

## ***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

## **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

## ***Books – the healthy option***

### ***Self-help DVDs***

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**Title**

**Shelved at:**

#### **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