

# The Wellbeing Collection

## Addiction

### 1 Overcoming Compulsive Gambling

by Alex Blaszczynski

Explains how gambling problems develop and who is at risk. It also contains a complete self-help programme with monitoring sheets based on clinically proven cognitive behavioural therapy techniques.

Alex Blaszczynski is a practising clinical psychologist and a member of the Psychiatry Research and Teaching Unit, School of Psychiatry, University of New South Wales.

## Anger

### 1 Managing Anger

by Gael Lindenfield

The effects of anger on our minds and bodies is explained in this accessible book. It suggests ways of dealing with our own and other's anger, and how to deal with frustration and threat.

Gael Lindenfield is a psychotherapist and one of the UK's leading personal development trainers.

### 2 Overcoming Anger And Irritability

by William Davies

Follows a cognitive approach and aims to help people understand why bouts of anger happen. It will help people to control their anger and handle situations without aggression.

William Davies is a practising chartered clinical psychologist and academic director of the Association for Psychological Therapies.

## Anxiety

### 1 Anxiety And Phobia Workbook

by Edmund J. Bourne

Step-by-step help for those with common anxiety disorders offering the latest treatment strategies. Helps people to learn skills and make lifestyle changes necessary to achieve a lasting recovery. Topics include information on relaxation, exercise, coping with panic, overcoming negative self-talk, nutrition, and medication.

Edmund J. Bourne, Ph.D., is a psychologist in Northern California specialising in the treatment of anxiety disorders and related problems.

### 2 How To Stop Worrying

by Frank Tallis

This short guide explains how to manage worry, learn how to understand fear and face the possibilities of life calmly. It outlines how readers can make worry work for them and manage stress and anxiety.

Frank Tallis is a writer and practising clinical psychologist.

### 3 Overcoming Anxiety

by Helen Kennerley

Guides the reader through a programme of steps to help them to overcome their fears and anxieties in order to regain confidence and self-control. It uses a cognitive behavioural approach.

Helen Kennerley is a practising clinical psychologist and

consultant psychologist for Riverside Mental Health Trust and Oxfordshire Mental Health Trust.

## Assertiveness

### 1 Assertiveness Workbook

by R.J. Patterson

This self-directed programme teaches readers to speak up and say what they mean at work and at home. Written supportively, it uses proven cognitive behavioural techniques to help individuals build self-confidence, set boundaries, and determine appropriate responses.

R.J. Patterson is a clinical psychologist and the coordinator of Changeways, a widely-known depression treatment programme at Vancouver Hospital and Health Sciences Centre. He is also an adjunct assistant professor in the Department of Psychology at the University of British Columbia.

### 2 A Woman In Your Own Right: Assertiveness And You

by Anne Dickson

Helps the reader to recognise their rights and understand how assertiveness is linked to self-esteem, making choices, managing anxiety and stress, and effective communication skills. Chapters include assertiveness techniques, body language, expressing feelings, handling criticism and assertiveness at work.

Anne Dickson is a freelance psychologist, writer and trainer and is recognised as a leading authority on women's development, assertiveness training and interactive communication.

## Bereavement

### 1 You'll Get Over It: Rage Of Bereavement

by Virginia Ironside

Personal, well-informed and practical, this book is designed as a guide and support to the bereaved and their friends and family. It looks at the shock, anger, guilt, powerlessness and fear of grief. It also addresses the complex emotions and reactions surrounding the informal rituals of death, for example, the will and dealing with personal effects.

Virginia Ironside is a journalist and writer on personal and family relationships.

## Depression

### 1 The Feeling Good Handbook

by David Burns

This practical book helps those who are depressed to understand how their thinking processes may have contributed to their depression, and how, by changing their thinking, they can begin to have some control over their moods.

David Burns M. D. is clinical associate professor of psychiatry and behavioural sciences at Stanford University School of Medicine.

## 2 Overcoming Depression

by **Paul Gilbert**

This self-help guide uses cognitive behavioural techniques to provide strategies that can be easily self-administered to recover from sadness, loss and depression. It explains how the body and mind interact and how our thinking affects our brains.

Paul Gilbert is a professor of clinical psychology at the University of Derby and Director of the Mental Health Research Unit, Derbyshire Mental Health Trust.

## 3 Overcoming Depression And Low Mood – The Five Areas Approach

By **Dr Chris Williams**

This guide uses cognitive behavioural methods to help with the self assessment and management of low mood and depression. The format is clear with interactive questions and worksheets. It is empowering and supportive.

Dr Chris Williams is a senior lecturer in psychiatry and honorary consultant psychiatrist at the University of Glasgow.

## 4 An Introduction To Coping With Depression

By **Dr Lee Brosan and Dr Brenda Hogan**

An introductory booklet that explains what depression is and how it makes you feel. It covers: how depression develops and what keeps it going; how to spot and challenge thoughts that maintain your depression; problem solving and balanced thinking.

Dr Lee Brosan is a consultant psychologist, and head of the Psychological Treatment Service in Cambridge. Dr Brenda Hogan is a clinical psychologist who previously worked at the Primary Care Psychological Treatment Service in Cambridge. She has since moved to Vancouver, Canada, where she continues to work in the same field.

## 5 I Had A Black Dog

By **Matthew Johnstone**

It was Winston Churchill who popularized the phrase Black Dog to describe the bouts of depression he experienced for much of his life. This work presents an insight into what it is like to have a Black Dog as a companion and how the author learned to tame it and bring it to heel. Poignant and humorous in equal measure.

Matthew Johnstone is an artist, writer and exhibited photographer. He has worked in advertising in Sydney, San Francisco and New York.

## 6 Living With A Black Dog

By **Matthew and Ainsley Johnstone**

A touching and beautifully illustrated book, written for those who care for someone with depression; friends, family members, colleagues, and even therapists.

Matthew and Ainsley Johnstone live in Australia. This book was written as a result of their experience living with Matthew's depression.

## 7 Living With The Black Dog: How To Cope When Your Partner Is Depressed

By **Caroline Carr**

Caroline Carr gives a mass of practical advice to help others who are supporting a depressed partner. Much of this advice is a result of her practical experience with her own partner.

Caroline Carr is a hypnotherapist, life coach and author.

## Eating Disorders

### 1 Anorexia Nervosa: A Survival Guide For Families, Friends And Sufferers

by **Janet Treasure**

This book presents a step-by-step guide to recovery from any stage of the illness. It provides information and acts as a knowledge base for anyone who has to deal with anorexia, including parents and other carers.

Janet Treasure works for the Institute of Psychiatry in London.

### 2 Bulimia Nervosa And Binge Eating

by **Peter Cooper**

A source of information and a self-help guide for people who want to tackle their difficulties on their own, as well as for family members and friends who need to develop a better understanding of the illness. It includes an account of the medical complications and an analysis of the treatments available and their likely outcomes.

Peter Cooper is a professor of psychology at the University of Reading and also holds a consultant in clinical psychology position in the NHS.

### 3 Getting Better Bit(E) By Bit(E): A Survival Kit For Sufferers Of Bulimia Nervosa And Binge Eating Disorders

by **Ulrike Schmidt and Janet Treasure**

A self-help book designed to enable people to take control of their lives. It provides information and step-by-step advice, and concentrates on key behaviour changes to support people to achieve a happier and more fulfilled life.

Dr Ulrike Schmidt and Janet Treasure work for the Institute of Psychiatry in London.

### 4 Overcoming Anorexia Nervosa

by **Christopher Freeman and Peter Cooper**

A complete self-help programme that uses cognitive behaviour therapy techniques. Suitable for those who want to tackle the problem on their own and to take control of their own recovery.

Christopher Freeman is one of the UK's leading authorities on anorexia nervosa.

### 5 Overcoming Weight Problems

By **Jeremy Gauntlett-Gilbert and Clare Grace**

A clinically tested and comprehensive course in an easily readable form that offers a solution for people with weight problems. The book applies cognitive behavioural therapy principles to weight loss. It is full of good common sense, encourages the change of eating habits and discourages the concepts of quick fix yoyo dieting

Dr Jeremy Gauntlett-Gilbert, a clinical psychologist, and Dr Clare Grace, a dietician, worked together treating patients with weight problems at London's only specialist NHS clinic for overweight people.

### 6 Overcoming Binge Eating

By **Christopher Fairburn**

Authoritative and accessible, this book provides information to understand binge eating and to control it. It can be used either on its own or with a therapist and has been tested in controlled clinical research.

Christopher Fairburn is a principal research fellow with the Wellcome Trust at the University of Oxford's Department of Psychiatry.

## Head Injury

### 1 Head Injury: A Practical Guide

by Trevor Powell

A practical guide for professionals, families and carers to the hidden psychological, social, behavioural and emotional problems caused by head injury. Written in a jargon-free style, it addresses the medical problems, rehabilitation and adjustment of individuals and families to the realities of life after head injury.

Trevor Powell is a consultant clinical neuropsychologist.

## Health Anxiety

### 1 Stop Worrying About Your Health

by George D. Zgourides

A self-help guide with effective, step-by-step strategies for people who experience health anxiety. Readers will learn to identify and treat the underlying causes of their worry, as well as to counteract irrational self-talk about minor everyday physical symptoms.

George D. Zgourides is a mind-body-spirit physician and psychologist.

## Improving Your Mood

### 1 Mind Over Mood

by Dennis Greenberger and Christine Padesky

Using a cognitive behavioural approach this book supports people to successfully understand and improve their moods, alter their behaviour, and enhance their relationships. It is applicable to people experiencing: depression, panic attacks, anxiety, anger, guilt, shame, low self-esteem, eating disorders, substance misuse and relationship problems.

Dennis Greenberger and Christine Padesky are clinical psychologists.

## Mood Swings

### 1 Overcoming Mood Swings

by Jan Scott

A self-help manual for people who experience intense mood swings. It offers tried and tested techniques to help readers to identify and then effectively manage their mood swings. It also provides background information on depression and mania.

Jan Scott is head of the psychiatry department at the University of Glasgow.

## Obsessive Compulsive Disorder

### 1 Obsessive Compulsive Disorder

by Frederick Toates and Olga Coschug Toates

A helpful guide for those who experience the condition and those who wish to help but struggle to understand. It draws on and outlines Frederick Toates' personal experience with the disorder and offers self-help advice and information.

Dr Frederick Toates is a psychologist and reader in psychobiology at the Open University in the UK.

### 2 Overcoming Obsessive Compulsive Disorder

by David Veale and Robert Willson

This book addresses common compulsions such as hand washing, hoarding and checking. It includes how to: manage disturbing thoughts, images and urges, face fears and reduce

and overcome compulsions. It also explains how partners, relatives and friends can help.

David Veale is a consultant psychiatrist at the Priory Hospital North London, Maudsley Hospital and Royal Bethlem Hospital.

### 3 Understanding Obsessions And Compulsions

by Frank Tallis

This book gives treatment instructions and explains the principles of anxiety reduction in easy-to-understand language. It covers compulsive checking, washing, hoarding, obsessional thoughts and worry, obsessional personality, and depression.

Frank Tallis is a writer and practising clinical psychologist.

## Panic Attacks

### 1 Overcoming Panic

by Derrick Silove and Vijaya Manicavasagar

This cognitive behaviour therapy self-help manual provides the necessary skills for overcoming and preventing panic attacks and associated agoraphobia.

Derrick Silove is a practising clinical psychiatrist and Vijaya Manicavasagar is a senior clinical psychologist.

### 2 Panic Attacks

by Christine Ingham

Drawing from her own personal experiences of panic attacks and the experience of others, the author provides reassurance, insight and help for a positive way forward. This book looks at what panic attacks are, what causes them, what to do when having an attack, how to avoid recurrence, and how to help others.

Christine Ingham is the author of other self-help books.

## Self-Esteem

### 1 10 Days To Great Self-Esteem

by David Burns

A practical step-by-step guide that helps readers to learn specific techniques to enhance self esteem, productivity and happiness. It provides hope, compassion and healing for people distressed by low self-esteem or unhappiness.

David Burns M. D. is Clinical Associate Professor of Psychiatry and Behavioural Sciences at Stanford University School of Medicine.

### 2 Overcoming Low Self-Esteem

by Melanie Fennell

This is a self-help manual to help people to break the vicious cycle of self-destructive thinking which can lead to low self-esteem and many other problems. It outlines how negative thoughts affect behaviour and outlook, and sets out practical measures for changing them to positive thoughts.

Dr Melanie Fennell is course director in cognitive therapy for qualified health professionals at the Oxford University department of psychiatry.

### 3 Self-Esteem For Women

by Lynda Field

Packed with practical and effective techniques, this book gives people advice that will help them to focus on themselves and re-establish a new sense of creativity and vision.

Lynda Field is a psychotherapist, a top UK life coach, trainer

and broadcaster with 25 years of experience in teaching others how to reach their full potential.

#### **4 Self-Esteem: Simple Steps To Develop Self-Reliance And Perseverance**

by **Gael Lindenfield**

This book gives a practical programme on how to increase self-esteem. It examines the origins of low self-esteem and gives simple practical exercises that allow the readers to develop strategies for change.

Gael Lindenfield is a psychotherapist and one of the UK's leading confidence and self-help expert.

### *Social Anxiety and Shyness*

#### **1 Overcoming Social Anxiety And Shyness**

by **Gillian Butler**

This book uses cognitive behavioural techniques to help the reader manage social anxiety and shyness. It explains how to deal with upsetting thoughts, overcome avoidance and manage the symptoms of anxiety through relaxation, distraction and panic management.

Gillian Butler is a consultant clinical psychologist and fellow of the British Psychological Society.

### *Stress and Relaxation*

#### **1 Managing Stress**

by **Terry Looker and Olga Gregson**

This practical guide encourages the reader to assess and identify their stress, and learn how to develop their own stress management plan.

Professor Terry Looker and Dr Olga Gregson both work at Manchester Metropolitan University.

#### **2 The Relaxation And Stress Reduction Workbook**

by **Martha Davis, Elizabeth Robbins Eshelman and Matthew Mackay**

This workbook teaches effective stress management and relaxation techniques and exercises. It gives histories of the techniques covered, checklists, further readings and 'homework'.

Martha Davis is a retired Psychologist. Elizabeth Robbins Eshelman is a retired clinical social worker. Matthew Mackay is clinical director of Haight Ashbury Psychological Services in San Francisco, CA, and a professor at the Wright Institute in Berkeley, CA.

#### **3 Change Your Thinking: Overcome Stress, Combat Anxiety And Improve Your Life With CBT**

By **Sarah Edelman**

In this book, Dr Edelman demonstrates how to deal rationally with feelings of anger, depression, frustration and anxiety. A practical and reassuring guide to overcoming self-defeating thoughts and behaviour

Dr Sarah Edelman is a researcher, author and psychologist in private practice. She works as a research psychologist at the Health Psychology Unit, University of Technology Sydney.

#### **4 Beating Stress, Anxiety And Depression**

By **Jane Plant and Janet Stephenson**

The authors, both former sufferers, dispel the fear and prejudice surrounding mental illness and present a new, effective programme for dealing with stress, anxiety and depression. They present 10 lifestyle factors that affect the likelihood of developing anxiety and depression, and reveal 10 food factors that can improve mental well-being.

Dr Jane Plant is a professor of environmental geochemistry at Imperial College, London. She is the author of a number of books on health. Janet Stephenson is a psychologist who works as a therapist within the NHS and in private practice.

### *Traumatic Stress*

#### **1 Overcoming Traumatic Stress**

by **Claudia Herbert and Ann Wetmore**

This book demonstrates, with practical advice and tested exercises, how to find new and effective ways of coping with (and finally overcoming) traumatic stress.

Claudia Herbert is director of the Oxford Stress and Trauma Centre and Ann Wetmore is a registered psychologist practising in Canada.



THE ROYAL BOROUGH OF  
**KENSINGTON  
AND CHELSEA**

**NHS**  
**Kensington and Chelsea**