

Healthy Reading Collection

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2nd Edition

Healthy Reading Collection

The collection has resources to help people get the most from life. Subjects include living life to the full, becoming more assertive and confident, sleeping better and mental health problems such as anxiety, depression, stress, and panic. There are resources available on a range of topics such as dementia and eating disorders.

The resources are available in a variety of different formats (books, ebooks, CDs, DVDs and leaflets). They are for all ages, including supporting positive parenting, young people, adults and older people. These resources can be borrowed from your local library. You can check the catalogue online for availability and reserve a copy or speak to a member of library staff who will help you access this material. Look out for the *Healthy Reading for Young People* leaflet for more titles specifically for young people.

Healthy Reading Plus

The benefits of reading for enjoyment, relaxation and escapism are well known. There is also research and evidence that reading fiction can help with communication, self esteem, empathy and reduce symptoms of depression.

Healthy Reading Plus books have been chosen for their uplifting and mood-boosting qualities. The collection features fiction, poetry, short stories, classics and children's books. Whether you are in need of a boost, or know someone else who might be, please take a look at our recommendations and share with friends and family. Library staff can help you to select reading choices. Why not join a reading group to discuss favourite books with others? Ask at your local library for Healthy Reading Plus collection and details of reading group meetings in your area.

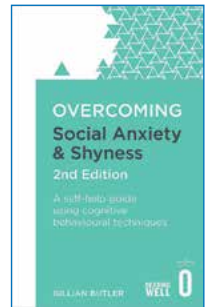
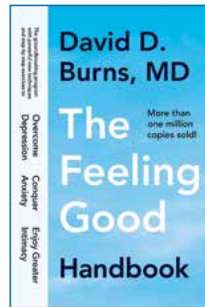
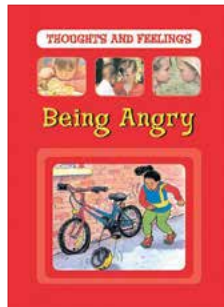
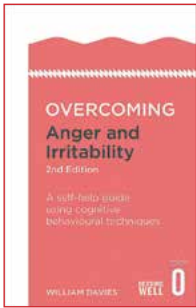


Look for this label

Healthy Reading Collection Catalogue

Addiction			
Overcoming compulsive gambling	Blaszczynski, Alex	9781854874849	Book
There is Hope in Recovery from Addiction			DVD

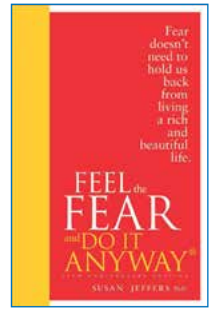
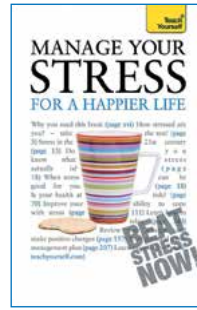
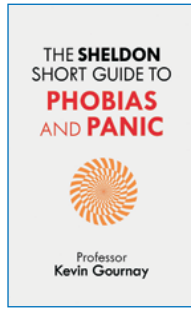
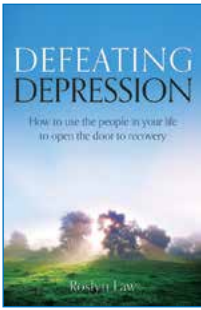
Anger Management			
Overcoming anger and irritability	Davies, William	9781472120229	Book
Overcoming anger	Dryden, Windy	9780859697132	Book
Being angry	Johnson, Julie	9780749675011	Book
Managing anger	Lindenfeld, Gael	0007100345	Book



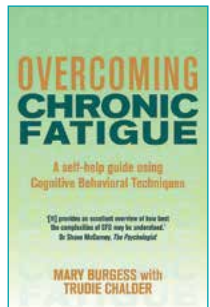
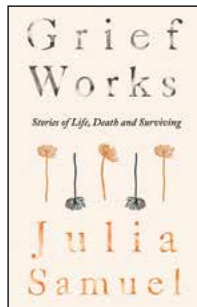
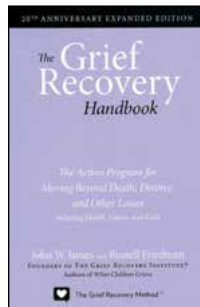
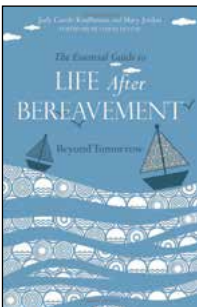
Anxiety, depression and stress			
Surviving post-natal depression	Aiken, Cara	9781853028618	Book
The anxiety and phobia workbook	Bourne, Edmund J.	1572244135	Book
An introduction to coping with depression	Brosan, Lee	9781472140210	Book
The feeling good handbook	Burns, David D.	9780452281325	Book
Manage your mind	Butler, Gillian	9780198527725	Book
Overcoming social anxiety and shyness	Butler, Gillian	9781472120434	Book
The compassionate mind approach to postnatal depression	Cree, Michelle	9781780330853	Book
The relaxation and stress reduction workbook	Davis, Martha	9781572245495	Book
Overcoming depression	Dryden, Windy	0859698181	Book
We're all mad here: the no-nonsense guide to living with social anxiety	Eastham, Claire	9781785920820	Book

Anxiety, depression and stress (continued)

Overcoming worry and anxiety disorder	Freeston, Mark & Meares, Kevin	9781472107428	Book
Overcoming depression	Gilbert, Paul	9781849010665	Book
Sheldon short guide to phobias and panic	Gournay, Kevin	9781847093684	Book
Reasons to stay alive	Haig, Matt	9781782116820	Book
Depression	Hauck, Paul	0859691683	Book
An introduction to coping with anxiety	Hogan, Brenda	9781472140241	Book
An introduction to coping with phobias	Hogan, Brenda	9781845292898	Book
Panic attacks	Ingham, Christine	9780007106905	Book
Feel the fear and do it anyway	Jeffers, Susan J.	9780091947446	Book
I had a black dog	Johnstone, Matthew	9781845295899	Book
Living with a black dog	Johnstone, Matthew	9781845297435	Book
Overcoming anxiety	Kennerley, Helen	9781849018784	Book
Defeating depression	Law, Roslyn	9781849017121	Book
Manage your stress for a happier life	Looker, Terry	9781444107418	Book
Mind over mood	Padesky, Christine	9780898621280	Book
Beyond fear	Rowe, Dorothy	9780007246595	Book
Overcoming panic	Silove, Derrick	9781472135827	Book
Triumph over shyness	Stein, Murray B.	9780071412988	Book
How to stop worrying	Tallis, Frank	0859696103	Book
Stress control	White, Jim	9781472137104	Book
1,2,3 CHILL!: anxiety control training CD	Williams, Chris	9781906564131	CD
Overcoming anxiety, stress and panic	Williams, Chris	9781444163148	Book
Overcoming depression and low mood	Williams, Chris	9781444183771	Book
Overcoming Health Anxiety	Willson, Rob	9781845298241	Book
The recovery letters		9781785921834	Book
Everything You Always Wanted To Know About Stress			DVD
Living Life to the Full			DVD
Reflections on Recovery			DVD
Worried about your memory?		9781844854202	Book



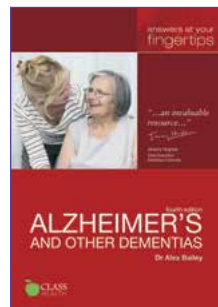
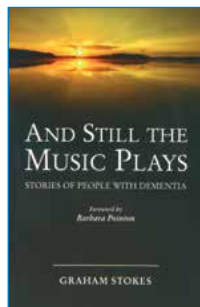
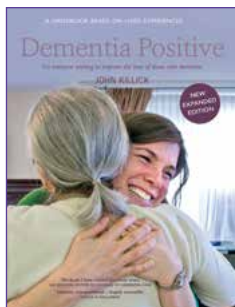
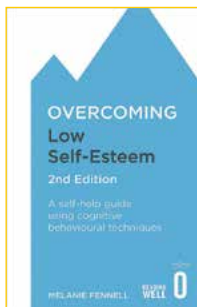
Bereavement			
The essential guide to life after bereavement: beyond tomorrow	Carole Kauffmann, Judy	9781849053358	Book
Angel wings	Donovan, Anne	97809555188237	Book
The grief recovery handbook	James, John W.	9780061686078	Book
Living with grief	Lake, Tony	9780859694261	Book
An introduction to coping with grief	Morris, Sue	9781472140081	Book
A manual for heartache	Rentzenbrink, Cathy	9781509824465	Book
Grief works: stories of life, death and surviving	Samuel, Julia	9780241270745	Book



Chronic Fatigue			
Overcoming Chronic Fatigue	Burgess, Mary	9781849011327	Book
Chronic fatigue syndrome: CFS/ME	Campling, Frankie	9780199233168	Book
Coping with chronic fatigue	Chalder, Trudie	0859696855	Book

Confidence and Self Esteem

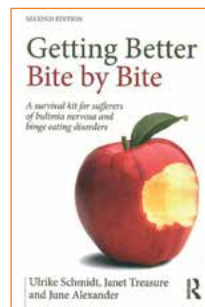
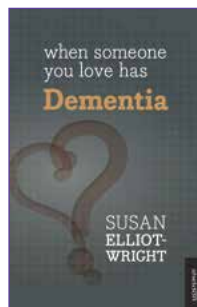
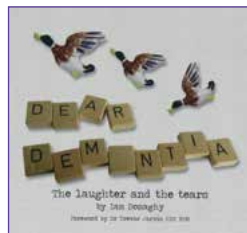
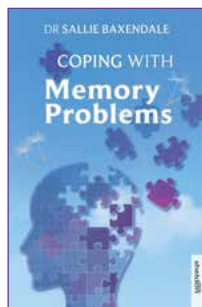
Assertiveness step by step	Dryden, Windy	0859699250	Book
Overcoming low self-esteem	Fennell, Melanie J.V.	9781472119292	Book
How to improve your confidence	Hambly, Kenneth	9788122203745	Book
Self-esteem bible	Lindenfield, Gael	0007179553	Book
Confidence works	McMahon, Gladeana	9780859698696	Book
Confidence boosters	Perry, Martin	9780600613237	Book



Dementia

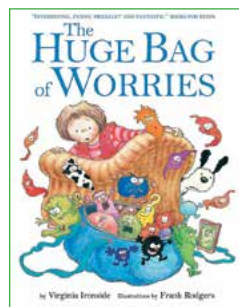
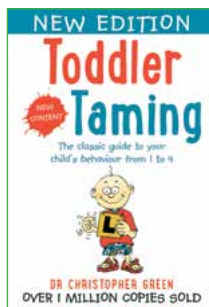
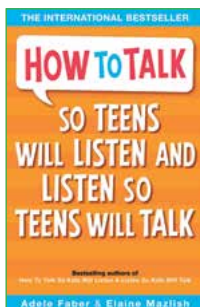
10 helpful hints for carers	Andrews, June	9781857692365	Book
10 helpful hints for dementia design at home	Andrews, June	9781857692549	Book
First Steps to Living with Dementia	Atkins, Simon	9781459686755	Book
Alzheimer's	Bailey, Alex	9781859595527	Book
Coping with memory problems	Baxendale, Sallie	9781847092748	Book
Losing Clive to younger onset dementia: one family's story	Beaumont, Helen	9781843104803	Book
Dancing with dementia: my story of living positively with dementia	Bryden, Christine	9781843103325	Book
But Then Something Happened: A Story of Everyday Dementia	Carling, Chris	9780957307902	Book
About dementia: for people with learning disabilities	Dodd, Karen	9781904082903	Book
Dear dementia: the laughter and the tears	Donaghy, Ian	9781874790860	Book
When someone you love has dementia	Elliot Wright, Susan	9781847094032	Book

Dementia (continued)			
Still Alice	Genova, Lisa	9781849838429	Book
Dementia positive	Killick, John	9781910021507	Book
Hearing the person with dementia	McCarthy, Bernie	9781849051866	Book
Dementia	Pulsford, Dave	9781849052436	Book
Seeing beyond dementia: a handbook for carers with English as a second language	Salomon, Rita	9781846198922	Book
Grandma	Shepherd, Jessica	9781846435973	Book
The little girl in the radiator: mum, Alzheimer's and me	Slevin, Martin	9781906308438	Book
And still the music plays	Stokes, Graham	9781874790952	Book
Introduction to the psychology of ageing for non-specialists	Stuart-Hamilton, Ian	9781849053631	Book
A pocket guide to understanding Alzheimer's disease and other dementias	Warner, James	9781785924583	Book
Can I tell you about dementia?	Welton, Jude	9781849052979	Book
Telling tales about dementia	Whitman, Lucy	9781843109419	Book
Chocolate Rain: 100 Ideas for a Creative Approach to Activities in Dementia Care	Zoutewelle, Sarah	9781874790969	Book
ABC of dementia		9781118474020	Book
Coping with dementia: a practical handbook for carers		9781844853366	Book
Living well with dementia			DVD



Eating Disorders

Bulimia Nervosa	Cooper, Peter	1854871714	Book
Overcoming binge eating	Fairburn, Christopher G.	9781572305618	Book
Overcoming anorexia nervosa	Freeman, Christopher	9781854879691	Book
Getting better bite by bite	Schmidt, Ulrike	9781138797376	Book
Anorexia nervosa	Treasure, Janet	9780863777608	Book

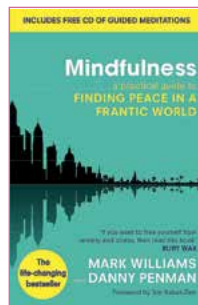
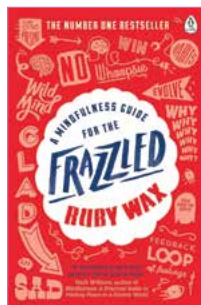
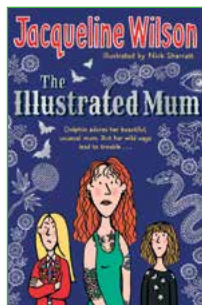
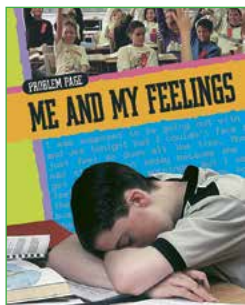


Family, parenting, children and teenagers

There's a house inside my mummy	Andreae, Giles	1841210684	Book
Grandad's hat	Elliott, Matt	9780993528002	Book
When Grandma came to stay	Elliott, Matt	9780993528019	Book
How to talk so teens will listen & listen so teens will talk	Faber, Adele	9781853408571	Book
Why love matters	Gerhardt, Sue	9781583918173	Book
Self-esteem for boys	Hartley-Brewer, Elizabeth	009185587X	Book
Self-esteem for girls	Hartley-Brewer, Elizabeth	0091855861	Book
Secrets of the baby whisperer	Hogg, Tracy	0091857023	Book
Getting through it with CBT	Holdaway, Claire	9781904127048	Book
The huge bag of worries	Ironside, Virginia	9780340903179	Book
The wise mouse	Ironside, Virginia	9780954512309	Book
Confident children	Lindenfield, Gael	0722539568	Book
How did I begin?	Manning, Mick	9780749656614	Book
Infant massage	McClure, Vimala	9780285636170	Book
What's happening to me? Boy	Frith, Alex	0746076630	Book

Family, parenting, children and teenagers (continued)

What's happening to me? Girl	Meredith, Susan	9780746069950	Book
The social baby	Murray, Lynne	9781903275429	Book
Raising happy brothers and sisters	Parker, Jan	0340834757	Book
Me and my feelings	Powell, Jillian	9780749689681	Book
How are babies made?	Smith, Alastair	0746025025	Book
Children, feelings and divorce	Smith, Heather	9781853434341	Book
What every parent needs to know	Sunderland, Margot	9781405320368	Book
Survival teen island	Tasker, Sandy	9781842851678	Book
Understanding 12–14-year-olds	Waddell, Margot	9781843103677	Book
The incredible years	Webster-Stratton, Carolyn	9781892222046	Book
The illustrated mum	Wilson, Jacqueline	9780440867814	Book
Sabre Tooth Tigers & Teddy Bears	Zeedyk, Suzanne	700220295582	Book
Play@home: Baby		9781844855278	Book
Play@home: Pre school		9781844855308	Book
Play@home: Toddler		9781844855292	Book
Speakeasy: talking with your children about growing up		9781905506637	Book

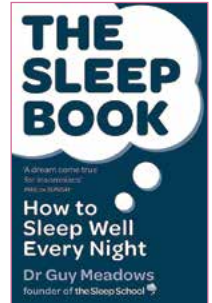
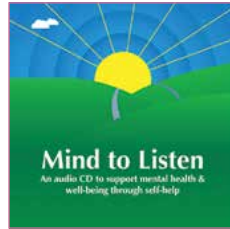
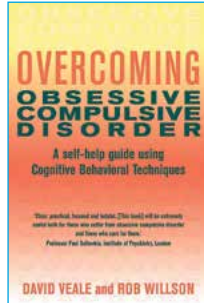


Mindfulness

A mindfulness guide for the frazzled	Wax, Ruby	9780241972069	Book
Mindfulness: a practical guide to finding peace in a frantic world	Williams, J. & Mark G.	9780749953089	Book
Living life to the full: key life skills to change your life	Williams, Chris	9781906564582	Book

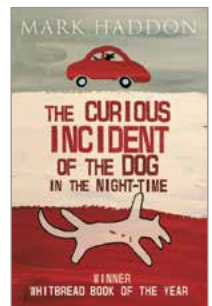
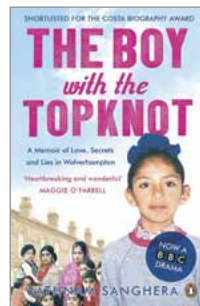
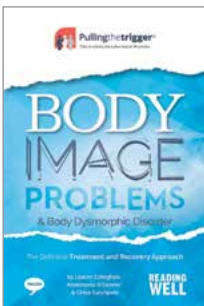
Obsessive Compulsive Disorder

Break free from OCD	Challacombe, Fiona	9780091939694	Book
Understanding obsessions and compulsions: a self-help manual	Tallis, Frank	0859696529	Book
Overcoming obsessive compulsive disorder	Veale, David	9781849010726	Book



Sleeping and relaxation

Overcoming insomnia and sleep problems	Espie, Colin A.	9781845290702	Book
No more sleepless nights	Hauri, Peter	9780471149040	Book
Getting a good night's sleep	Johnston, Fiona	0859698416	Book
The sleep book: how to sleep well every night	Meadows, Guy	9781409157618	Book
Mind to listen			CD



Various

Breaking free: help for survivors of child sexual abuse	Ainscough, Carolyn	9780859698108	Book
Body image and body dysmorphic disorder	Catchpole, Chloe	9781911246107	Book
Overcoming chronic pain	Cole, Frances	9781841199702	Book
Overcoming relationship problems	Crowe, Michael	9781845290665	Book
CBT: a practical guide	Foreman, Elaine Iljon	9781848312548	Book
Mind over mood	Greenberger, Dennis	9781462520428	Book
The curious incident of the dog in the night-time	Haddon, Mark	9780099456766	Book
Overcoming traumatic stress	Herbert, Claudia	9781841190167	Book
The CBT handbook	Myles, Pamela	9781780332017	Book
The boy with the topknot	Sanghera, Sathnam	9780141028590	Book
Overcoming mood swings	Scott, Jan	9781849011297	Book
Manage your mood	Veale, David	9781845293147	Book
A guide to checking your boobs			DVD
Bowel screening			DVD
Checking your balls			DVD
Going for a cervical smear test			DVD
Going for a mammogram			DVD
Going for a prostate examination			DVD

Healthy Reading webpage:

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SLL&C library catalogue: www.sllclibrary.co.uk



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