## **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

The Reading Well Books on Prescription core reading list is only available for use as part of The Reading Well Books on Prescription scheme. Permission to use this resource by agencies not subscribing to this scheme should be sought from The Reading Agency.