

Reading Well for adult mental health:

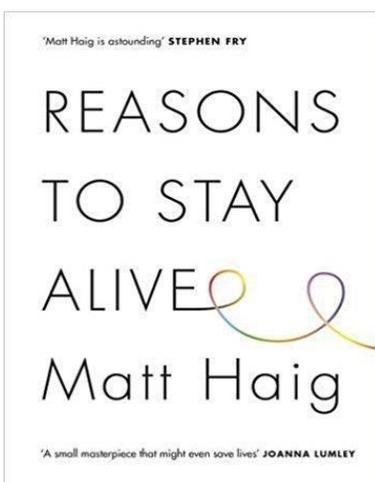
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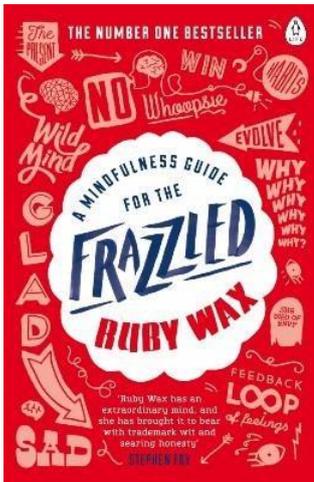
Personal stories

General



	<u><i>Reasons to Stay Alive</i></u> written and read by Matt Haig	
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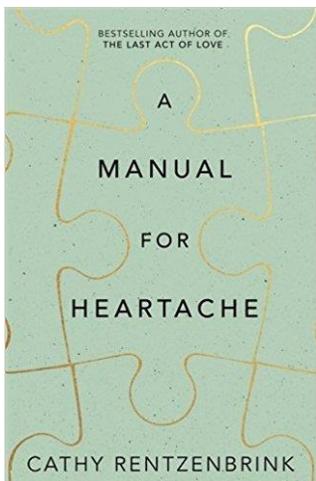
Aged 24, Matt Haig's world caved in. He could see no way to go on living. This is the true story of how he came through crisis, triumphed over an illness that almost destroyed him and learned to live again. A moving, funny and joyous exploration of how to live better, love better and feel more alive, *Reasons to Stay Alive* is more than a memoir. It is a book about making the most of your time on earth.



	<p><i>A Mindfulness Guide for the Frazzled</i> written and read by Ruby Wax</p>	
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Ruby Wax lays out her mindfulness techniques, making simple changes that give us time to breathe, reflect and live in the moment. With mindfulness advice for relationships, for parents, for children and for teenagers, and a six-week course based on her studies of Mindfulness Based Cognitive Therapy with Mark Williams at Oxford University, *A Mindfulness Guide for the Frazzled* is the only guide you need for a healthier, happier life. Ruby’s approach to Mindfulness is something that can help us all: learning to notice your thoughts and feelings so you can truly experience life.

Bereavement and loss

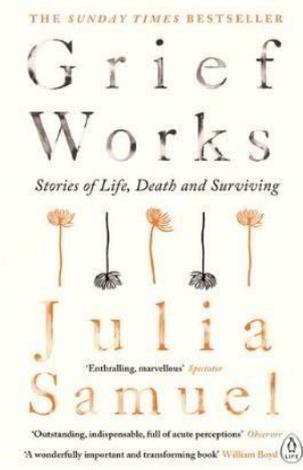


	<p><i>A Manual for Heartache</i> written and read by Cathy Rentzenbrink</p>	
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When Cathy Rentzenbrink was still a teenager, her happy family was torn apart by an unthinkable tragedy. In *A Manual for Heartache* she describes how she learnt to live with grief and loss and find joy in the world again. She explores how to cope with life at its most difficult and overwhelming and how we can emerge from suffering forever changed, but filled with hope. This is a moving, warm and uplifting book that offers solidarity and comfort to anyone going through a painful time, whatever it might be. It's a book that will help to soothe an aching heart and assure its readers that they're not alone.

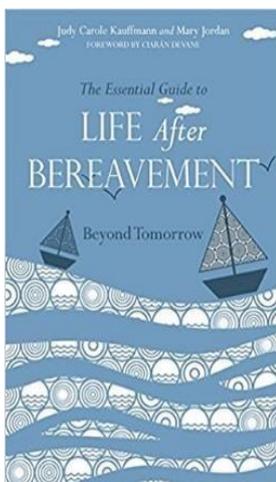
Common feelings and experiences

Bereavement and loss



	<p><u>Grief Works: Stories of Life, Death and Surviving</u> written and read by Julia Samuel</p>	
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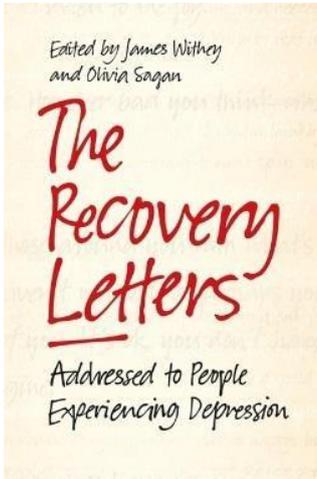
In *Grief Works* we hear stories from those who have experienced great love and great loss - and survived. Stories that explain how grief unmasks our greatest fears, strips away our layers of protection and reveals our innermost selves. Julia Samuel, a grief psychotherapist, has spent twenty-five years working with the bereaved and understanding the full repercussions of loss. This deeply affecting book is full of psychological insights on how grief, if approached correctly, can heal us. Through elegant, moving stories, we learn how we can stop feeling awkward and uncertain about death, and not shy away from talking honestly with family and friends. This extraordinary book shows us how to live and learn from great loss.



	<p><u>The Essential Guide to Life after Bereavement: Beyond Tomorrow</u> by Carole Kauffmann</p>	
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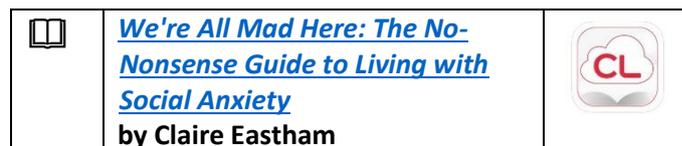
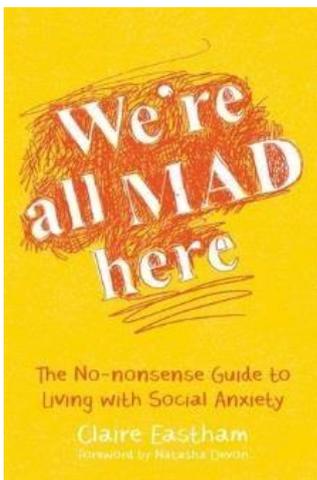
This book acts as a supportive map through the initial period of loss, and through the weeks and months that follow. The authors address the emotional aspects of bereavement, but also important and often overlooked practical considerations such as dealing with wills and other paperwork, personal possessions, making arrangements for funerals and memorial services, coping with the anniversaries of a death and resolving family conflict. Drawing on many real examples, they offer compassionate, realistic advice on dealing with guilt and other negative emotions, as well as helpful guidance on how and when to break the news of a death to others, including to children, people with learning disabilities and people with dementia.

Depression



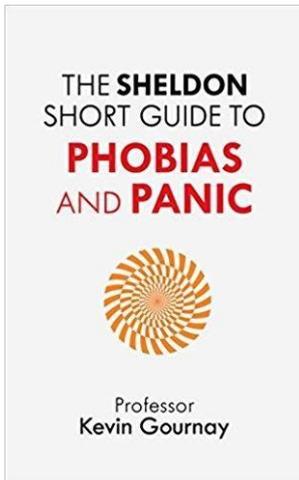
The Recovery Letters was launched to host a series of letters online written by people recovering from depression, addressed to those currently affected by a mental health condition. Addressed 'Dear You', the inspirational and heartfelt letters provide hope and support to those experiencing depression and are a testament that recovery is possible. Now these letters have been compiled into an anthology for people living with depression and are interspersed with motivating quotes and additional resources as well as new material written specifically for the book. This powerful collection of personal letters from people with firsthand experiences of depression will serve as a comforting resource for anyone on the journey to recovery.

Social anxiety



This no-nonsense guide to beating social anxiety covers everything from surviving university and the workplace, through to social media and making it through parties and dates (whilst actually enjoying them!). With honest insights about her own social anxiety and a healthy dose of humour, award-winning blogger Claire Eastham describes what social anxiety is, why it happens, and how you can lessen its effects with lifestyle choices, talking therapies or even a hug from your favourite canine friend!

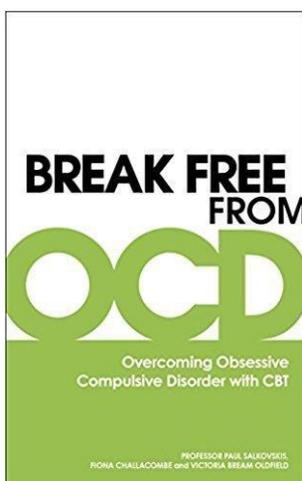
Anxiety and panic



	<p><u><i>The Sheldon Short Guide to Phobias and Panic</i></u> by Kevin Gournay</p>	
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Sheldon Short Guides let you grasp the essentials in less than an hour. Many people struggle with phobias. Common fears may range from crowded places to a fear of spiders or blood, but, the basic underlying mechanism is the same - acute anxiety. This book looks at how to tackle both specific phobias and the anxiety which causes such fear, and covers obsessive-compulsive disorder, social phobia, generalized anxiety state, and panic disorder with agoraphobia.

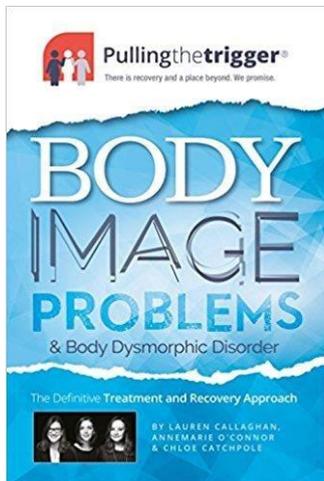
Obsessions and compulsions



	<p><u><i>Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT</i></u> by Fiona Challacombe, Victoria Bream Oldfield, Paul M Salkovskis</p>	
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Obsessive worries can be a drain on daily life, but this practical guide, written by three leading Cognitive Behavioural Therapy experts, enables you to make sense of your symptoms, and gives a simple plan to help you conquer OCD. Includes: detailed information on the many different manifestations of OCD; the differences between normal and obsessive worries; clear information on treating your individual problem; real-life case studies and examples; and advice and support for friends and family of people living with OCD.

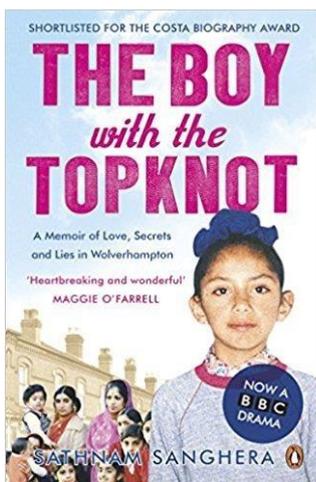
Body image and body dysmorphic disorder



	<p><u><i>Body Image and Body Dysmorphic Disorder: The Definitive Treatment and Recovery Approach</i></u> by Chloe Catchpole, Lauren Callaghan, Annemarie O'Connor</p>	
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From the lived experience of Chloe Catchpole and clinical psychologists, Lauren Callaghan and Dr Annemarie O'Connor, this book is divided into two helpful, cohesive parts. In Part I we follow Chloe's struggle with body image and body dysmorphia. People living with any type of body image or anxiety conditions will identify with Chloe's experience. Part II is a unique, user-friendly self-help approach to support and guide mild, moderate and severe sufferers to a place called recovery and beyond.

Support for carers

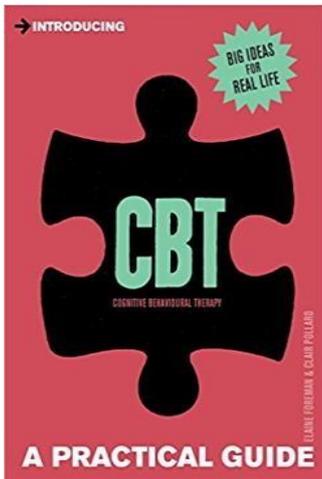


	<p><u><i>The Boy with the Topknot: A Memoir of Love, Secrets and Lies in Wolverhampton</i></u> by Sathnam Sanghera</p>	
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For Sathnam Sanghera, growing up in Wolverhampton in the eighties was a confusing business. His family's strange and often difficult behaviour was challenged at the age of twenty-four, when he made a discovery that changed everything he ever thought he knew about them. Equipped with breath taking courage and a glorious sense of humour, he embarks on a journey into their extraordinary past - from his father's harsh life in rural Punjab to the steps of the Wolverhampton Tourist Office - trying to make sense of a life lived among secrets. It explores the sensitive subject of mental illness with courage and honesty, and by being authentic and specific to Sathnam and his wonderful family, it tells a universal truth about the human heart.

Introductions to therapies and approaches

Cognitive Behavioural Therapy (CBT)



	<p><u>Introducing Cognitive Behavioural Therapy (CBT): A Practical Guide</u> by Elaine Iljon Foreman, Clair Pollard</p>	
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Full of practical exercises to help you feel happier, overcome your fears and think in a more helpful way, this pocket guide helps you understand your behaviour and how to change negative patterns; learn to relax and put your worries into perspective; manage negative emotions to help you think differently; and feel better about yourself. Using case studies of people's experiences, this book takes a straightforward, accessible approach to CBT.