



# List of Resources for Adults



## Your Good Self List of Resources for Adults

<b>Anger</b>	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).
	Overcoming Anger- When Anger Helps & When it Hurts	Dr. Windy Dryden	Detailed book, looks at triggers & gives tips on how to manage unhealthy anger.
<b>Anxiety</b>	Overcome Panic & Anxiety	Linda Manassee Buell	Short book written in bullet points by a person who suffered from anxiety. Practical tips on breathing exercises.
	Anxiety, Phobias & Panic	Reneau Z. Peurifoy	Looks in detail at different kinds of anxiety & stress. Outlines how to challenge unhelpful thinking; role of self-esteem, anger & assertiveness. Step by step programme; individual chapters may also be helpful.
<b>Assertiveness</b>	Assertiveness Step by Step	Windy Dryden	Detailed account of what assertiveness is. Looks at specific skills for different areas from relationships to work.
	The Assertiveness Handbook	Mary Hartley	Teaches assertiveness in challenging situations. Clearly written with lots on guidelines & exercises to complete.
<b>Bereavement</b>	Overcoming Grief	Sue Morris	Practical, helpful book. Outlines realistic expectations about bereavement & tips on how to manage challenges such as dealing with grief triggers.
<b>Cancer</b>	Breast Cancer - The Essential Guide	Kathleen Locke	Very good, sound & practical in advice.
	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.



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<b>Child Abuse (Adult Survivors)</b>	Overcoming Childhood Trauma	Helen Kennerley	Sensitive. Links past & present difficulties. Practical tips for specific problems. *
	Breaking Free: Help for Survivors of Child Sexual Abuse	Carolyn Ainscough & Kay Toon	Sensitively written. Shows range of feelings involved. Optimistic. Strategies for coping. *
<b>Dementia</b>	Contented Dementia	Oliver James	Very practical & hands on. Written by a psychologist with personal experience of dementia in a family member.
<b>Depression (incl. Mindful Meditation)</b>	Coming Through Depression (Includes CD)	Tony Bates	Follow on from previous book "Common Sense Approach". Includes section on meditation as way to managing depression. CD included.
	Overcoming Depression	Paul Gilbert	Detailed book, describing causes of depression & ways to cope.
	I Had A Black Dog	Matthew Johnstone	Excellent short book with humorous illustrations showing what it is like to have depression & how to tackle it.
	Living with A Black Dog	Matthew Johnstone	Very helpful short book for carers which uses humorous illustrations to show what depression is like. Highlights ways to offer support & suggestions for looking after yourself as a carer.
<b>Eating Disorders</b>	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.
<b>Meditation/ Mindfulness</b>	Quiet The Mind	Matthew Johnstone	Clear, jargon-free guide on meditation for beginners. Describes practical ways to manage obstacles to meditation.
<b>Mindfulness</b>	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.

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<b>Mood Difficulties</b>	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.
<b>Obsessive Compulsive Disorder (OCD)</b>	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.
<b>Pain</b>	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.
<b>Panic</b>	When Panic Attacks (Includes CD)	Aine Tubridy	Very thorough text on panic & excellent accompanying CD.
<b>Postnatal Depression</b>	Postnatal Depression - The Essential Guide	Catherine Burrows	Sensitively written; easy read with sound advice & information.
<b>Relationships</b>	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.
	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 & advice for single people & couples.
<b>Self-Esteem</b>	Overcoming Low Self - Esteem	Melanie Fennell	Helpful book with lots of exercises to complete, looks at ways to tackle self-criticism.
	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, goal setting, & how to overcome obstacles. Also has a chapter on mindfulness.

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<b>Social Anxiety</b>	Overcoming Social Anxiety & Shyness	Gillian Butler	Written by a clinical psychologist with good description of origin of social anxiety & how to tackle it. Also looks at assertiveness.
	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.
	10 Simple Solutions to Shyness	Martin Anthony	Detailed book with lots of information. Written by a psychologist, with focus on difficult situations, communication & social skills. Also contains a chapter on making presentations.
<b>Stress</b>	The Happiness Trap	Russ Harris	Positive, practical book, looking at ways of dealing with stress, fear & anxiety.
	Stress - The Essential Guide	Frances Ive	Concise, clear book looking at aspects of stress including work-life balance, identifying stress & relaxation skills.
<b>Substance Abuse</b>	Get Your Loved One Sober: Alternatives to Nagging, Pleading & Threatening	Robert Meyers & Brenda Wolfe	Based on a well researched effective programme for alcohol and drug abuse. Clearly written with helpful summaries & activities to complete. Covers topics like communication, safety & looking after yourself.
	Overcoming Problem Drinking	Marcantonio Spada	Contains tips on dealing with thoughts that contribute to problem drinking & ways to deal with cravings.
<b>Trauma</b>	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.

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### Older Adults List

<b>Anger</b>	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 & action. Uses lots of examples.
<b>Cancer</b>	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.
<b>Dementia</b>	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.
	Dancing with Dementia	Christine Bryden	The author of this book was diagnosed with Alzheimer's Disease at the age of 46. Looks at practical issues such as the impact of environment, communication & coping with anxiety.
<b>Depression</b>	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.
	Overcoming Depression Talks with Your Therapist. (Audio CD)	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.
<b>Memory</b>	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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<b>Pain</b>	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.
<b>Positive Aging</b>	The Mature Mind. The Positive Power of the Aging Brain	Gene Cohen	Detailed book that challenges our ideas about aging. Information about brain development, research, positive developments in Helpful chapter on assessing “retirement readiness”. Also ideas on how to maximize positive aging.
	Seven Strategies for Positive Aging	Robert Hill	For the reader who is interested in the research behind positive aging. Explores important areas such as learning in old age, forgiveness & gratitude.
	The Challenge of Retirement	Trish Murphy	For those looking to overcome obstacles and gain more enjoyment from their retirement years. Addresses common difficulties including stress, low mood & relationship problems.
	Aging and Caring: A Guide for Later Life	Des O’Neill	A detailed & comprehensive handbook that gives a balanced view on aging and looks at issues that can cause difficulties in families. Has information on Irish allowances & benefits. Contains a chapter for carers.
<b>Self-Esteem</b>	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.
	Overcoming low Self-Esteem: Talks with your Therapist. (Audio CD)	Melanie Fennell	Detailed CD. Best to listen to it in sections. Allow time to complete suggested activities in sequence. Explores impact of low self-esteem, feelings, thinking and behavior.

**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.



## Your Good Self List of Resources for Adults

### Useful Websites for Adults

<b>Anxiety</b>	<a href="http://www.anxietybc.com">www.anxietybc.com</a>	Very useful handouts & info on anxiety for children & adults. Practical & clear.
<b>Bereavement</b>	<a href="http://www.hospicefoundation.ie">www.hospicefoundation.ie</a>	Comprehensive website about loss, bereavement & end of life matters. Helpful videos on grief & bereavement
<b>Child Abuse (Adult Survivors)</b>	<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.
<b>Dementia</b>	<a href="http://www.alzheimer.ie">www.alzheimer.ie</a>	Information on how to live with, & cope with dementia. Information packs available. Very helpful.
	<a href="http://www.crystalproject.ie">www.crystalproject.ie</a>	Community dementia project in North Cork. Information on supporting people with dementia and their families. Promoting awareness, local resources and advice on memory concerns.
<b>Depression</b>	<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>	Information on identifying mood depression & practical tips on how to improve your mood.
<b>Drugs</b>	<a href="http://www.na-ireland.org">www.na-ireland.org</a>	Information for those who think they may have a drug problem. Includes information on local meetings.
<b>Eating Disorders</b>	<a href="http://www.bodywhys.ie">www.bodywhys.ie</a>	Irish site providing information on different eating disorders, supports available, help-line & local services.
<b>Gambling</b>	<a href="http://www.gamblersanonymous.ie">www.gamblersanonymous.ie</a>	Information about gambling & local meetings.
<b>General Health</b>	<a href="http://www.hse.ie">www.hse.ie</a>	Information about your local health service. Also has a useful A-Z information section about physical & mental health.
<b>General Mental Health and Wellbeing</b>	<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.

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<b>General Mental Health and Wellbeing</b>	<a href="http://www.yourmentalhealth.ie">www.yourmentalhealth.ie</a>	Comprehensive website on looking after your mental health; giving support to others; where to find help & support.
	<a href="http://www.glasgowspcmh.org.uk">www.glasgowspcmh.org.uk</a>	User friendly self-help website. Information, free downloads & printable booklets dealing with stress, phobia, sleep problems, anxiety, depression, etc.
	<a href="http://www.cci.health.wa.gov.au">www.cci.health.wa.gov.au</a>	Well-researched online courses on topics such as assertiveness & anxiety (see "Consumers" section of the website)
<b>Life-Skills</b>	<a href="http://www.llttf.com">www.llttf.com</a>	Living life to the Full is a free on-line life-skills course, with easy access & audio lectures on depression and self-esteem.
<b>Mindfulness</b>	<a href="http://www.self-compassion.org">www.self-compassion.org</a>	Comprehensive website providing information about self-compassion & free downloads on meditation and more.
	<a href="http://www.mindful-monkey.com">www.mindful-monkey.com</a>	Promoting mindful living, positive relations & contributions to well-being. Free downloads on meditation available.
<b>Pain</b>	<a href="http://www.chronicpain.ie">www.chronicpain.ie</a>	Information & videos about living with chronic pain; courses & workshops around Ireland about chronic pain.
<b>Positive Change</b>	<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.
<b>Psychology</b>	<a href="http://www.psihq.ie">www.psihq.ie</a>	Psychological Society of Ireland website exam stress & updates on local events.
<b>Social Anxiety</b>	<a href="http://www.socialanxietyireland.com">www.socialanxietyireland.com</a>	Providing information, advice & support for people with Social Anxiety, also with a self-help section.



## Your Good Self List of Resources for Adults

### Useful Online Videos for Adults

<b>Acceptance and Commitment Therapy</b>	Russ Harris Introduces ACT (Acceptance and Commitment Therapy) <a href="http://www.youtube.com/watch?v=QS13jRcaufs">www.youtube.com/watch?v=QS13jRcaufs</a>	YouTube	Very good introduction to ACT. Explains how we can learn to manage difficult emotions & troublesome thoughts.
	Zara speaks to Dr. Russ Harris about Acceptance and Commitment Therapy. <a href="http://www.youtube.com/watch?v=S5UWEgC0A4c">www.youtube.com/watch?v=S5UWEgC0A4c</a>	YouTube	Series of talks on how to deal with difficult emotions, memories & thoughts by using acceptance, mindfulness & other skills.
	Passengers on a Bus. <a href="http://www.youtube.com/watch?v=Z29ptSuoWRc">www.youtube.com/watch?v=Z29ptSuoWRc</a> The Unwelcome party Guest <a href="http://www.youtube.com/watch?v=VYht-guymF4">www.youtube.com/watch?v=VYht-guymF4</a> Demons on a Boat <a href="http://www.youtube.com/watch?v=z-wyaP6xXwE">www.youtube.com/watch?v=z-wyaP6xXwE</a>	YouTube	ACT metaphors highlighting the impact negative self-talk & negative thoughts have on our lives. Good to have some understanding of ACT.
<b>Dementia</b>	Teepa Snow <a href="http://www.youtube.com/user/teepasnow">www.youtube.com/user/teepasnow</a>	YouTube	Series of Alzheimer's & Dementia carer training videos for professionals & families, from a Dementia Care Specialist.
<b>Depression</b>	I had a Black Dog – his name was Depression <a href="http://www.youtube.com/watch?v=XiCrniLQGYc">www.youtube.com/watch?v=XiCrniLQGYc</a>	YouTube (World Health Organisation)	Very accessible animated video & positive about recovery. Gives tips on managing and overcoming depression.
<b>Mental Health</b>	Talking About... <a href="http://www.youtube.com/watch?v=m82jEQXRurg">www.youtube.com/watch?v=m82jEQXRurg</a>	YouTube (Mind the Mental Health Charity)	Videos of groups of people sharing their experiences of difficulties such as anxiety, panic attacks & self-esteem & what they found helpful. Relaxed & positive.
<b>Mindfulness/ Meditation</b>	How to Quiet the Mind- Matthew Johnstone <a href="http://www.youtube.com/watch?v=zbqofdJk8AA">www.youtube.com/watch?v=zbqofdJk8AA</a>	YouTube (RSA)	The Author talks about how to cultivate resiliency & to cope with life's difficulties by doing mindfulness meditation.



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<b>Mindfulness/ Meditation</b>	All it Takes is Ten Mindful Minutes- Andy Puddicombe <a href="http://www.youtube.com/watch?v=qzR62JJCMBQ">www.youtube.com/watch?v=qzR62JJCMBQ</a>	YouTube (TED Talks)	Easy to follow & entertaining introduction to the benefits of mindfulness meditation.
<b>Grief</b>	Understanding Grief Living with Loss <a href="http://www.youtube.com/watch?v=6sA4Yyq2f3w">www.youtube.com/watch?v=6sA4Yyq2f3w</a>	You Tube (The Irish Hospice Foundation)	A series of Irish videos which sensitively covers topics about grief, real life stories, coping with suicide & loss related to dementia.
<b>Panic Attacks</b>	Panic Attacks Real Story <a href="http://www.youtube.com/watch?v=zvovkmeY7Hc">www.youtube.com/watch?v=zvovkmeY7Hc</a>	YouTube (NHS Choices)	Real life account of what panic attacks are & how to cope with their impact.
<b>Physical Exercise</b>	23 and ½ hours: What is the single best thing we can do for our health? <a href="http://www.youtube.com/watch?v=aUalnS6HIGo">www.youtube.com/watch?v=aUalnS6HIGo</a>	YouTube (Doc Mike Evans)	Informative animated video about the multiple benefits of exercise. Thought provoking & fun.
<b>Self-Compassion</b>	Self – Compassion Parts 1, 2 & 3 Kristin Neff <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 it. Explains self-kindness, & how practicing self-compassion can protect us from feelings of isolation in the midst of personal problems.
<b>Self-Esteem</b>	Anxiety: Jo's Story <a href="http://www.youtube.com/watch?v=0Dd_VR-Ef20">www.youtube.com/watch?v=0Dd_VR-Ef20</a>	YouTube (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.

### Useful Apps for Phones

<b>Mindfulness</b>	Headspace (Andy Puddicombe)	Learn the basics of meditation with the ten free 10-mins a day programme. Guided meditation.
<b>Stress Management</b>	De-Stress-ify (Stress Refuge Inc.)	Learn skills to de-stress, with scheduled practices to help you stay on track with 10 mins daily practices. Includes breathing exercises.



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)**

**Or**

**HSE South Cork Primary Care Psychology Services**

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

