Reading Well Books on Prescription core list

	Title	Author	Publisher
Anger	Overcoming Anger and Irritability: A Self-	Davies, William	Constable &
	help Guide Using Cognitive Behavioural		Robinson
	Techniques		
Anxiety	Overcoming Anxiety: A Self-help Guide	Kennerley, Helen	Constable &
	Using Cognitive Behavioural Techniques		Robinson
	Overcoming Anxiety, Stress and Panic: A	Williams, Chris	CRC Press
	Five Areas Approach		
	Feel the Fear and Do it Anyway	Jeffers, Susan	Vermilion
Binge	Overcoming Binge Eating (new edition –	Fairburn, Christopher	Guilford Press
Eating/Bulimia	'Overcoming Binge Eating: The Proven		
Nervosa	Programme to Learn Why You Binge and		
	How You Can Stop' – available in HB and PB		
	from 30 September 2013)		
	Getting Better Bit(e) by Bit(e): A Survival Kit	Schmidt, Ulrike and	Routledge
	for Sufferers of Bulimia Nervosa and Binge	Treasure, Janet	
	Eating Disorders		
	Overcoming Bulimia Nervosa and Binge	Cooper, Peter J.	Constable &
	Eating: A Self-help Guide Using Cognitive		Robinson
	Behavioural Techniques		
Chronic Fatigue	Chronic Fatigue Syndrome (second edition)	Campling, Frankie and	Oxford
		Sharpe, Michael	University
			Press
	Overcoming Chronic Fatigue: A Self-help	Burgess, Mary and	Constable &
	Guide Using Cognitive Behavioural	Chalder, Trudie	Robinson
	Techniques		
Chronic Pain	Overcoming Chronic Pain: A Self-help	Cole, Frances; Carus,	Constable &
	Guide Using Cognitive Behavioural	Catherine; Howden-	Robinson
	Techniques	Leach, Hazel; and	
		Macdonald, Helen	
Depression	Overcoming Depression and Low Mood: A	Williams, Chris	CRC Press
	Five Areas Approach (third edition)		
	Mind Over Mood: Change How You Feel by	Greenberger, Dennis	Guilford Press
	Changing the Way You Think	and Padesky, Christine	
	Overcoming Depression: A Self-help Guide	Gilbert, Paul	Constable &
	Using Cognitive Behavioural Techniques		Robinson
Health Anxiety	Overcoming Health Anxiety: A Self-help	Veale, David and	Constable &
	Guide Using Cognitive Behavioural	Willson, Rob	Robinson
	Techniques		





	Title	Author	Publisher
Health Anxiety	An Introduction to Coping with Health	Hogan, Brenda and	Constable &
ctd	Anxiety	Young, Charles	Robinson
Obsessions and	Overcoming Obsessive Compulsive	Veale, David and	Constable &
Compulsions	Disorder: A Self-help Guide Using	Willson, Rob	Robinson
	Cognitive Behavioural Techniques		
	Understanding Obsessions and	Tallis, Frank	Sheldon Press
	Compulsions		
	Break Free from OCD: Overcoming	Challacombe, Fiona,	Vermilion
	Obsessive Compulsive Disorder with CBT	Oldfield, Victoria	
		Bream and Salkovskis,	
		Paul M.	
Panic	Overcoming Panic and Agoraphobia: A	Silove, Derrick and	Constable &
	Self-help Guide Using Cognitive	Manicavasagar, Vijaya	Robinson
	Behavioural Techniques		
	Panic Attacks: What They Are, Why They	Ingham, Christine	HarperCollins
	Happen and What You Can Do About Them		
Phobias	An Introduction to Coping with Phobias	Hogan, Brenda	Constable &
			Robinson
Relationship	Overcoming Relationship Problems: A Self-	Crowe, Michael	Constable &
Problems	help Guide Using Cognitive Behavioural		Robinson
	Techniques		
Self-Esteem	Overcoming Low Self- esteem: A Self-help	Fennell, Melanie	Constable &
	Guide Using Cognitive Behavioural		Robinson
	Techniques		
	The Feeling Good Handbook	Burns, David	Penguin
Social Phobia	Overcoming Social Anxiety and Shyness: A	Butler, Gillian	Constable &
	Self-help Guide Using Cognitive		Robinson
	Behavioural Techniques		
Sleep Problems	Overcoming Insomnia and Sleep Problems:	Espie, Colin A.	Constable &
	A Self-help Guide Using Cognitive		Robinson
	Behavioural Techniques		
Stress	The Relaxation and Stress Reduction	Davis, Martha	New
	Workbook		Harbinger
	Manage Your Stress for a Happier Life	Looker, Terry and	Hodder
		Gregson, Olga	
Worry	The Worry Cure: Stop Worrying and Start	Leahy, Robert, L.	Piatkus Books
	Living		
	How to Stop Worrying	Tallis, Frank	Sheldon Press

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