

Click and reserve booklist
Borrower number and PIN required

CLICK THE TITLE TO RESERVE ONLINE	Author
Anger	
Overcoming Anger and Irritability	William Davies
Anxiety	
Overcoming Anxiety	Helen Kennerley
Overcoming Anxiety, Stress and Panic: A Five Areas Approach	Chris Williams
Feel the Fear and Do it Anyway	Susan Jeffers
Binge eating/ Bulimia Nervosa	
Overcoming Binge Eating	Christopher G. Fairburn
Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders	Ulrike Schmidt and Janet Treasure
Overcoming Bulimia Nervosa and Binge Eating	Peter J. Cooper
Chronic fatigue	
Chronic Fatigue Syndrome (second edition)	Frankie Campling and Michael Sharpe
Overcoming Chronic Fatigue	Mary Burgess with Trudie Chalder
Chronic pain	
Overcoming Chronic Pain	Frances Cole, Catherine Carus, Hazel Howden-Leach and Helen Macdonald
Depression	
Overcoming Depression and Low Mood: A Five Areas Approach (third edition)	Chris Williams
Mind Over Mood: Change How You Feel by Changing the Way You Think	Dennis Greenberger and Christine Padesky
Overcoming Depression	Paul Gilbert
Health Anxiety	
Overcoming Health Anxiety	David Veale and Rob Willson
An Introduction to Coping with Health Anxiety	Brenda Hogan and Charles Young
Obsessions and compulsions	
Overcoming Obsessive Compulsive Disorder	David Veale and Robert Willson
Understanding Obsessions and Compulsions	Frank Tallis
Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT	Fiona Challacombe, Victoria Bream Oldfield and Paul M. Salkovskis
Panic	
Overcoming Panic and Agoraphobia	Derrick Silove and Vijaya Manicavasagar
Panic Attacks: What Are They, Why They Happen and What You Can Do About Them	Christine Ingham
Phobias	
An Introduction to Coping with Phobias	Brenda Hogan
Relationship problems	
Overcoming Relationship Problems	Michael Crowe
Self-esteem	
Overcoming Low Self-esteem	Melanie Fennell
The Feeling Good Handbook	David Burns
Sleep problems	
Overcoming Insomnia and Sleep Problems	Colin A. Espie
Social phobia	
Overcoming Social Anxiety and Shyness	Gillian Butler
Stress	
The Relaxation and Stress Reduction Workbook	Martha Davis
Manage Your Stress for a Happier Life	Terry Looker and Olga Gregson
Worry	
The Worry Cure: Stop Worrying and Start Living	Robert L. Leahy
How to Stop Worrying	Frank Tallis