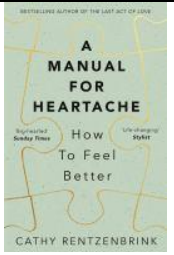
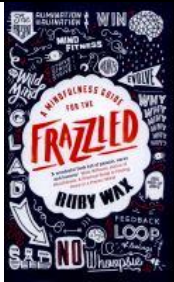
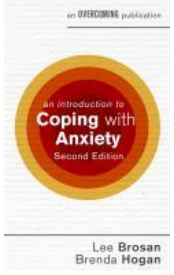
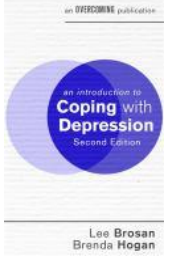

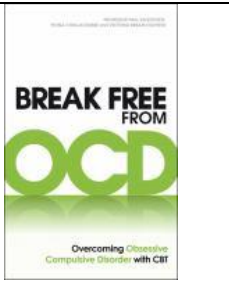
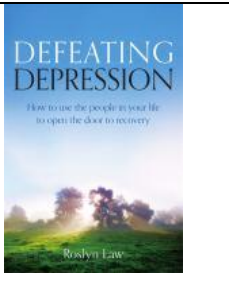
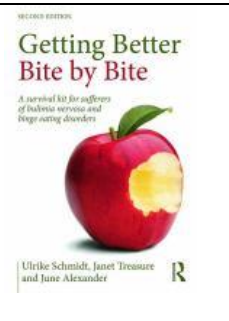
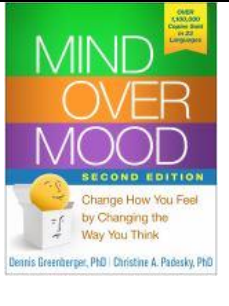
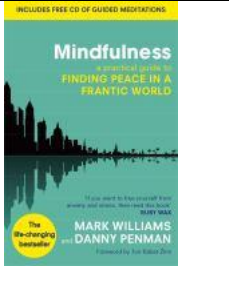




Reading Well For Mental Health – July 2018

Title	Author	Year	Shelfmark	
<u>A manual for heartache</u>	Rentzenbrink	2017	WT603	
<u>A mindfulness guide for the frazzled</u>	Wax	2016	WM507	
<u>An introduction to coping with anxiety</u>	Brosnan	2018	WM172	
<u>An introduction to coping with depression</u>	Brosnan	2018	WM171	

<p><u>An introduction to coping with grief</u></p>	<p>Morris</p>	<p>2017</p>	<p>WT600</p>	
<p><u>Break free from OCD</u></p>	<p>Challacombe</p>	<p>2011</p>	<p>WM172.5</p>	
<p><u>Defeating depression - how to use the people in your life to open the door to recovery</u></p>	<p>Law</p>	<p>2013</p>	<p>WM171</p>	
<p><u>Getting better bite by bite</u></p>	<p>Schmidt</p>	<p>2015</p>	<p>WM178</p>	
<p><u>Mind over mood</u></p>	<p>Greenberger</p>	<p>2015</p>	<p>WM505</p>	
<p><u>Mindfulness: a practical guide to finding peace in a frantic world</u></p>	<p>Williams</p>	<p>2011</p>	<p>WM507</p>	

<p><u>Overcoming anger and irritability</u></p>	<p>Freeman</p>	<p>2016</p>	<p>WLM222</p>	
<p><u>Overcoming anxiety: a self-help guide using CBT</u></p>	<p>Kennerley</p>	<p>2014</p>	<p>WM172</p>	
<p><u>Overcoming panic</u></p>	<p>Manicavasagar</p>	<p>2017</p>	<p>WM172</p>	
<p><u>Overcoming social anxiety and shyness</u></p>	<p>Butler</p>	<p>2016</p>	<p>WLM225</p>	
<p><u>Reasons to stay alive</u></p>	<p>Haig</p>	<p>2015</p>	<p>WM171</p>	
<p><u>Stress control</u></p>	<p>White</p>	<p>2017</p>	<p>WLM228</p>	

<p><u>The CBT handbook</u></p>	<p>Myles</p>	<p>2015</p>	<p>WM505</p>	
<p><u>The compassionate mind approach to postnatal depression</u></p>	<p>Cree</p>	<p>2015</p>	<p>WQ540</p>	
<p><u>The Recovery letters</u></p>	<p>Withey</p>	<p>2017</p>	<p>WM600</p>	
<p><u>The Sheldon short guide to phobias and panic</u></p>	<p>Gournay</p>	<p>2015</p>	<p>WM173</p>	
<p><u>The sleep book: how to sleep well every night</u></p>	<p>Meadows</p>	<p>2014</p>	<p>WL274</p>	
<p><u>We're all mad here</u></p>	<p>Eastham</p>	<p>2016</p>	<p>WLM228</p>	