



### Titles in the Cumbria Libraries' *Well Read* collection

<b>Addiction</b>	
Overcoming Compulsive Gambling	Blaszczynski, A
Manage Your Mind: The Mental Fitness Guide	Butler, G & Hope, T
Overcoming Your Smoking Habit	Marks, D
Overcoming Problem Drinking	Spada, M
<b>Anger</b>	
Overcoming Anger And Irritability	Davies, W
Overcoming Anger: When Anger Helps And When It Hurts	Dryden, W
Beating Anger: The Eight-point Plan For Coping With Rage	Fisher, M
The Anger Control Workbook	McKay, M; Fanning, P & Rogers, P
<b>Anxiety</b>	
Manage Your Mind: The Mental Fitness Guide	Butler, G & Hope, T
Overcoming Social Anxiety And Shyness	Butler, G
Overcoming Anxiety	Kennerley, H
Overcoming Worry	Meares, K
Healing Without Freud Or Prozac: Natural Approaches To Curing Stress, Anxiety And Depression Without Drugs And Without Psychoanalysis	Servan-Schreiber, D
Overcoming Panic	Silove, D & Manicavasagar, V
How To Stop Worrying	Tallis, F
Coping With Anxiety And Depression	Trickett, S
Overcoming Health Anxiety	Veale, D
Overcoming Obsessive Compulsive Disorder	Veale, D & Wilson, R
Overcoming Anxiety Workbook	Williams, C

<b>Depression</b>	
Surviving Post-natal Depression	Aiken, C
Climbing Out Of Depression: A Practical Guide For Sufferers	Atkinson, S
When Someone You Love Has Depression	Baker, B
Shoot The Damn Dog: A Memoir of Depression	Brampton, S
Manage Your Mind: The Mental Fitness Guide	Butler, G & Hope, T
Overcoming Depression	Dryden, W
Overcoming Depression	Gilbert, P
Sunbathing In The Rain: A Cheerful Book About Depression	Lewis, G
Beat Depression And Reclaim your Life	Massey, A
Depression And How To Survive it	Milligan, S & Clare, A
Mind Over Mood Workbook	Padesky, C & Greenberger, D
Healing Without Freud Or Prozac: Natural Approaches To Curing Stress, Anxiety And Depression Without Drugs And Without Psychoanalysis	Servan-Schreiber, D
Coping With Anxiety And Depression	Trickett, S
Overcoming Depression Workbook	Williams, C
<b>Eating Problems</b>	
Overcoming Bulimia Nervosa And Binge-eating	Cooper, P.J
Overcoming Binge Eating	Fairburn, C
Overcoming Anorexia Nervosa	Freeman, C
<b>Grief and Grieving</b>	
On Grief and Grieving	Kubler-Ross, E
Overcoming Grief	Morris, S
<b>Obsessive Compulsive Disorder</b>	
Overcoming Obsessive Compulsive Disorder	Veale, D & Wilson, R
<b>Pain and Fatigue</b>	
Overcoming Chronic Fatigue	Burgess, M
Overcoming Chronic Pain	Cole, F; Macdonald, H; Carus, C; Howden-Leach, H
<b>Panic</b>	
Overcoming Panic	Silove, D & Manicavasagar, V
<b>Post-Natal Depression</b>	
Surviving Post-natal Depression	Aiken, C

<b>Relationships</b>	
Manage Your Mind: The Mental Fitness Guide	Butler, G & Hope, T
Loving Yourself, Loving Another: The Importance Of Self Esteem For Successful Relationships	Cole, J and Relate
Overcoming Relationship Problems	Crowe, Michael
Women Who Love Too Much	Norwood, R
<b>Seasonal Affective Disorder</b>	
Coping with the Seasons: Workbook: A Cognitive-Behavioral Approach to Seasonal Affective Disorder (Treatments That Work)	Rohan, K
<b>Self-Esteem &amp; Confidence</b>	
Manage Your Mind: The Mental Fitness Guide	Butler, G & Hope, T
Overcoming Social Anxiety And Shyness	Butler, G
Overcoming Low Self-Esteem	Fennell, M
Overcoming Low Self-Esteem: A Self Help Programme	Fennell, M
<b>Self-Harm</b>	
Cutting: Understanding And Overcoming Self Mutilation	Levenkron, S
Healing The Hurt Within: Understanding Self-injury And Self harm, And Heal The Emotional Wounds	Sutton, J
<b>Stress</b>	
Manage Your Mind: The Mental Fitness Guide	Butler, G & Hope, T
Healing Without Freud Or Prozac: Natural Approaches To Curing Stress, Anxiety And Depression Without Drugs And Without Psychoanalysis	Servan-Schreiber, D
<b>Trauma</b>	
Breaking Free: Help For Survivors Of Child Sexual Abuse.	Ainscough, C & Tool, K
Overcoming Traumatic Stress	Herbert, C & Whetmore, A
Overcoming Childhood Trauma	Kennerley, H
Get Out Of Your Mind And Into Your Life; The New Acceptance And Commitment Therapy	Smith, S & Hayes, S.K
<b>Worry</b>	
Manage Your Mind: The Mental Fitness Guide	Butler, G & Hope, T
Overcoming Worry	Meares, K
How To Stop Worrying	Tallis, F

<b>Novels and Poetry</b>	
Secret Heart	Almond, D
Staying Alive: Real Poems For Unreal Times	Astley, N
Surgically Enhanced	Ayres, P
The Poetry Cure	Darling, J
The Eyrie	Davies, S
Paddy Clarke Ha Ha Ha	Doyle, R
The Curious Incident Of The Dog In The Night-time	Haddon, M
The Bell Jar	Plath, S
The Blackwater Lightship	Toibin, C
<b>Personal Accounts and Memoirs</b>	
Shoot the Damn Dog: A Memoir Of Depression	Brampton, S
Living With Mother	Hanson, M
Depression And How To Survive It	Milligan, S & Clare, A
Fracture: Adventures Of A Broken Body	Oakley, A
The Bell Jar	Plath, S
Prozac Nation	Wurtzel, E
<b>DVDs</b>	
Fight or Flight (Agoraphobia And Panic)	No Panic (DVD)
Behavioural Therapy: Help for OCD (Obsessive/Compulsive Disorder)	No Panic (DVD)
I Think.....They Think (Social Phobia)	No Panic (DVD)
Vomit Phobia	No Panic (DVD)