

Books – the healthy option

Self-Help Audio

These titles on CD will be found with books on health issues. Titles can be reserved free of charge by asking staff at any store or library or online.

Title **Shelved at:**

Anxiety

1, 2, 3 Chill: anxiety control training CD **616.8522**

Living Life to the Full course Resources, by Dr Chris Williams.

Published by Five Areas, 2009, ISBN: 1906564132

Caring for carers: help for carers **362.104256**

Exercises to reduce stress and anxiety caused by role as carer. Dr Michael Matthews' New Horizons series

Published by No Panic: BX00139516

Coping with sleep problems **616.849**

Advice on Insomnia, Narcolepsy, Night Terrors, Sleep Apnoea, & Sleepwalking presented by Dee Palmer.

Published by Talking Life, 2008, ISBN: 1901910164

Coping with stress at work **616.8522**

Advice on time management, reducing brain overload, avoiding stress burn-out, and organising work under pressure presented by Professor Anthony Clare.

Published by Talking Life, 2005, ISBN: 1901910067

Facing fear mountain **616.8522**

A CBT approach to managing panic attacks

Published by Living CBT: BX00139990

Feel the fear and do it anyway **158.1**

Techniques for turning fear, indecision and anger into power, action and love; read by the author, Susan Jeffers.

Published by Simon & Schuster, 1994, ISBN: 0743509188

Panic, anxiety, recovery: panic attacks & anxiety recovery 616.8522
Techniques and ideas to achieve relaxation and control symptoms of panic / anxiety. Dr Michael Matthews' New Horizons series

Published by No Panic: BX00139514

Relaxation: deep relaxation & differential relaxation 613.79
Muscle relaxation exercises for sufferers of anxiety.

Published by No Panic: BX00139515

The sound of calm 616.8522
Stress management techniques to help manage your life more effectively.

Published by Living CBT: BX00139992

Bereavement

Coping with bereavement 306.88
Presented by Professor Anthony Clare.

Published by Talking Life, 2008, ISBN: 1901910474

Depression

Coping with depression 616.8527
Self-help to fight depression using cognitive techniques. Talking Life series

Published by Wendy Lloyd Audio Productions, 1998, ISBN: 1901910229

Overcoming depression: talks with your therapist 616.8527
Series of talks from the bestselling author of Overcoming Depression.

Published by Constable & Robinson, 2007, ISBN: 1845298187

Phobias

Agoraphobia 616.8522
Techniques to detach you from the emotion of your fear and calmly face the situations that frighten you. Dr Michael Matthews' New Horizons series

Published by No Panic: BX00139510

Obsessive Compulsive Disorder: O. C. D. recovery 618.9285
Dr Michael Matthews' New Horizons series

Published by No Panic: BX00139513

Self esteem

Creating confidence @ work

650.1

A CBT approach to increasing confidence, by Keith Chadwick

Published by Living CBT, ISBN: 0955671523

Self-help DVDs

These titles on DVD will be found with books on health issues. Titles can be reserved free of charge by asking staff at any store or library or online.

Title

Shelved at:

Anxiety

Stress and relaxation

Deaf 155.9042

A British Sign Language DVD, also with English subtitles. Relaxation exercises designed for the Deaf community

Published by EyeGaze Productions, 2008: BX00149486

Depression

Living Life to the Full

616.8258

DVD version of the on-line self help course to help you boost how you feel and tackle low mood and depression. Living Life to the Full course Resources, in association with Depression Alliance Scotland, by Dr Chris Williams

Published by Living Life to the Full, 2007: BX00137427

Phobias

Behavioural therapy: help with Obsessive Compulsive Disorder

616.9285

DVD produced in America by sufferers under the guidance of Barbara Rothbaum PHD.

Published by No Panic: BX00139519

Fight or flight: Agoraphobia and Panic

616.8522

DVD produced in Australia demonstrating recovery techniques to overcome agoraphobia / panic, under the guidance of Professor Ron Rapee and Dr Lisa Lampe.

Published by No Panic: BX00139511

I think ... they think: Social Phobia

616.8522

DVD about social phobia / shyness recovery techniques using cognitive behaviour therapy produced in Australia by sufferers under the guidance of Professor Ron Rapee and Dr Lisa Lampe.

Published by No Panic: BX00139517