



General

Living Life to the Full – DVD

www.littf.com (2007)

Steps to Deal with Stress – Relaxation CD

www.stepsforstress.org (2010)

Mind over Mood

Greenberger & Padesky (2016) Guildford Press – ISBN 9781462520428

The Happiness Trap

Harris (2008) Robinson – ISBN 9781845298258

Reinventing Your Life

Young & Klosko (2019) Scribe UK – ISBN 9781912854356

Mindful Compassion

Gilbert & Choden (2015) Robinson – ISBN 9781472119902

Managing your Stress for a Happier Life

Looker & Gregson (2010) Teach Yourself – ISBN 9781444107418

Self Compassion

Neff (2011) Yellow Kite – ISBN 9781444738179

Get out of your Mind and into your Life

Hayes & Smith (2005) New Harbinger – ISBN 9781572244252

Depression

Overcoming Depression

Gilbert (2009) Robinson – ISBN 9781849010665

Overcoming Depression and Low Mood: a five areas approach

Williams (2014) CRC Press – ISBN 9781444183771

The Mindful Way through Depression: Freeing yourself from chronic unhappiness

Williams, Teasdale, Segal & Kabat-Zinn (2007) Guilford Press – ISBN 9781593851286

Anxiety

Overcoming Anxiety: A Five Areas Approach

Williams (2003) CRC Press – ISBN 9780340810057

Overcoming Social Anxiety and Shyness

Butler (2016) Robinson – ISBN 9781472120434

Overcoming Panic

Manicavasagar & Silove (2017) Robinson – ISBN 9781472135827

Panic Attacks

Ingham (2016) Thorsons – ISBN 9780007106905

The Anxiety and Phobia Workbook

Bourne (2020) New Harbinger Publications – ISBN 9781684034833

Anger

Anger Management Manual & CD-ROM

Perth & Kinross Adult Psychological Therapies Service, NHS Tayside

Overcoming Anger and Irritability

Davies (2016) Robinson – ISBN 9781472120229

Bereavement

Living with Grief

Lake (1984) Sheldon Press – ISBN 9780859694261



Eating Disorders

Getting Better Bite by Bite)

Schmidt, Treasure & Alexander (2016) Routledge – ISBN 9781138797376

Overcoming Anorexia Nervosa

Graham & Freeman (2019) Robinson – ISBN 9781472141316

Overcoming Binge Eating

Fairburn (2013) Guilford Press – ISBN 9781572305618

Health

Living with the Enemy: Coping with the stress of chronic illness

Owen (2013) Routledge – ISBN 9780415521208

Mindfulness for Health

Burch & Penman (2013) Piatkus – ISBN 9780749959241

Overcoming Chronic Pain: A Self-Help Guide Using Cognitive Behavioural Techniques

Cole, MacDonald & Carus (2020) Robinson – ISBN 9781472142634

Overcoming Chronic Fatigue

Burgess & Chalder (2019) Robinson – ISBN 9781472138859

Obsessions and Compulsions

Understanding Obsessions and Compulsions

Tallis (2001) Sheldon Press – ISBN 9780859696524

Parenting

New Toddler Taming: A Parent's Guide to the First Four Years

Green (2006) Vermilion – ISBN 9780091902582

The Incredible Years

Webster-Stratton (2019) Incredible Years – ISBN 9780578434513

Relationships

Stop Arguing and Start Talking: The Ten Point Plan for Couples in Conflict

Quillam & Relate (2001) Vermilion – ISBN 9780091856694

Self Esteem

Overcoming Low Self Esteem

Fennell (2016) Robinson – ISBN 9781472119292

Overcoming Body Image Problems including Body Dysmorphic Disorder

Veale, Willson & Clarke (2009) Robinson - ISBN 9781845292799

Sexual Abuse

Breaking Free: Help for Survivors of Childhood Sexual Abuse

Toon & Ainscough (2018) Sheldon Press – ISBN 9781847094650

Sleep Problems

Overcoming Insomnia: a self-help guide using cognitive behavioural techniques

Espie (2021) Robinson – ISBN 9781472141415

Trauma

Overcoming Traumatic Stress: A Self-help Guide

Herbert (2017) Robinson – ISBN 9781472136138