

Books on Prescription – Recommended Reading



Title	Author	Publisher
Anxiety		
<i>Compassionate-Mind Guide to Building Social Confidence</i>	Lynne Henderson	New Harbinger
<i>The 10 Best Ever Anxiety Management Techniques</i>	Margaret Wehrenberg	WW Norton
<i>When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism</i>	Martin Antony and Richard Swinson	New Harbinger
Depression		
<i>Overcoming Depression: A Self-Help Guide to Using Cognitive Behavioural Techniques</i>	Paul Gilbert	Constable and Robinson
<i>Overcoming Depression and Low Mood: A Five Areas Approach</i>	Chris Williams	CRC Press
<i>Ending the Depression Cycle: A Step-by-Step Guide for Preventing Relapse</i>	Peter Bieling, and Martin Anthony	New Harbinger
<i>Mind Over Mood: Change How You Feel by Changing the Way You Think</i>	Dennis Greenberger, and Christine Padesky	Guildford Press
<i>Control Your Depression</i>	Peter Lewinsohn	Simon & Schuster
Eating Disorders		
<i>The Appetite Awareness Workbook</i>	Linda Craighead	New Harbinger
<i>Skills-based Learning for Caring for a Loved One with an Eating Disorder</i>	Janet Treasure, Grainne Smith, and Anna Crane	Routledge
<i>The Invisible Man: A Self-Help Guide for Men with Eating Disorders, Compulsive Exercise and Bigorexia</i>	John Morgan	Routledge
Generalised panic disorder and agoraphobia		
<i>Overcoming Panic and Agoraphobia</i>	Derrick Silove, and Vijaya Manicasvagar	Constable and Robinson
<i>The Panic Book</i>	Neil Phillips	Shrink Rap Press
<i>Don't Panic</i>	Reid Wilson	Harper Perennial
Obsessive Compulsive Disorder		
<i>Digging Out: Helping Your Loved One Manage Clutter, Hoarding and Compulsive Acquiring</i>	Michael Tomkins and Tamara Hartl	New Harbinger
Sleeping Problems		
<i>Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain</i>	Colleen Carney and Rachel Manber	New Harbinger
Stress		
<i>The Relaxation and Stress Reduction Workbook</i>	Martha Davis, Elizabeth Eshelman and Matthew McKay	New Harbinger
<i>Change Your Thinking</i>	Sarah Edelman	Harper Collins