



Healthy Reading Collection

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2nd Edition

Healthy Reading Collection

The collection has resources to help people get the most from life. Subjects include living life to the full, becoming more assertive and confident, sleeping better and mental health problems such as anxiety, depression, stress, and panic. There are resources available on a range of topics such as dementia and eating disorders.

The resources are available in a variety of different formats (books, ebooks, CDs, DVDs and leaflets). They are for all ages, including supporting positive parenting, young people, adults and older people. These resources can be borrowed from your local library. You can check the catalogue online for availability and reserve a copy or speak to a member of library staff who will help you access this material. Look out for the *Healthy Reading for Young People* leaflet for more titles specifically for young people.

Healthy Reading Plus

The benefits of reading for enjoyment, relaxation and escapism are well known. There is also research and evidence that reading fiction can help with communication, self esteem, empathy and reduce symptoms of depression.

Healthy Reading Plus books have been chosen for their uplifting and mood-boosting qualities. The collection features fiction, poetry, short stories, classics and children's books. Whether you are in need of a boost, or know someone else who might be, please take a look at our recommendations and share with friends and family. Library staff can help you to select reading choices. Why not join a reading group to discuss favourite books with others? Ask at your local library for Healthy Reading Plus collection and details of reading group meetings in your area.



Look for this label

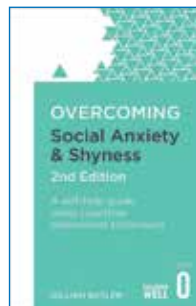
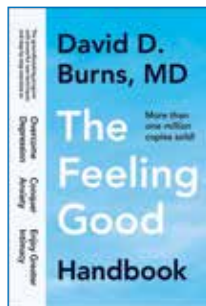
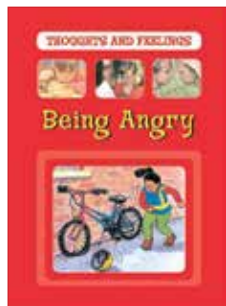
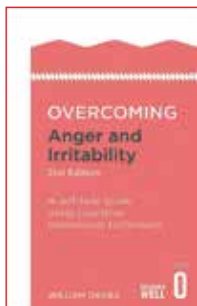
Healthy Reading Collection Catalogue

Addiction

| | | | |
|--|--------------------|---------------|------|
| Overcoming compulsive gambling | Blaszczynski, Alex | 9781854874849 | Book |
| There is Hope in Recovery from Addiction | | | DVD |

Anger Management

| | | | |
|-----------------------------------|-------------------|---------------|------|
| Overcoming anger and irritability | Davies, William | 9781472120229 | Book |
| Overcoming anger | Dryden, Windy | 9780859697132 | Book |
| Being angry | Johnson, Julie | 9780749675011 | Book |
| Managing anger | Lindenfield, Gael | 0007100345 | Book |

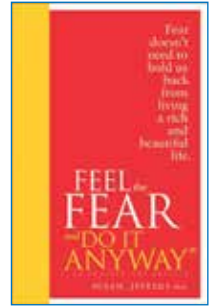
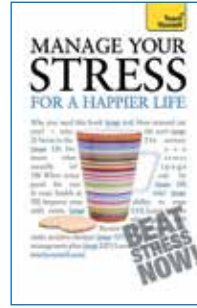
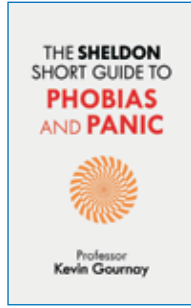
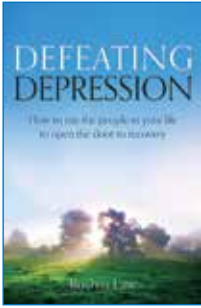


Anxiety, depression and stress

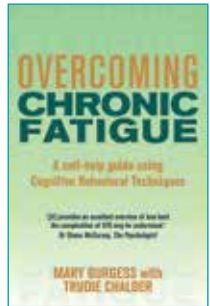
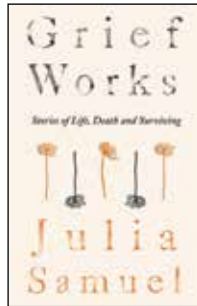
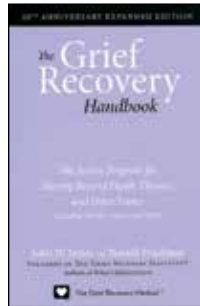
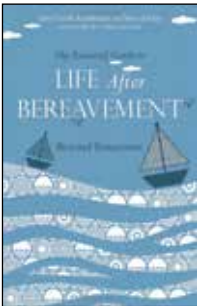
| | | | |
|---|-------------------|---------------|------|
| Surviving post-natal depression | Aiken, Cara | 9781853028618 | Book |
| The anxiety and phobia workbook | Bourne, Edmund J. | 1572244135 | Book |
| An introduction to coping with depression | Brosan, Lee | 9781472140210 | Book |
| The feeling good handbook | Burns, David D. | 9780452281325 | Book |
| Manage your mind | Butler, Gillian | 9780198527725 | Book |
| Overcoming social anxiety and shyness | Butler, Gillian | 9781472120434 | Book |
| The compassionate mind approach to postnatal depression | Cree, Michelle | 9781780330853 | Book |
| The relaxation and stress reduction workbook | Davis, Martha | 9781572245495 | Book |
| Overcoming depression | Dryden, Windy | 0859698181 | Book |
| We're all mad here: the no-nonsense guide to living with social anxiety | Eastham, Claire | 9781785920820 | Book |

Anxiety, depression and stress (continued)

| | | | |
|--|--------------------------------|---------------|------|
| Overcoming worry and anxiety disorder | Freeston, Mark & Meares, Kevin | 9781472107428 | Book |
| Overcoming depression | Gilbert, Paul | 9781849010665 | Book |
| Sheldon short guide to phobias and panic | Gournay, Kevin | 9781847093684 | Book |
| Reasons to stay alive | Haig, Matt | 9781782116820 | Book |
| Depression | Hauck, Paul | 0859691683 | Book |
| An introduction to coping with anxiety | Hogan, Brenda | 9781472140241 | Book |
| An introduction to coping with phobias | Hogan, Brenda | 9781845292898 | Book |
| Panic attacks | Ingham, Christine | 9780007106905 | Book |
| Feel the fear and do it anyway | Jeffers, Susan J. | 9780091947446 | Book |
| I had a black dog | Johnstone, Matthew | 9781845295899 | Book |
| Living with a black dog | Johnstone, Matthew | 9781845297435 | Book |
| Overcoming anxiety | Kennerley, Helen | 9781849018784 | Book |
| Defeating depression | Law, Roslyn | 9781849017121 | Book |
| Manage your stress for a happier life | Looker, Terry | 9781444107418 | Book |
| Mind over mood | Padesky, Christine | 9780898621280 | Book |
| Beyond fear | Rowe, Dorothy | 9780007246595 | Book |
| Overcoming panic | Silove, Derrick | 9781472135827 | Book |
| Triumph over shyness | Stein, Murray B. | 9780071412988 | Book |
| How to stop worrying | Tallis, Frank | 0859696103 | Book |
| Stress control | White, Jim | 9781472137104 | Book |
| 1,2,3 CHILL!: anxiety control training CD | Williams, Chris | 9781906564131 | CD |
| Overcoming anxiety, stress and panic | Williams, Chris | 9781444163148 | Book |
| Overcoming depression and low mood | Williams, Chris | 9781444183771 | Book |
| Overcoming Health Anxiety | Willson, Rob | 9781845298241 | Book |
| The recovery letters | | 9781785921834 | Book |
| Everything You Always Wanted To Know About Stress | | | DVD |
| Living Life to the Full | | | DVD |
| Reflections on Recovery | | | DVD |
| Worried about your memory? | | 9781844854202 | Book |



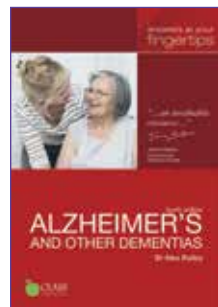
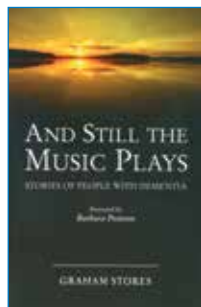
| Bereavement | | | |
|---|------------------------|----------------|------|
| The essential guide to life after bereavement: beyond tomorrow | Carole Kauffmann, Judy | 9781849053358 | Book |
| Angel wings | Donovan, Anne | 97809555188237 | Book |
| The grief recovery handbook | James, John W. | 9780061686078 | Book |
| Living with grief | Lake, Tony | 9780859694261 | Book |
| An introduction to coping with grief | Morris, Sue | 9781472140081 | Book |
| A manual for heartache | Rentzenbrink, Cathy | 9781509824465 | Book |
| Grief works: stories of life, death and surviving | Samuel, Julia | 9780241270745 | Book |



| Chronic Fatigue | | | |
|---|-------------------|---------------|------|
| Overcoming Chronic Fatigue | Burgess, Mary | 9781849011327 | Book |
| Chronic fatigue syndrome: CFS/ME | Campling, Frankie | 9780199233168 | Book |
| Coping with chronic fatigue | Chalder, Trudie | 0859696855 | Book |

Confidence and Self Esteem

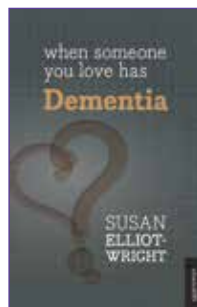
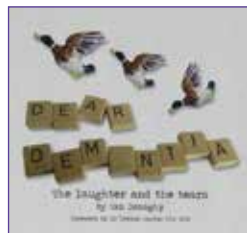
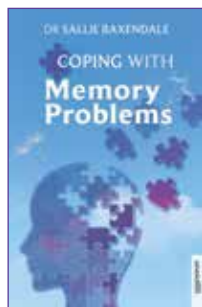
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|---------------------------------------|-----------------------|---------------|------|
| Assertiveness step by step | Dryden, Windy | 0859699250 | Book |
| Overcoming low self-esteem | Fennell, Melanie J.V. | 9781472119292 | Book |
| How to improve your confidence | Hambly, Kenneth | 9788122203745 | Book |
| Self-esteem bible | Lindenfield, Gael | 0007179553 | Book |
| Confidence works | McMahon, Gladeana | 9780859698696 | Book |
| Confidence boosters | Perry, Martin | 9780600613237 | Book |



Dementia

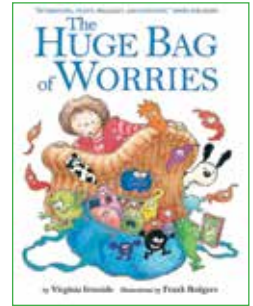
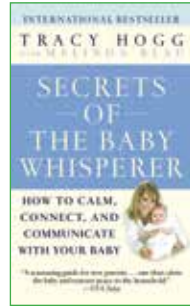
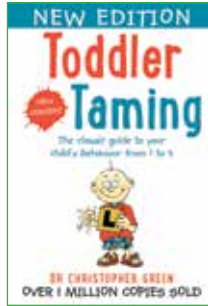
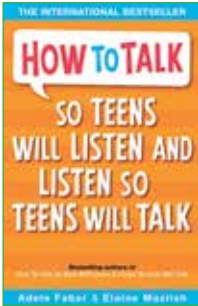
| | | | |
|---|----------------------|---------------|------|
| 10 helpful hints for carers | Andrews, June | 9781857692365 | Book |
| 10 helpful hints for dementia design at home | Andrews, June | 9781857692549 | Book |
| First Steps to Living with Dementia | Atkins, Simon | 9781459686755 | Book |
| Alzheimer's | Bailey, Alex | 9781859595527 | Book |
| Coping with memory problems | Baxendale, Sallie | 9781847092748 | Book |
| Losing Clive to younger onset dementia: one family's story | Beaumont, Helen | 9781843104803 | Book |
| Dancing with dementia: my story of living positively with dementia | Bryden, Christine | 9781843103325 | Book |
| But Then Something Happened: A Story of Everyday Dementia | Carling, Chris | 9780957307902 | Book |
| About dementia: for people with learning disabilities | Dodd, Karen | 9781904082903 | Book |
| Dear dementia: the laughter and the tears | Donaghy, Ian | 9781874790860 | Book |
| When someone you love has dementia | Elliot Wright, Susan | 9781847094032 | Book |

| Dementia (continued) | | | |
|--|----------------------|---------------|------|
| Still Alice | Genova, Lisa | 9781849838429 | Book |
| Dementia positive | Killick, John | 9781910021507 | Book |
| Hearing the person with dementia | McCarthy, Bernie | 9781849051866 | Book |
| Dementia | Pulsford, Dave | 9781849052436 | Book |
| Seeing beyond dementia: a handbook for carers with English as a second language | Salomon, Rita | 9781846198922 | Book |
| Grandma | Shepherd, Jessica | 9781846435973 | Book |
| The little girl in the radiator: mum, Alzheimer's and me | Slevin, Martin | 9781906308438 | Book |
| And still the music plays | Stokes, Graham | 9781874790952 | Book |
| Introduction to the psychology of ageing for non-specialists | Stuart-Hamilton, Ian | 9781849053631 | Book |
| A pocket guide to understanding Alzheimer's disease and other dementias | Warner, James | 9781785924583 | Book |
| Can I tell you about dementia? | Welton, Jude | 9781849052979 | Book |
| Telling tales about dementia | Whitman, Lucy | 9781843109419 | Book |
| Chocolate Rain: 100 Ideas for a Creative Approach to Activities in Dementia Care | Zoutewelle, Sarah | 9781874790969 | Book |
| ABC of dementia | | 9781118474020 | Book |
| Coping with dementia: a practical handbook for carers | | 9781844853366 | Book |
| Living well with dementia | | | DVD |



Eating Disorders

| | | | |
|-----------------------------|--------------------------|---------------|------|
| Bulimia Nervosa | Cooper, Peter | 1854871714 | Book |
| Overcoming binge eating | Fairburn, Christopher G. | 9781572305618 | Book |
| Overcoming anorexia nervosa | Freeman, Christopher | 9781854879691 | Book |
| Getting better bite by bite | Schmidt, Ulrike | 9781138797376 | Book |
| Anorexia nervosa | Treasure, Janet | 9780863777608 | Book |

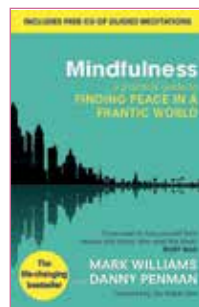
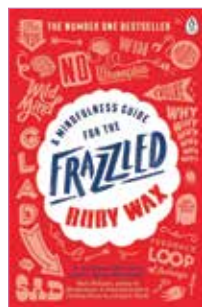
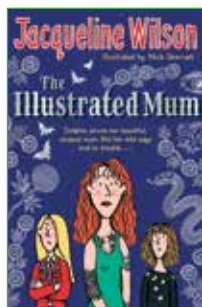
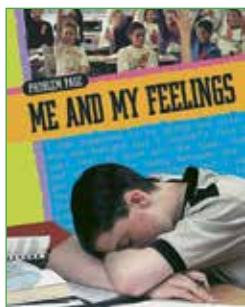


Family, parenting, children and teenagers

| | | | |
|--|---------------------------|---------------|------|
| There's a house inside my mummy | Andreae, Giles | 1841210684 | Book |
| Grandad's hat | Elliott, Matt | 9780993528002 | Book |
| When Grandma came to stay | Elliott, Matt | 9780993528019 | Book |
| How to talk so teens will listen & listen so teens will talk | Faber, Adele | 9781853408571 | Book |
| Why love matters | Gerhardt, Sue | 9781583918173 | Book |
| New toddler taming | Green, Christopher | 0091902584 | Book |
| Self-esteem for boys | Hartley-Brewer, Elizabeth | 009185587X | Book |
| Self-esteem for girls | Hartley-Brewer, Elizabeth | 0091855861 | Book |
| Secrets of the baby whisperer | Hogg, Tracy | 0091857023 | Book |
| Getting through it with CBT | Holdaway, Claire | 9781904127048 | Book |
| The huge bag of worries | Ironside, Virginia | 9780340903179 | Book |
| The wise mouse | Ironside, Virginia | 9780954512309 | Book |
| Confident children | Lindenfield, Gael | 0722539568 | Book |
| How did I begin? | Manning, Mick | 9780749656614 | Book |
| Infant massage | McClure, Vimala | 9780285636170 | Book |

Family, parenting, children and teenagers (continued)

| | | | |
|---|------------------------------|---------------|------|
| What's happening to me? Boy | Frith, Alex | 0746076630 | Book |
| What's happening to me? Girl | Meredith, Susan | 9780746069950 | Book |
| The social baby | Murray, Lynne | 9781903275429 | Book |
| Raising happy brothers and sisters | Parker, Jan | 0340834757 | Book |
| Me and my feelings | Powell, Jillian | 9780749689681 | Book |
| How are babies made? | Smith, Alastair | 0746025025 | Book |
| Children, feelings and divorce | Smith, Heather | 9781853434341 | Book |
| What every parent needs to know | Sunderland, Margot | 9781405320368 | Book |
| Survival teen island | Tasker, Sandy | 9781842851678 | Book |
| Understanding 12–14-year-olds | Waddell, Margot | 9781843103677 | Book |
| The incredible years | Webster-Stratton, Carolyn | 9781892222046 | Book |
| The illustrated mum | Wilson, Jacqueline | 9780440867814 | Book |
| Sabre Tooth Tigers & Teddy Bears | Zeedyk, Suzanne | 700220295582 | Book |
| Play@home: Baby | | 9781844855278 | Book |
| Play@home: Pre school | | 9781844855308 | Book |
| Play@home: Toddler | | 9781844855292 | Book |
| Speakeasy: talking with your children about growing up | | 9781905506637 | Book |

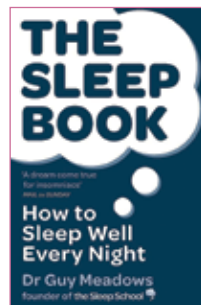
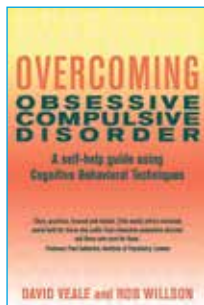


Mindfulness

| | | | |
|---|------------------------|---------------|------|
| A mindfulness guide for the frazzled | Wax, Ruby | 9780241972069 | Book |
| Mindfulness: a practical guide to finding peace in a frantic world | Williams, J. & Mark G. | 9780749953089 | Book |
| Living life to the full: key life skills to change your life | Williams, Chris | 9781906564582 | Book |

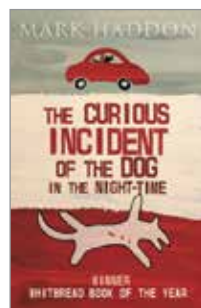
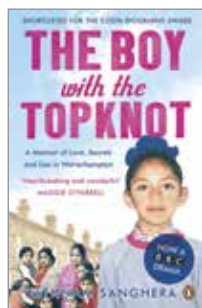
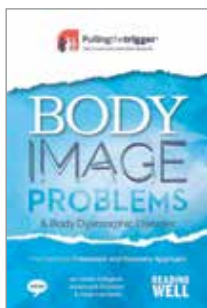
Obsessive Compulsive Disorder

| | | | |
|--|--------------------|---------------|------|
| Break free from OCD | Challacombe, Fiona | 9780091939694 | Book |
| Understanding obsessions and compulsions: a self-help manual | Tallis, Frank | 0859696529 | Book |
| Overcoming obsessive compulsive disorder | Veale, David | 9781849010726 | Book |



Sleeping and relaxation

| | | | |
|---|-----------------|---------------|------|
| Overcoming insomnia and sleep problems | Espie, Colin A. | 9781845290702 | Book |
| No more sleepless nights | Hauri, Peter | 9780471149040 | Book |
| Getting a good night's sleep | Johnston, Fiona | 0859698416 | Book |
| The sleep book: how to sleep well every night | Meadows, Guy | 9781409157618 | Book |
| Mind to listen | | | CD |



Various

| | | | |
|--|-----------------------|---------------|------|
| Breaking free: help for survivors of child sexual abuse | Ainscough, Carolyn | 9780859698108 | Book |
| Body image and body dysmorphic disorder | Catchpole, Chloe | 9781911246107 | Book |
| Overcoming chronic pain | Cole, Frances | 9781841199702 | Book |
| Overcoming relationship problems | Crowe, Michael | 9781845290665 | Book |
| CBT: a practical guide | Foreman, Elaine Iljon | 9781848312548 | Book |
| Mind over mood | Greenberger, Dennis | 9781462520428 | Book |
| The curious incident of the dog in the night-time | Haddon, Mark | 9780099456766 | Book |
| Overcoming traumatic stress | Herbert, Claudia | 9781841190167 | Book |
| The CBT handbook | Myles, Pamela | 9781780332017 | Book |
| The boy with the topknot | Sanghera, Sathnam | 9780141028590 | Book |
| Overcoming mood swings | Scott, Jan | 9781849011297 | Book |
| Manage your mood | Veale, David | 9781845293147 | Book |
| A guide to checking your boobs | | | DVD |
| Bowel screening | | | DVD |
| Checking your balls | | | DVD |
| Going for a cervical smear test | | | DVD |
| Going for a mammogram | | | DVD |
| Going for a prostate examination | | | DVD |

Healthy Reading webpage:

www.elament.org.uk/self-help-resources/healthy-reading.aspx

Culture NL library catalogue: <https://libraries.culturenl.co.uk>

SLL&C library catalogue: www.sllclibrary.co.uk



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