



# List of Resources for Adults



## Your Good Self List of Resources for Adults

| <b>List of Resources for Adults</b> |   |   |  |
|-------------------------------------|---|---|--|
| <b>Topic</b>                        | <b>Title</b>  | <b>Author</b>                                   | <b>Review</b>  |
| Anger                               | A Guide to Anger Management                             | Mary Hartley                                    | Looks at anger in women, causes of anger, communication skills & handling anger in public places (e.g. road rage).   |
| Anger                               | Overcoming Anger-When Anger Helps & When it Hurts       | Dr. Windy Dryden                                | Detailed book, looks at triggers & gives tips on how to manage unhealthy anger.  |
| Anxiety                             | Overcome Panic & Anxiety                                | Linda Manassee Buell                            | Short book written in bullet points by a person who suffered from anxiety. Gives practical tips on breathing exercises & how to support someone with anxiety.  |
| Anxiety                             | Anxiety, Phobias & Panic                                | Reneau Z. Peurifoy                              | Looks in detail at different kinds of anxiety & stress. Outlines how to challenge unhelpful thinking & discusses topics such as self-esteem, anger & assertiveness. Outlines a step by step programme but reading individual chapters may also be helpful. |
| Assertiveness                       | Assertiveness Step by Step                              | Wendy Dryden                                    | Detailed account of what assertiveness is. Looks at specific skills for different areas from relationships to work.  |
| Assertiveness                       | The Assertiveness Handbook                              | Mary Hartley                                    | Looks at how to be assertive in challenging situations. Clearly written with lots on guidelines & exercises to complete.   |
| Bereavement                         | Overcoming Grief  | Sue Morris                                      | Practical, helpful book. Outlines realistic expectations about bereavement & tips on how to manage challenges such as dealing with grief triggers.   |
| Cancer                              | Breast Cancer-The Essential Guide                       | Kathleen Locke                                  | Very good, sound & practical in advice.  |
| Cancer                              | Coping with the Psychological Effects of Cancer         | Robert Bor, Carina Eriksen & Ceilidh Staplekamp | Sensitive but practical, to help patients & families cope with complex treatment options. Focuses on emotional, spiritual, physical & psychological needs.   |
| Child Abuse (Adult Survivors)       | Overcoming Childhood Trauma                             | Helen Kennerley                                 | Sensitive. Links past & present difficulties. Practical tips for specific problems. *  |
| Child Abuse (Adult Survivors)       | Breaking Free: Help for Survivors of Child Sexual Abuse | Carolyn Ainscough & Kay Toon                    | Sensitively written. Shows range of feelings involved. Optimistic. Strategies for coping. *  |

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| Dementia                | Contented Dementia  | Oliver James                           | Very practical & hands on. Written by a psychologist with personal experience of dementia in a family member. Helps the reader to step into the world of the person with dementia. Reviewed by Sheena Cadoo, HSE Occupational Therapist for adults with dementia. |
| Depression              | Coming Through Depression (Includes CD)                             | Tony Bates                             | Follow on from previous book "Common Sense Approach". Includes section on meditation as way to managing depression. Mindfulness meditation CD included.   |
| Depression              | Overcoming Depression   | Paul Gilbert                           | Detailed book, describing causes of depression & ways to cope.  |
| Depression              | I Had A Black Dog   | M. Johnstone                           | Excellent short book with humorous illustrations showing what it is like to have depression & how to tackle it.   |
| Depression              | Living with A Black Dog   | M. Johnstone                           | Very helpful short book for carers which uses humorous illustrations to show what depression is like. Highlights helpful & unhelpful ways to offer support to the person with depression & suggestions for looking after yourself as a carer.                     |
| Eating Disorders        | Overcoming Body Image Problems                                      | David Veale                            | Well written book that covers how to identify body image problems, how to help someone with body image problems & ways to challenge unhelpful thinking.   |
| Meditation/ Mindfulness | Quiet The Mind  | M. Johnstone                           | Clear, jargon-free guide on meditation for beginners. Describes practical ways to manages obstacles to meditation.  |
| Mindfulness             | Mindfulness: A Practical Guide to Finding Peace in a Frantic World  | Mark Williams & Danny Penman           | User- friendly, comes with a CD with simple guided meditations. Also available as an audiobook. Useful for stress management, coping with anxiety & depression & chronic pain. Takes just 10-20 minutes a day to use & is supported by research.                  |
| Mood Difficulties       | Mind Over Mood- Changing How You Feel by Changing the Way You Think | Dennis Greenberger & Christine Padesky | Clear & easy to follow workbook. Written by two clinical psychologists. Looks at how to deal with unhelpful thinking styles & how to use problem-solving skills to cope with a variety of difficulties from anxiety to guilt.                                     |

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| Obsessive Compulsive Disorder (OCD) | Overcoming Obsessive Compulsive Disorder: A Self-Help Guide Using Cognitive Behavioural Techniques | David Veale & Rob Wilson      | Step by step guide to tackling OCD, looks at causes & gives information & practical ideas.   |
| Pain                                | Living Beyond Your Pain: Using ACT to Ease Chronic Pain  | Joanne Dahl & Tobias Lundgren | Covers symptoms, causes & impact of pain. Step-by-step exercises & user-friendly layout.   |
| Panic                               | When Panic Attacks (Includes CD)   | Aine Tubridy                  | Very thorough text & excellent accompanying CD. Engaging while educating & offering coping skills.   |
| Postnatal Depression                | Postnatal Depression-The Essential Guide   | Catherine Burrows             | Sensitively written; easy read with sound advice & information.  |
| Relationships                       | Overcoming Relationship Problems   | Michael Crowe                 | Detailed book looking at a variety of relationship problems (e.g. separation, domestic violence) as well as how to start new relationships. Discusses communication skills & how to set boundaries.  |
| Relationships                       | Overcoming Sexual Problems   | Vicki Forde                   | Useful book that looks at issues like the impact of childbirth, medication, the internet & aging on sexual relationships. Has information for single people & couples on sexual health & advice on topics from loss of sexual desire to contraception. |
| Self-Esteem                         | Overcoming Low Self-Esteem   | Melanie Fennell               | Helpful book with lots of exercises to complete, looks at ways to tackle self-criticism.   |
| Self -Esteem                        | Get the Life You Want-Finding Meaning & Purpose through Acceptance & Commitment Therapy            | Dr. F. Jackson Brown          | Contains exercises to help identify what is important in your life, how to set goals, how obstacles occur & how to overcome them. Also has a chapter on mindfulness.   |
| Social Anxiety                      | Overcoming Social Anxiety & Shyness  | Gillian Butler                | Written by a clinical psychologist this book clearly describes where social anxiety comes from & how to tackle it. Also looks at assertiveness.  |

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| Social Anxiety  | I think They Think-Overcoming Social Phobia DVD                           | Ronald M Rapee                | DVD where therapists explain what social phobia & how to tackle it step by step. Also includes clients reporting on their experiences. Looks at the role of medication & how to deal with setbacks.   |
| Social Anxiety  | 10 Simple Solutions to Shyness  | Martin Anthony                | Detailed book with lots of information. Written by a psychologist. Looks at what social anxiety is & includes a chapter on getting ready to make changes. Covers topics including confronting difficult situations, communication & social skills. Also contains a chapter on making presentations.   |
| Stress          | The Happiness Trap  | Russ Harris                   | Positive, practical book, looking at ways of dealing with stress, fear & anxiety.   |
| Stress          | Stress-The Essential Guide  | Frances Ive                   | Concise, clear book looking at aspects of stress including work-life balance, identifying stress & relaxation skills  |
| Substance Abuse | Get Your Loved One Sober: Alternatives to Nagging, Pleading & Threatening | Robert Meyers & Brenda Wolfe  | Based on a well researched effective programme. Clearly written with helpful summaries & activities to complete. Covers topics like communication, safety & looking after yourself if you have someone in your life who abuses alcohol or other drugs. Easy to follow guidance on gathering more information about the problem & how to support your loved one to get help. |
| Substance Abuse | Overcoming Problem Drinking   | Marcantonio Spada             | Examines how drinking can become a problem & the process of change. Contains tips on dealing with thoughts that contribute to problem drinking & ways to deal with cravings. Also looks at getting social support & how to maintain positive changes in drinking habits.  |
| Trauma          | Overcoming Traumatic Stress   | Claudia Herbert & Ann Wetmore | Comprehensive book looking at reactions to a variety of traumatic experiences from natural disasters to violence. Looks at how to deal with difficult memories & issues like guilt. Lots of exercises to complete   |



## Your Good Self List of Resources for Adults

| <b>Older Adult List</b> |   |   |   |
|-------------------------|---|---|---|
| <b>Topic</b>            | <b>Title</b>  | <b>Author</b>                               | <b>Review</b>   |
| Anger                   | Overcoming Anger and Irritability. Audio CD   | Dr. William Davies                          | Series of talks on why we feel irritable & how we can make changes in our habits, thinking & actions to help us get on better with others & feel better about ourselves. Uses lots of examples.   |
| Cancer                  | The Cancer Survivor's Companion- Practical Ways to Cope with your Feelings after Cancer | Dr. F. Goodhart & L. Atkins                 | Lots of information about dealing with feelings like worry & anger. Deals sensitively with topics like self-esteem & relationships.   |
| Dementia                | And Still the Music Plays   | Graham Stokes                               | Written by a clinical psychologist. Composed of 22 short stories. Explores why some people with dementia behave in the way they do. Easy to read & hard to put down. Reviewed by Sheena Cadoo, HSE Occupational Therapist for adults with dementia.   |
| Dementia                | Dancing with Dementia   | Christine Bryden                            | The author of this book was diagnosed with Alzheimer's Disease at the age of 46. She describes how she became an advocate for people with dementia & looks at practical issues such as the impact of environment, communication & coping with anxiety. A powerful read that is both inspiring & practical. Reviewed by Sheena Cadoo, HSE Occupational Therapist for adults with dementia. |
| Depression              | Managing Depression, Growing Older  | Kerrie Eyers, Gordon Parker & Henry Brodaty | A positive book aimed at carers & professionals with personal detailed case studies. Dispelling myths about depression in old age. Informative on range & types of depression & depression specific to aging. Strategies for maintaining a positive outlook.  |
| Depression              | Overcoming Depression (CD). Talks with Your Therapist                                   | Paul Gilbert                                | CD1 – Very good introduction to mindfulness meditation for the novice. CD 2 – Good introduction to being kind & compassionate to yourself & a clear introduction to managing depression.  |
| Memory                  | Memory & Brain Health. DVD  | FreeDem Films                               | Series of short animated films about helping to identify memory problems, memory tips & information about dementia. Clear & user friendly.  |

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| Pain           | Manage Your Pain: Practical and Positive Ways of Adapting to Chronic Pain | Dr Michael Nicholas              | Defines chronic pain, looks at different medical tests & gives information on ways to manage pain like pacing, relaxation & challenging your thoughts. Very clear & practical book.  |
| Positive Aging | The Mature Mind. The Positive Power of the Aging Brain                    | Gene Cohen                       | Very detailed book that challenges our ideas about aging. Lots of information about brain development & research. Highlights positive developments in aging such as creativity & personality. Helpful chapter on assessing "retirement readiness". Last couple of chapters have ideas on how to maximize positive aging.                         |
| Positive Aging | Seven Strategies for Positive Aging                                       | Robert Hill                      | For the reader who is interested in the research behind positive aging. Very detailed & technical at times. Lots of activities to complete & useful resources. Explores important areas such as learning in old age, forgiveness & gratitude.  |
| Positive Aging | The Challenge of Retirement   | Trish Murphy                     | Written for those looking to overcome obstacles & gain more enjoyment from their retirement years. Challenges misconceptions associated with retirement & address common difficulties including stress, low mood & relationship problems using strategies such as mindfulness. Includes quotes from retired people & a list of useful resources. |
| Positive Aging | Aging and Caring: A Guide for Later Life                                  | Des O'Neill                      | A detailed & comprehensive handbook that gives a balanced view on aging & looks at issues that can cause difficulties in families such as safety, driving & maintaining independence. Has a chapter on policies relating to older people in Ireland & has practical information on allowances & benefits. Contains a chapter for carers.         |
| Self-Esteem    | An Introduction to Improving Your Self-Esteem                             | Melanie Fennell with Lee Brosnan | Short workbook. Good introduction to how low self-esteem can develop & how to develop realistic expectations for yourself.   |

## Online Resources for Adults

### **Disclaimer**

The information listed below has been compiled from many sources that are not controlled by the Health Service Executive or Cork County Library and Cork City Libraries. While all reasonable care has been taken in the compilation and publication of the contents of this list, the Health Service Executive and Cork County Library and Cork City Libraries do not assume legal or other liability for any inaccuracy, mistake, mis-statement or any other error of whatsoever nature contained herein and hereby formally disclaims liability in respect of such aforesaid matters.

### **Useful Websites for Adults**

| Topic                         | Website  | Review  |
|-------------------------------|--|---|
| Anxiety                       | <a href="http://www.anxietybc.com">www.anxietybc.com</a>               | Canadian website with very useful handouts & info on anxiety for children & adults. Practical & clear.  |
| Bereavement                   | <a href="http://www.hospicefoundation.ie">www.hospicefoundation.ie</a> | Comprehensive website about loss, bereavement & end of life matters. Helpful videos on grief & bereavement leaflets available.                        |
| Child Abuse (Adult Survivors) | <a href="http://www.hse-ncs.ie/en">www.hse-ncs.ie/en</a>               | National Counselling Service website providing information about counselling, impact of abuse & links to other useful sites.                          |
| Dementia                      | <a href="http://www.alzheimer.ie">www.alzheimer.ie</a>                 | Very helpful website providing information on how to live with, & cope with dementia. Information packs available.                                    |
| Depression                    | <a href="http://www.aware.ie">www.aware.ie</a>                         | Information on coping with depression, local support groups & helping loved ones with depression.   |
|                               | <a href="http://www.deprexis.com">www.deprexis.com</a>                 | An on-line computerized professional programme for dealing with depression.   |
|                               | <a href="http://www.ifightdepression.com">www.ifightdepression.com</a> | Useful website from the European Alliance Against Depression. Information on identifying mood depression & practical tips on how to improve your mood |
| Drugs                         | <a href="http://www.na-ireland.org">www.na-ireland.org</a>             | Information for those who think they may have a drug problem. Also providing information about local meetings.  |
| Eating Disorders              | <a href="http://www.bodywhys.ie">www.bodywhys.ie</a>                   | Irish website providing information on different eating disorders, supports available, help-line & local service directory.                           |



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| Gambling                            | <a href="http://www.gamblersanonymous.ie">www.gamblersanonymous.ie</a>         | Information about gambling & local meetings.  |
| General Health                      | <a href="http://www.hse.ie">www.hse.ie</a>                                     | Find information about your local health service. Also has a useful A-Z section where you can find out more about physical & mental health difficulties   |
| General Mental Health and Wellbeing | <a href="http://www.getselfhelp.co.uk">www.getselfhelp.co.uk</a>               | Very useful self-help website with complete programmes for depression, anxiety, anger & related problems.   |
|                                     | <a href="http://www.yourmentalhealth.ie">www.yourmentalhealth.ie</a>           | Very comprehensive website giving information about looking after your mental health; giving support to others; where to find help & support in your local area.  |
|                                     | <a href="http://www.cci.health.wa.gov.au">www.cci.health.wa.gov.au</a>         | Australian website with well-researched online courses on topics such as assertiveness & anxiety (see "Consumers" section of the website)   |
| Life-Skills                         | <a href="http://www.llttf.com">www.llttf.com</a>                               | Living life to the Full is an on-line life-skills course, free of charge with easy access, audio lectures & more on topics like depression, worry and self-esteem                                       |
| Mindfulness                         | <a href="http://www.self-compassion.org">www.self-compassion.org</a>           | Comprehensive website providing information about self-compassion & many free downloads on meditation and more.   |
|                                     | <a href="http://www.mindful-monkey.com">www.mindful-monkey.com</a>             | UK website promoting mindful living, positive relations & contributions to well-being. Free downloads on meditation available & a very useful tag cloud linking relevant topics.                        |
| Pain                                | <a href="http://www.chronicpain.ie">www.chronicpain.ie</a>                     | Very helpful website with information & videos about living with chronic pain, as well as information about courses & workshops around Ireland about chronic pain                                       |
| Positive Change                     | <a href="http://www.actionforhappiness.org">www.actionforhappiness.org</a>     | Information on how you can bring about positive change to make your life more fulfilling.   |
| Psychology                          | <a href="http://www.psihq.ie">www.psihq.ie</a>                                 | Website of the Psychological Society of Ireland with a list of registered psychologists working in Ireland, information sheets on topics like exam stress & updates about various events around Ireland |
| Social Anxiety                      | <a href="http://www.socialanxietyireland.com">www.socialanxietyireland.com</a> | Providing information, advice & support for people with SA, also with a self-help section.  |

## Your Good Self List of Resources for Adults

| Useful Online Videos for Adults   |   |   |   |
|-----------------------------------|---|---|---|
| Topic                             | Video Title   | Source                                    | Review  |
| Acceptance and Commitment Therapy | Russ Harris Introduces ACT (Acceptance and Commitment Therapy)<br><br><a href="http://www.youtube.com/watch?v=QS13jRcaufs">www.youtube.com/watch?v=QS13jRcaufs</a>          | YouTube                                   | Very good introduction to ACT (Acceptance and Commitment Therapy). Explains how we can learn to manage difficult emotions & troublesome thoughts.   |
|                                   | Zara speaks to Dr. Russ Harris about Acceptance and Commitment Therapy.<br><br><a href="http://www.youtube.com/watch?v=S5UWEgC0A4c">www.youtube.com/watch?v=S5UWEgC0A4c</a> | YouTube                                   | Series of talks explaining more techniques on how to deal with difficult emotions, memories & thoughts by using acceptance, mindfulness & other skills.                                     |
| Dementia                          | Teepa Snow<br><br><a href="http://www.youtube.com/user/teepasnow">www.youtube.com/user/teepasnow</a>  | YouTube                                   | Comprehensive series of Alzheimer's & Dementia carer training videos for professionals & families. The presenter is a Dementia Care Specialist .  |
| Depression                        | I had a Black Dog – his name was Depression<br><br><a href="http://www.youtube.com/watch?v=XiCrniLQGYc">www.youtube.com/watch?v=XiCrniLQGYc</a>                             | YouTube (World Health Organisation)       | Animated video of Matthew Johnstone's book about his experience of depression. Very accessible video & positive about recovery. Gives tips on managing and overcoming depression.           |
| Mental Health                     | Talking About...<br><br><a href="http://www.youtube.com/watch?v=m82jEQXRurg">www.youtube.com/watch?v=m82jEQXRurg</a>  | YouTube (Mind the Mental Health Charity ) | Series of videos of groups of people talking about their experiences of about difficulties such as anxiety, panic attacks & self-esteem & what they found helpful. Very relaxed & positive. |

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| Mindfulness/Meditation | How to Quiet the Mind-<br>Matthew Johnstone<br><br><a href="http://www.youtube.com/watch?v=zbqofdJk8AA">www.youtube.com/watch?v=zbqofdJk8AA</a>                             | YouTube<br>(RSA)  | Matthew Johnstone talks about how to cultivate resiliency & to cope with life's difficulties by doing mindfulness meditation. He also gives instructions on how to do mindfulness meditation. |
| Mindfulness/Meditation | All it Takes is Ten Mindful Minutes-<br><br>Andy Puddicombe<br><a href="http://www.youtube.com/watch?v=qzR62JJCMBQ">www.youtube.com/watch?v=qzR62JJCMBQ</a>                 | YouTube<br>(TED Talks)  | Easy to follow & entertaining introduction to the benefits of mindfulness meditation.   |
| Grief                  | Understanding Grief<br>Living with Loss<br><br><a href="http://www.youtube.com/watch?v=6sA4Yyq2f3w">www.youtube.com/watch?v=6sA4Yyq2f3w</a>                                 | You Tube<br>(The Irish Hospice Foundation)                    | A series of Irish videos which sensitively covers topics like what grief is, real life stories of grief, coping with suicide in the workplace & loss related to dementia.                     |
| Panic Attacks          | Panic Attacks Real Story<br><br><a href="http://www.youtube.com/watch?v=zvovkmeY7Hc">www.youtube.com/watch?v=zvovkmeY7Hc</a>  | YouTube<br>(NHS Choices)                                      | Real life account of what panic attacks are & how to cope with their impact.  |
| Physical Exercise      | 23 and ½ hours: What is the single best thing we can do for our health?<br><br><a href="http://www.youtube.com/watch?v=aUaInS6HIGo">www.youtube.com/watch?v=aUaInS6HIGo</a> | YouTube<br>(Doc Mike Evans)                                   | Animated video providing information about the multiple benefits of exercise. Thought provoking & fun.  |
| Self-Compassion        | Self – Compassion Parts 1, 2 & 3 Kristin Neff<br><br><a href="http://www.youtube.com/watch?v=Tyl6YXp1Y6M">www.youtube.com/watch?v=Tyl6YXp1Y6M</a>                           | YouTube   | Series of short talks by Kirsten Neff on what self-compassion entails & how to develop self-compassion.   |
| Self-Esteem            | Anxiety: Jo's Story<br><br><a href="http://www.youtube.com/watch?v=0Dd_VR-Ef20">www.youtube.com/watch?v=0Dd_VR-Ef20</a>   | YouTube<br>(The House Partnership Therapy & CBT, NHS Choices) | Personal story of social anxiety & its impact. Encourages people to seek help & advice on how to learn to manage their difficulties.  |



This is a sample of materials available in participating libraries.  
All books have been reviewed by HSE Psychologists and other Health Professionals.  
If this doesn't help, talk to your G.P. or the person who told you about this programme and they will help you to get further assistance.

\* Review kindly provided by "Mind Yourself"  
-Wexford Information and Self-Help Scheme

**For more information and details  
about participating libraries, check out:**

**Cork County Library:** [www.corkcoco.ie/library](http://www.corkcoco.ie/library)

**Cork City Libraries:** [www.corkcitylibraries.ie](http://www.corkcitylibraries.ie)

**HSE South Cork Primary Care Psychology Services**

**email:** [yourgoodself@hse.ie](mailto:yourgoodself@hse.ie)      **www:** [www.hse.ie/yourgoodself](http://www.hse.ie/yourgoodself)

