel, Bull Publishing (2008) (Stirling Uni)
- *Living Well with Pain and Illness*, Vidyamala Burch, Piatkus, (2011)

Dementia

- *10 Helpful Hints for Carers: Practical solutions for carers living with people with dementia*, The Dementia Services Development Centre, University of Stirling (2009) (Falkirk / Clacks / Stirling / DSDC)
- *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, University of Stirling (2010) (Falkirk / Clacks / Stirling / DSDC)

Depression

- *Feeling good handbook*, David Burns, Plume Books (1999) (Falkirk / Clacks / Stirling)
- *Overcoming depression one step at a time*, Michael Addis & Christopher Martell, New Harbinger Publications (2004) (Falkirk / Clacks / Stirling)
- *Overcoming depression and low mood*, Chris Williams, Hodder Arnold (2009) (Falkirk / Clacks / Stirling)
- *Mind over mood: change the way you feel by changing the way you think*, Dennis Greenberger & Christine Padesky, Guildford Press (1995) (all areas) (also on young people's list)
- *Mindful way through depression*, Jon Kabat-Zinn, Zindel V. Segal, John Teasdale, Mark Williams, Guildford Publications (2007) (all areas)
- *I had a black dog*, Matthew Johnstone, Robinson (2007) (Falkirk)
- *Living with a black dog*, Matthew Johnstone, Robinson (2008) (Falkirk)
- *Overcoming depression: A guide to recovery with a complete self-help programme*, Paul Gilbert, Robinson (2009) (all areas) (also on young people's list) □ *First Steps Out of Depression*, Sue Atkinson (2011) (e-book)

Eating issues and disorders

- *Overcoming binge eating*, Christopher Fairburn, Guildford Press (1995) (all areas)
- *Overcoming anorexia nervosa*, Peter Cooper & Christopher Freeman, Constable & Robinson (2009) (all areas) (also on young people's list)
- *Anorexia nervosa: a survival guide for families, friends and sufferers*, Janet Treasure, Routledge (1997) (Falkirk) (also on young people's list)
- *Getting better bite by bite*, Ulrike Schmidt and Janet Treasure, Psychology Press (1993) (Falkirk / Clacks / Stirling) (also on young people's list)
- *Overcoming bulimia nervosa and binge eating*, Peter Cooper, Robinson (2009) (Falkirk)

Mindfulness

- *Mindfulness: A practical guide to finding peace in a frantic world*, Mark Williams and Danny Penman, Piatkus (2011) (Falkirk/Stirling)

Obsessions and Compulsions

- *Overcoming obsessive compulsive disorder*, David Veale and Rob Wilson, Robinson (2009) (Falkirk / Clacks / Stirling)

Panic (see also phobias / anxiety)

- *Panic attacks: what they are, why they happen, and what can you do about them*, Christine Ingham, Thorsons (Falkirk / Clacks / Stirling)
- *Overcoming panic: a self-help guide using cognitive behavioural techniques*, Derek Silove, New York University Press (2001) (Falkirk / Clacks)

Parenting / books for parents and carers

- *Understanding ADHD*, Christopher Green & Kit Chee, Vermillion (2001) (P) (Stirling Uni)
- *How to talk so kids will listen and listen so kids will talk*, Adele Faber & Elaine Mazlish, Piccadilly Press (2001) (all areas)
- *New toddler taming*, Christopher Green, Vermillion (2006) (all areas)
- *The Incredible Years*, Carolyn Webster-Stratton, The Incredible Years (2005) (all areas)
- *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, Harper (2010) (Clacks / Stirling)
- *Parenting is Childs Play: how to give your child the best start in life and have fun doing it*, David Coleman, Penguin Ireland (2007) (Falkirk / Clacks)
- *Parenting is Childs Play: The teenage years*, David Coleman, Penguin Ireland (2010) (Stirling)
- *Help your child cope with divorce*, Paula Hall, Vermillion (2007) (Falkirk)
- *Helping children cope with the loss of a loved one*, Pamela Espeland & William Kroen, Free Spirit (1996) (Falkirk / Stirling)
- *Helping children cope with grief*, Rosemary Wells, Sheldon Press (1988) (all areas)
- *Talking Back to OCD*, Christine Benton & John March, Guilford Press (2007) (Suitable for parents to work through with child 4 and over) (Falkirk / Clacks / Stirling)
- *Solving Children's Sleep Problems: A step by step guide for parents*, Lyn Quine, DSM (1997) (Falkirk / Stirling / Stirling Uni)
- *Self-esteem for boys: 100 tips for raising happy and confident children*, Elizabeth Hartley-Brewer, Vintage (2000) (Falkirk / Clacks / Stirling)
- *Self-esteem for girls: 100 tips for raising happy and confident children*, Elizabeth Hartley-Brewer, Vintage (2000) (Falkirk / Clacks / Stirling)
- *Taming the Dragon in your child*, Meg Eastman, John Wiley & Sons (1994) (Falkirk)
- *Confident Teens: how to raise a positive, confident and happy teenager*, Gael Lindenfield, Thorsons (2001) (Falkirk / Clacks / Stirling)

Perinatal and Postnatal Issues

- *Overcoming post natal depression: A Five Areas Approach*, Roch Cantwell & Karen Robertson, Christopher Williams, Hodder Arnold (2009) (all areas)
- *Antenatal & postnatal depression: Practical advice and support for all sufferers*, Siobahn Curham, Vermillion (2000) (all areas)
- *Surviving postnatal depression: At home no one hears you scream*, Cara Aitken, Jessica Kingsley Publishers (2000) (all areas)

Phobias

- *Overcoming Panic, anxiety and phobias: New strategies to free yourself from worry and fear*, Carol Goldman and Shirley Babior, Whole Person Associates (1996) (Falkirk / Stirling / Stirling Uni)

Post traumatic stress disorder / trauma

- *Overcoming traumatic stress*, Claudia Herbert & Ann Wetmore, Robinson Publishing (2008) (all areas)
- *Overcoming childhood trauma*, Helen Kennerly, Robinson Publishing (2000) (Falkirk / Clacks / Stirling)

Relationships

- *Stop arguing, start talking: The 10 point plan for couples in conflict (Relate)*, Susan Quilliam, Vermillion (2001) (all areas)
- *Overcoming loneliness and start making friends*, Marianna Csoti, Sheldon Press (2005) (Falkirk / Clacks / Stirling)
- *The Relate guide to better relationships*, Sarah Litvinoff, Vermillion, (2001) (Clacks / Stirling / Stirling Uni)

- *The New Male Sexuality*, Bernie Zilbergeld, Bantam Doubleday Publishing (1999) (Clacks)
- *Good Vibrations guide to sex*, Cathy Winks & Anne Semans, Cleis Press (2002) (all areas)
- *Intimate Partners*, Maggie Scarf, Ballantine Books (2008) (Clacks)

Self Esteem

- *Overcoming low self-esteem: A self help guide*, Melanie Fennell, Robinson (2009) (also on young people's list) (all areas)
- *How to raise your self-esteem*, Nathaniel Branden, Random House (1988) (Falkirk / Clacks / Stirling)
- *Self-compassion: stop beating yourself up and leave insecurity behind*, Kristen Neff, Hodder & Stoughton (2011) (Falkirk / Clacks)

Sexual Abuse

- *Breaking free: help for Survivors of Child Sexual Abuse*, Carolyn Aincough and Kay Toon, Sheldon Press (2000) (Clacks / Stirling Uni)
- *Courage to heal: A guide for women survivors of childhood sexual abuse*, Ellen Bass & Laura Davis, Vermillion (2008) (Falkirk / Stirling / Stirling Uni)

Sleeping Problems and Insomnia

- *Overcoming Insomnia and Sleep Problems: A self-help guide using Cognitive Behavioural Techniques*, Colin Espie, Robinson Publishing (2012) (all areas)

Stress

- *Show Stress Who's Boss*, Carole Spiers, Equilibrium Publications (2011) (Falkirk / Stirling)

*A list for Children and Young People is also available

If you would like to contribute book suggestions or reviews to Wellbeing Books or for general enquiries please contact: Jude Clarke admin@healthwholeofme.com



LICS
Libraries in Central Scotland

NHS
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Self-help materials
recommended by NHS Forth Valley
Psychology Department. Details at local
libraries and www.healthwholeofme.com
or www.moodjuice.scot.nhs.uk

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