

Abuse

Breaking Free: Help for Survivors Of Childhood Sexual Abuse Carolyn ainscough & Kay Toon (Sheldon Press) Shelfmark: HQ72.G7 Air ISBN 978-0-85969-810-8

Overcoming Childhood Trauma Helen Kennerley (Constable & Robinson) Shelfmark: RC569.5.C55 Ken ISBN 978-1-84119-081-5

Anger

Overcoming Anger and Irritability William Davies (Robinson) Shelfmark: BF575.A5 Dav ISBN 978-1-85487-595-2

Managing Anger, Gael Lindenfield (Harper Collins) Shelfmark: BF575.A5 Lin ISBN 978-0-00-710034-7

Anxiety and Stress

Feel the Fear and Do it Anyway Susan Jeffers (Vermillion) Shelfmark: BF575.F2 Jef ISBN: 978-0-09-190707-5

Overcoming Anxiety. Helen Kennerley.(Constable & Robinson). (Shelfmark: RC531 Ken) ISBN 978-1-85487-422-1

Mind Over Mood Greenberger and Padesky (Guildford Press) (Shelfmark: WM425.5.C6 Pad) ISBN 978-0-89862-128-0

Overcoming Social Anxiety & Shyness Gillian Butler (Constable & Robinson) (Shelfmark: RC552.S62 But) ISBN 978-1-85487-703-1

Bereavement

How To Go On Living When Someone you Love Dies. Therese A. Rando, Ph.D. (Bantam) Shelfmark: BF575.G7 Ran ISBN 978-0-55335-269-6

A Special Scar: The experiences of people bereaved by suicide Alison Wertheimer (Routledge) Shelfmark: HV6548.G7 Wer ISBN 978-0-41522-027-9

Claustrophobia

Claustrophobia Andrea Perry (Worth Publishing) Shelfmark: RC535 Per ISBN 978-1-90326-909-1

Confidence Building

Helping Adolescents and Adults to Build Self-Esteem Deborah Plummer (Jessica Kingsley) Shelfmark: BF724.3.S36 Plu ISBN 978-1-84310-185-7

Depression

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Dealing with depression Dr Caroline Shreeve (Piatkus) Shelfmark: RC537 Shr ISBN 978-0-74992-496-6

I Had A Black Dog Matthew Johnstone (Robinson) Shelfmark: RC537 Joh ISBN 978-1-84529-589-9

Depression - The Way out of Your Prison Dorothy Rowe (Brunner Routledge) Shelfmark: RC537 Row ISBN 978-1-58391-286-7

Eating Disorders

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Bulimia Nervosa & Binge Eating, Peter Cooper (Constable & Robinson) Shelfmark: RC552.B84 Coo ISBN 978-1-85487-171-8

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Panic Attacks Christine Ingram (HarperCollins) Shelfmark: RC531 Ing ISBN 978-0-00-710690-5

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BM697.5.S46 Mack ISBN: 978-1-57224-198-5

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Shelfmark:BF637.S4 Macc ISBN:978-1-41294-826-5

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Assert Yourself Gael Lindenfield (Harper Collins) Shelfmark: BF575.A85 Lin
ISBN 978-0-007-12345-2

Overcoming Low Self-Esteem Melanie Fennell (Constable & Robinson)
Shelfmark: BF697.5.S46 Fen ISBN 978-1854877253

Self harm

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Stress

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Teach Yourself Managing Stress T. Looker and O. Gregson(Hodder Arnold) Shelfmark: RA785 Loo ISBN 978-0-340-86007-6