

# ***Books – the Healthy Option***

**Annotated Book List**

## Anger

### ***Overcoming anger and irritability***

Davies, William

**Publisher:** Constable and Robinson (28 Sep 2000), 192 pages

#### **Synopsis**

This volume is intended as a self-help manual for those who find that they are spoiling the lives of both themselves and those around them by constantly being irritable and angry. It has been written to explain why such bouts occur and what can be done, using cognitive behaviour therapy to overcome them. It takes a positive approach for which the long-term goal is lasting good temper and also looks at how best to handle situations that would tax even the most good-natured person.

## Anxiety

### ***Controlling anxiety***

Fennell, Melanie &  
Butler, Gillian

**Publisher:** Oxford Cognitive Therapy Centre booklet

#### **Synopsis**

A more cognitive approach to the management of anxiety states. Treatment based on this booklet has been shown to be more effective than a purely behavioural treatment.

### ***How to stop worrying*** **(Overcoming Common Problems series)**

Tallis Frank

**Publisher:** Sheldon Press (26 Jul 1990), 80 pages

#### **Synopsis**

A guide to making worry work for you, helping you to avoid stress and anxiety. The author sets out to teach how to understand fear and face the possibilities of life

### ***Managing anxiety***

Butler, Gillian

**Publisher:** Oxford Cognitive Therapy Centre booklet

#### **Synopsis**

A general approach to managing anxiety states of many kinds. This booklet is recommended in 'Guidelines for the management of patients with generalised anxiety' in the Royal College of Psychiatrists' Psychiatric Bulletin.

***Managing anxiety: a user's manual***

**Kennerley, Helen**

**Publisher:** Oxford Cognitive Therapy Centre booklet

**Synopsis**

An eight-part self-help programme for managing anxiety, which also includes a relaxation tape.

***Overcoming anxiety***

**Kennerley, Helen**

**Publisher:** Constable and Robinson (30 Jan 1997), 200 pages

**Synopsis**

A guide explaining how to overcome problem fears and anxieties of all kinds - from panic attacks and phobias to executive "burn out" - in order to regain confidence and self control. A step-by-step self-help plan is included.

***Teach yourself managing stress*  
(Teach Yourself Health & Well-being series)**

**Looker, Terry**

**Publisher:** Teach Yourself; New Ed edition (31 Jan 2004), 224 pages

**Synopsis**

Stress affects us all. Although some stress can lead to stimulation, creativity and success, it can also be detrimental to our health, relationships and performance. This book aims to enable people to assess and identify their own stress, and learn how to develop their own stress management plan. The authors' easily understandable and practical advice guides the individual in coping with demands, pressures and diverse changes.

***Understanding health anxiety***

**Kuchemann,  
Christine & Sanders,  
Diana**

**Publisher:** Oxford Cognitive Therapy Centre booklet

**Synopsis**

A cognitive-behavioural approach to understanding and managing worries about health.

## ***Understanding panic***

Westbrook, David &  
Rouf, Khadija

**Publisher:** Oxford Cognitive Therapy Centre booklet

### **Synopsis**

Revised and expanded in 1998, with more detailed self-help for people with panic attacks, based on a cognitive model.

## **Bereavement**

### ***Living with grief***

(Overcoming Common Problems series)

Lake, Tony

**Publisher:** Sheldon Press (26 Jul 1984), 144 pages

### **Synopsis**

This self-help guide concentrates on grief after bereavement and describes five tasks to be worked through in order to come to terms with grief, and in wider terms value life more. The five tasks come under two headings - three acceptance tasks and two resistance tasks. The acceptance tasks are: accept the full reality of what has happened; accept the need for an increased commitment to life; and accept the need for help. The resistance tasks are: resist isolation; and resist dependence. Specific help is also included for those suffering from grief after sudden loss, suicide, or the death of a child or a parent. The book also offers help for those who know they are dying, both adults and children.

## **Depression**

### ***Feeling good: the new mood therapy***

Burns, David D.

**Publisher:** Avon Books; 2<sup>nd</sup> Rev edition (5 April 2000), 736 pages

### **Synopsis**

A drug-free guide to curing anxiety, guilt, pessimism, procrastination, low self-esteem, and other depressive disorders uses scientifically tested methods to improve mood and stave off the blues.

Also available in Polish & French

### ***Managing depression***

Westbrook, David

**Publisher:** Oxford Cognitive Therapy Centre booklet

### **Synopsis**

Information and cognitive self-help advice for people who are depressed. Rated '5 stars' by the Centre for Evidence-Based Mental Health.

## ***Mind over mood: cognitive treatment therapy manual for clients***

**Padesky, Christine  
& Greenberger, Dennis**

**Publisher:** Guilford Publications; Reissue edition (10 May 1995), 243 pages

### **Synopsis**

This guide draws on the authors' experience as clinicians and teachers of cognitive therapy to help clients successfully understand and improve their moods, alter their behaviour, and enhance their relationships. Illustrated with case examples, the book presents the skills for identifying problems, setting goals, and achieving the desired changes.

Also available in Polish & French

## ***Overcoming depression***

**Gilbert, Paul**

**Publisher:** Constable and Robinson; 2<sup>nd</sup> Rev Ed edition (May 2000), 352 pages

### **Synopsis**

This guide draws on the authors' experience as clinicians and teachers of cognitive therapy to help clients successfully understand and improve their moods, alter their behaviour, and enhance their relationships. Illustrated with case examples, the book presents the skills A self-help guide using Cognitive Behavioral Techniques, this book is full of step-by-step suggestions, case examples and practical ideas for gaining control over depression and low mood; it is an indispensable guide for those affected, their friends and families, psychologists and those working in the medical profession.

## **Eating disorder**

### ***Overcoming eating disorders***

**Whitehead, Linette**

**Publisher:** Oxford Cognitive Therapy Centre booklet, 2007

### **Synopsis**

A cognitive-behavioural approach to overcoming eating disorders, focusing on getting ready to change, providing suggestions for how to manage key eating disorder features, and how family and friends can help.

## **Phobias**

### ***Managing obsessive-compulsive disorder***

**Westbrook, David &  
Morrison, Norma**

**Publisher:** Oxford Cognitive Therapy Centre booklet, 2007

### **Synopsis**

A greatly revised & expanded version of the original OCD booklet, updated to include more cognitive approaches and detailed self-help advice.

## ***Overcoming phobias***

**Sanders, Diana**

**Publisher:** Oxford Cognitive Therapy Centre booklet

### **Synopsis**

A CBT approach to dealing with specific phobias such as insects, animals, blood and needles, loud noises or enclosed spaces.

## ***Overcoming social anxiety***

**Butler, Gillian**

**Publisher:** Oxford Cognitive Therapy Centre booklet, 1999

### **Synopsis**

A CBT approach. Completely revised and updated. A cognitive-behavioural approach to the management of social anxiety and social phobia.

## ***Understanding obsessions and compulsions*** **(Overcoming Common Problems series)**

**Tallis, Frank**

**Publisher:** Sheldon Press (24 Sep 1992), 128 pages

### **Synopsis**

This guide is by the author of "How to Stop Worrying". People suffering from some degree of obsessive compulsive disorder may be embarrassed by their symptoms and not present themselves for treatment. This book, therefore, attempts to provide a comprehensive guide to self-help, explaining the principles of anxiety reduction, giving treatment instructions in easy-to-understand language. It covers compulsive checking, washing, hoarding, obsessional thoughts and worry, obsessional personality and depression.

## **Self esteem**

### ***Building self esteem***

**Jenkins, Helen &  
Fennell, Melanie**

**Publisher:** Oxford Cognitive Therapy Centre booklet

### **Synopsis**

A cognitive-behavioural approach to understanding and overcoming low self-esteem, including detailed advice on how self-help strategies can be used to build self-esteem.

## ***Manage your mind***

Butler, Gillian &  
Hope, Tony

**Publisher:** Oxford University Press; 2<sup>nd</sup> Rev edition (4 Jan 2006), 512 pages

### **Synopsis**

Just as simple measures - regular exercise, a sensible diet - keep your body fit, there are attitudes and skills you can develop to build a healthy mind. In this book two leaders in their fields, one a psychiatrist and one a psychologist, set out strategies that will stretch, strengthen, and tune your mind, to help you cope with the rigours of everyday life.

The mind is a powerful tool, but without the right training, your moods, thoughts, and behaviour can sabotage your goals and cause depression and anxiety. *Manage your Mind* shows you how to keep mentally fit - how to tap into your mind's power - so you can enjoy your life to the fullest.

Through the powerful, tested techniques they clearly outline, the authors will teach you to:

- \* Build self-confidence
- \* Overcome anxiety and depression
- \* Take control of your present and future
- \* Establish and maintain fulfilling relationships with family, friends, and co-workers
- \* Free yourself from fears and persistent worries
- \* Break bad habits
- \* Relieve stress
- \* Develop your full potential
- \* Manage your self and your time
- \* Clarify your goals and values

*Manage Your Mind* also includes specific, up-to-date information on how to make decisions, strengthen your memory, stop smoking, sleep better, recover from alcohol abuse, and more.

Feeling good is not just a question of addressing a few problems but depends on the development of positive attitudes and skills that can help you to make the most of your opportunities. '*Manage Your Mind*' is a remarkable guide which will help you to lead a more enjoyable and productive life.

Also available in Polish

## ***10 days to great self-esteem: 10 easy steps to brighten your moods and discovering the joy in everyday living***

Burns, David

**Publisher:** Vermilion (17 Feb 2000), 327 pages

### **Synopsis**

This book by Dr David Burns, a psychiatry professor with 20 years clinical experience, offers a very practical step-by-step guide which could help most of us feel better about ourselves.

If you have persistent negative thoughts, Burns suggests a cost-benefit analysis of the advantages and disadvantages of thinking that way. Seeing it written down makes it much easier to challenge.

The idea of Burns' approach is to raise self-esteem to the point that self seeks to matter. In 10 easy steps you can learn specific techniques to enhance self esteem, productivity and happiness. Provides hope, compassion and healing for people suffering from low self-esteem or unhappiness.

Also available in Spanish

## **Trauma**

### ***Recovering from PTSD***

Mueller, Martina

**Publisher:** Oxford Cognitive Therapy Centre booklet, 2007

#### **Synopsis**

A cognitive-behavioural approach to making sense of, and recovering from, Post-traumatic Stress Disorder, including a detailed description of helpful ways to manage symptoms and come to terms with trauma memories.

### ***Understanding your reactions to trauma***

Herbert, Claudia

**Publisher:** Oxford Cognitive Therapy Centre booklet, 2002, 88 pages

#### **Synopsis**

Booklet on understanding PTSD and other reactions to trauma gives an extensive range of practical coping strategies.

Also available in Polish

**Titles selected by the Tower Hamlets Community and Primary Care Psychology & Counselling Service**

**Synopses and descriptions © Amazon and OCTC  
March 2008**