



WELLBEINGBOOKS

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

This is a list of all the books on the Children and Young People Wellbeing Books list. Books may be borrowed from libraries across Forth Valley including Stirling University. Becoming a member is free. Where each book is to be found is in brackets after each book. If a book is not available in one local authority area it can be ordered under the [LICS Passport scheme](#) from another area in Forth Valley. The library will be able to arrange this for you.

The ages for which resources are most appropriate are shown in brackets:

P: Parents and carers

0-8: For use with or by children between ages 0-8

8-13: For use with or by children between ages 8-13

13-18: For use with or by young people aged 8-13

A full list of books is available on Moodjuice (www.moodjuice.scot.nhs.uk) and the Heal The Whole of Me wellbeing website (www.healthwholeofme.com).

Adolescence

- *Blame my brain, Nicola Morgan, Walker (2007) (P/0-8/8-13) (Falkirk/Clacks/Stirling)*
- *Confident teens: How to raise a positive, confident and happy teenager, Gael Lindenfield, Harper Collins (2001) (P) (Falkirk/Clacks/Stirling)*

Anger

- *A volcano in my tummy, Warwick Pudney & Elaine Whitehouse (1997) (P/0-8/8-13) (Falkirk/Stirling/Stirling Uni)*
- *Taming the dragon in your child: Solutions for breaking the cycle of family anger, Meg Eastman Wiley (1994) (P) (Falkirk)*

Anxiety and Worry

- *Think good Feel Good: A Cognitive Behavioural Therapy workbook for children and young people, Paul Stallard, Wiley (2002) (P/8-13/13-18) (Clacks/Stirling)*

- *Overcoming social anxiety and shyness*, Gillian Butler, Robinson Publishing (2007) (P/13-18) (all areas)

Autism Spectrum Disorders

- *Freaks, Geeks and Aspergers Syndrome: A user guide to adolescence*, Tony Attwood & Luke Jackson, Jessica Kinsley Publishing (2002) (P/8-13/13-18) (Falkirk/Clacks/Stirling)
- *How to live with Autism and Asperger's Syndrome: practical strategies for parents and professionals*, Christine Williams and Barry Wright & Olive Young, Jessica Kinsley Publishing (2004) (P/13-18) (Falkirk/Clacks/Stirling)

Bereavement

- *Badgers Parting Gift*, Susan Varley, Picture Lions (0-8/8-13) (all areas)
- *Muddles Puddles and Sunshine*, Diana Crossley & Kate Sheppard (2010) (0-8/8-13 years) (Clacks/Stirling)

When a parent is ill

- *As big as it gets*, Diana Crossley, Julie Stokes & Di Stubbs, Winstons Wish (2007), (0-8/8-13) (Falkirk/Stirling Uni)

Depression/low mood

- *Mind over mood*, Dennis Greenberger & Christine Padesky, Guildford Press (1995) (P/13-18) (all areas) (also on adult list)
- *Overcoming depression: A self help guide using cognitive behavioural techniques*, Paul Gilbert, Robinson (2000) (P/13-18) (all areas) (also on adult list)
- *Think Good Feel Good: A cognitive- behaviour therapy workbook for children and young people*, Paul Stallard (P/8-13/13-18) (Clacks/Stirling)

Divorce/separation

- *Dinosaurs Divorce: A guide for changing families*, Laurene Krasny, Brown & Marc Brown (2005) (0-8/8-13) (Falkirk)

Eating disorders

- *Anorexia Nervosa: A survival guide for families, friends and sufferers*, Janet Treasure (1997) (P/13-18) (Falkirk) (also on adult list)
- *Getting better bite by bite*, Ulrike Schmidt & Janet Treasure (1993) (13-18) (Falkirk/Clacks/Stirling) (also on adult list)
- *Overcoming Anorexia Nervosa: A self help guide using cognitive behavioural techniques*, Peter Cooper & Christine Freeman (2002) (13-18) (all areas) (also on adult list)

Obsessions and Compulsions

- *Breaking Free from OCD*, Jo Derisley, Isobel Heyman, Sarah Robinson and Cynthia Turner (2008) (P/8-13/13-18) (all areas)

Panic attacks

- *Panic attacks: what they are, why they happen, and what can you do about them*, Christine Ingham, Thorsons (P/13-18) (Falkirk/Clacks/Stirling)

Self esteem

- *Overcoming low self-esteem: a self help guide using cognitive behavioural techniques*, Melanie Fennell, Robinson Publishing (1999) (P/13-18) (all areas)

Trauma

- *Overcoming traumatic stress; a self help guide using CB techniques*, Claudia Herbert & Ann Whetmore, Robinson Publishing (1999) (P/13-18) (Falkirk/Clacks/Stirling)

*A list for Adults is also available

If you would like this list to be in another language or format we will consider your request and see what we can do. Please contact Jude Clarke: admin@healthwholeofme.com .

If you would like to contribute book suggestions or reviews to Wellbeing Books or have any questions please contact Jude Clarke: admin@healthwholeofme.com



LICCS
Libraries in Central Scotland

NHS
Forth Valley

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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