

Books can help

- Your GP or health professional may have recommended a self-help book from the titles listed overleaf. These will give you information about common difficulties and suggest ways to help you manage them.
- The books have all been recommended by experts and offer one way of helping people with health problems such as anxiety, depression, stress and eating difficulties.
- Copies of the recommended books are available at the Tower Hamlets Idea Stores and libraries listed below.
- If you are not familiar with the library the staff will help you get a membership card and find the book on the shelves. Alternatively take the book to the self-service point or Help Desk to borrow it. If the book is not on the shelf staff can reserve it for you free of charge.
- Let us know what you think about the scheme by filling in the online form on the Idea Store website: www.ideastore.co.uk

Your Idea Stores and local libraries

Idea Store Whitechapel 321 Whitechapel Road E1 1BU Tel: 020 7364 4332 Open: Mon-Thu 9-9, Fri 9-6, Sat 9-5, Sun 11-5	Idea Store Bow Gladstone Place E3 5ES Tel: 020 7364 4332 Open: Mon-Thu 9-9, Fri 9-6, Sat 9-5, Sun 10-4	Idea Store Canary Wharf Churchill Place E14 5RB Tel: 020 7364 4332 Open: Mon-Thu 9-9, Fri 9-6, Sat 9-5, Sun 12-6	Idea Store Chrisp Street 1 Vesey Path E14 6BT Tel: 020 7364 4332 Open: Mon-Thu 9-9, Fri 9-6, Sat 9-5, Sun 10-4
Bethnal Green Library Cambridge Heath Rd E2 0HL Tel: 020 8980 3902 Open: Mon, Tue, Thu 9-8 Fri 9-6, Sat 9-5	Cubitt Town Library Strattondale Street E14 3HG Tel: 020 7987 3152 Open: Mon, Tue, Thu 9-8 Fri 9-6, Sat 9-5	Watney Market Library 30-32 Watney Market E1 2PR Tel: 020 7790 4039 Open: Mon, Thu 9-8 Tue, Fri, Sat 9-5	

For further information contact the Idea Store Manager Bow on 020 7364 5775.

Books – the healthy option

Title	Author	Shelved at:
Anger		
<input type="checkbox"/> <i>Overcoming anger and irritability</i>	Davies, William	152.47
Anxiety		
<input type="checkbox"/> <i>Controlling anxiety (booklet)</i>	Fennell, Melanie	616.852
<input type="checkbox"/> <i>How to stop worrying</i>	Tallis Frank	152.46
<input type="checkbox"/> <i>Managing anxiety (booklet)</i>	Butler, Gillian	616.852
<input type="checkbox"/> <i>Managing anxiety: a user's manual (booklet)</i>	Kennerley, Helen	616.852
<input type="checkbox"/> <i>Overcoming anxiety</i>	Kennerley, Helen	616.852
<input type="checkbox"/> <i>Teach yourself managing stress</i>	Looker, Terry	155.9042
<input type="checkbox"/> <i>Understanding health anxiety (booklet)</i>	Kuchemann, Christine	616.852
<input type="checkbox"/> <i>Understanding panic (booklet)</i>	Westbrook, David	616.85
Bereavement		
<input type="checkbox"/> <i>Living with grief</i>	Lake, Tony	152.4
Depression		
<input type="checkbox"/> <i>Feeling good</i>	Burns, David D.	616.8527
<input type="checkbox"/> <i>Managing depression (booklet)</i>	Westbrook, David	616.8527
<input type="checkbox"/> <i>Mind over mood</i>	Padesky, Christine	616.8914
<input type="checkbox"/> <i>Overcoming depression</i>	Gilbert, Paul	616.8527
Eating disorder		
<input type="checkbox"/> <i>Overcoming eating disorders (booklet)</i>	Whitehead, Linette	616.8526
Phobias		
<input type="checkbox"/> <i>Managing obsessive-compulsive disorder</i>	Westbrook, David	616.85227
<input type="checkbox"/> <i>Overcoming phobias (booklet)</i>	Sanders, Diana	616.85225
<input type="checkbox"/> <i>Overcoming social anxiety (booklet)</i>	Butler, Gillian	616.852
<input type="checkbox"/> <i>Understanding obsessions and compulsions</i>	Tallis, Frank	616.85227
Self esteem		
<input type="checkbox"/> <i>Building self esteem (booklet)</i>	Jenkins, Helen	158.1
<input type="checkbox"/> <i>Manage your mind</i>	Butler, Gillian	158.1
<input type="checkbox"/> <i>10 days to great self-esteem</i>	Burns, David	158.1
Trauma		
<input type="checkbox"/> <i>Recovering from PTSD (booklet)</i>	Mueller, Martina	616.8521
<input type="checkbox"/> <i>Understanding your reactions to trauma</i>	Herbert, Claudia	616.8521