

Topic	Title	Author	Library shelf location	 Tick here to recommend
Anger	Managing anger: simple steps to handling your temper	Gael Lindenfield	152.47	
Eating disorders	Overcoming binge eating	Christopher Fairburn	616.852	
Body dismorphic disorders	Overcoming body image problems, including body dismorphic disorder: a self-help guide using cognitive behavioral techniques	Rob Willson, David Veale and Alex Clarke	616.852	
Low mood or stress	Manage your mind: the mental fitness guide	Gillian Butler and Tony Hope	158.1	
	The feeling good handbook	David Burns	616.891	
	The relaxation and stress reduction workbook	Martha Davis, Elizabeth Robbins Eshelman and Matthew McKay	616.98	
	Feel the fear and do it anyway	Susan Jeffers	158.1	
Depression	Mind over mood: change how you feel by changing the way you think	Dennis Greenberger and Christine Padesky	616.891	
	Manage your mood: how to use behavioral activation techniques to overcome depression	David Veale and Rob Willson	616.852	
	The mindful way through depression: freeing yourself from chronic unhappiness	Mark Williams, John Teasdale, Zindel Segal and Jon Kabat-Zinn	362.25	
	The mindful way through depression: freeing yourself from chronic unhappiness [CD audio book]	Mark Williams, John Teasdale, Zindel Segal and Jon Kabat-Zinn	362.25	
	Overcoming depression: a self-help guide using cognitive behavioral techniques	Paul Gilbert	616.852	
	An introduction to coping with depression (workbook)	Lee Brosan and Brenda Hogan	616.852	
Bipolar disorder (Manic depression)	Overcoming mood swings: a self-help guide using cognitive behavioral techniques	Jan Scott	616.852	
Anxiety	Overcoming anxiety: a self-help guide using cognitive behavioral techniques	Helen Kennerley	616.852	
	An introduction to coping with anxiety (workbook)	Brenda Hogan and Lee Brosan	616.852	
	Overcoming social anxiety and shyness: a self-help guide using cognitive behavioral techniques	Gillian Butler	152.46	
	Overcoming health anxiety: a self-help guide using cognitive behavioral techniques	David Veale	616.852	
	Introduction to coping with health anxiety (workbook)	Charles Young and Brenda Hogan	616.852	
Worry	How to stop worrying	Frank Tallis	616.852	
Panic/ Fear	Overcoming panic and agoraphobia: a self-help guide using cognitive behavioral techniques	Derrick Silove and Vijaya Manicavasagar	616.852	
	Introduction to coping with panic (workbook)	Charles Young	616.852	
	Embracing the fear: learning to manage anxiety and panic attacks	Judith Bemis and Amr Barrada	616.852	
	Introduction to coping with phobias (workbook)	Brenda Hogan	616.852	
Obsessive-compulsive disorder	Overcoming obsessive compulsive disorder: a self-help guide using cognitive behavioral techniques	David Veale and Robert Willson	616.852	
	Introduction to coping with obsessive compulsive disorder (workbook)	Lee Brosan	616.852	
Self-esteem	Overcoming low self esteem: a self-help guide using cognitive behavioral techniques	Melanie Fennell	158.1	
Assertiveness	Woman in your own right	Anne Dickson	158.1	
Sexual abuse	Breaking free: help for survivors of child sexual abuse	Carolyn Ainscough and Kay Toon	362.764	
Chronic fatigue syndrome	Overcoming chronic fatigue: a self-help guide using cognitive behavioral techniques	Mary Burgess and Trudie Chalder	616.047	
Carers	The selfish pig's guide to caring	Hugh Marriott	362.102	
Relationship problems	Overcoming relationship problems: a self-help guide using cognitive behavioral techniques	Michael Crowe	306.7	



Read yourself well

South Gloucestershire's Books on Prescription scheme

Improve your wellbeing with our NHS recommended self-help titles.



How can a book help me?

Many people face problems such as anxiety, depression and stress in their lives. The good news is that books can be an effective treatment.

The “Read Yourself Well” scheme includes books recommended by health professionals, so you can be sure that the information they contain can be trusted

Who can use “Read Yourself Well” scheme?

Everyone one is welcome to use the scheme.

You can:

1) Visit any South Gloucestershire library, the books are available in all libraries and can be borrowed free of charge in the same way as any other book. If you cannot find the book, please ask the staff.

or

2) Your G.P. or other health professional may refer you to the scheme by recommending a book from the list.

What topics are covered?

Currently there are around 30 items included in The “Read Yourself Well” scheme. A full list of titles is included in

this leaflet. Each item has a green sticker on the front cover



What about my privacy?

Library staff never disclose information about who is borrowing a book and in most libraries you can serve yourself.

Can I use this service if I am not already a library member?

Yes! Library membership is free for everyone and you can join straight away, just bring some ID with you to join the library. Once you are a library member you will have access to all library services and you may wish to borrow more items.

What if the item is unavailable?

It is possible that the item you require is already on loan to another person. In this case a free reservation can be placed. Either ask the staff or you can reserve items in the scheme free of charge on the LibrariesWest website www.librarieswest.org.uk

How long can I have the item for?

All items can be borrowed for 6 weeks. Books can be renewed, provided that they are not needed by another borrower.

What will happen if I bring the book back late or if I lose it?

Overdue items and lost items will be charged following usual library policies.

Can books really help?

Yes they can. Research shows that high quality books can be as effective as other forms of therapy. What’s more - there are no side effects.

You will need to make an effort to read the book and follow the guidance. Most books contain sections to fill in, but we ask that you do not write in the library books. Instead, please photocopy the relevant pages and write on the photocopies.

What if the book doesn’t help?

Although these books have been shown to help, they may not work for everyone. If you are in need of further advice or support please consult your G.P.

We welcome your feedback

We would pleased to hear from you and your comments will help us to develop the scheme.

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