

Problem	Book Title	Author(s)	Year	Comment / see Prescriber Information Booklet for summaries
Anger	Managing Anger	Gael Lindenfield	2000	A positive, optimistic book. Attractive, easy read.
	Overcoming Anger and Irritability	William Davies	2000	Based on Cognitive Behavioural Therapy (CBT). Manageable.
Anorexia	Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers	Janet Treasure	2000	A clearly written educational book containing practical advice. Not a step-by-step treatment guide. Good start.
	Overcoming Anorexia Nervosa	Christopher Freeman & Peter Cooper	2002	A complete self-help recovery programme based on CBT. Easy read.
Anxiety	Overcoming Anxiety	Helen Kennerley	2004	A complete recovery programme based on CBT. Easy read.
Assertiveness	Assert Yourself	Gael Lindenfield	2001	Attractive book which builds awareness and skills.
Bereavement	'You'll Get Over It': The Rage of Bereavement	Virginia Ironside	1997	Frank, honest, angry, tapping the complexity of bereavement.
	Living With Loss: A Book for the Widowed	Liz McNeill Taylor	2000	Down to earth examination of the emotional and practical effects of being widowed. Shows the possibility of building a new life.
Binge-Eating and Bulimia	Getting Better Bit(e) By Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders	Ulrike Schmidt & Janet Treasure	1999	Easy to read, engaging, motivating. Has demonstrated effectiveness in clinical trials. Comprehensive treatment programme.
	Bulimia Nervosa and Binge Eating	Peter Cooper	1995	Comprehensive CBT-based treatment programme
Child Abuse (Adult Survivors)	Overcoming Childhood Trauma	Helen Kennerley	2000	Sensitive. Links past and present difficulties. Practical strategies for managing specific problems linked to abuse.
Child Sexual Abuse (Adult Survivors)	Breaking Free: Help for Survivors of Child Sexual Abuse	Carolyn Ainscough & Kay Toon	2000	Sensitively written. Demonstrates the range of experience and feelings involved. Optimistic. Strategies for coping.
Depression	Depression: The Common Sense Approach	Tony Bates	1999	Accessible, slim book. Compassionate and practical. CBT strategies and more. Good first book.
	Overcoming Depression	Paul Gilbert	2000	Bigger, more detailed book yet readable and sympathetic. Comprehensive CBT programme.
	Depression: The Way Out Of Your Prison	Dorothy Rowe	2003	A deeper exploration of beliefs about self and others that maintain depression. Links past experience to depression.
Depression / Anxiety	The Feeling Good Handbook	David Burns	1999	Large but easy to read CBT book. Also covers panic, phobias, guilt, inferiority. Has demonstrated effectiveness in clinical trials.
Mood Swings	Overcoming Mood Swings	Jan Scott	2004	An easy to read complete CBT programme. Includes information on depression and mania.
Obsessions and Compulsions	Overcoming Obsessive Compulsive Disorder	David Veale and Rob Wilson	2005	Promotes readiness to change then delivers a CBT plan. For people who meet the criteria for OCD. Manageable.
	Obsessive Compulsive Disorder	Frederick Toates & Olga Coschug-Toates	2005	Autobiographical account of life with OCD. May help people to feel that they are not alone. Discusses treatment options. Manageable.