

There is so much we don't know in medicine that could make a difference. Sometimes it will be dealing with this week's news headlines that will bring patients flocking. Sometimes, on focussing on the big things, the little things can get forgotten. Our weekly Pearls attempt to cut through the clutter and focus on the important issues we shouldn't miss or that make our lives easier!



Self-help books for adult mental health issues

Reading Well Books on Prescription core list (2018). You should be able to order them from all libraries. There is a separate list for children and young people.

Problem	Title	Author	Publisher
Anger	Overcoming Anger and Irritability (second edition)	William Davies	Robinson
Anxiety	Overcoming Anxiety (second edition)	Helen Kennerley	Robinson
	An Introduction to Coping with Anxiety (second edition)	Brenda Hogan & Lee Brosan	Robinson
Bereavement and loss	A Manual for Heartache	Cathy Rentzenbrink	Picador
	An Introduction to Coping with Grief (second edition)	Sue Morris	Robinson
	Grief Works	Julia Samuel	Penguin Life
	The Essential Guide to Life after Bereavement	Judy Carole, <i>et al.</i>	Jessica Kingsley
Binge eating/bulimia nervosa	Overcoming Binge Eating	Christopher Fairburn	Guilford Press
	Getting Better Bite by Bite (second edition)	Ulrike Schmidt, <i>et al.</i>	Routledge
Body image and body dysmorphic disorder	Body Image Problems and Body Dysmorphic Disorder	Lauren Callaghan, <i>et al.</i>	Trigger
Depression	An Introduction to Coping with Depression (second edition)	Lee Brosan & Brenda Hogan	Robinson
	Mind Over Mood	Dennis Greenberger and Christine Padesky	Guilford Press
	Overcoming Depression	Paul Gilbert	Robinson
	Manage Your Mood	David Veale & Rob Willson	Robinson
Health anxiety	Overcoming Health Anxiety	Rob Willson & David Veale	Robinson
Mood swings	Overcoming Mood Swings (second edition)	Jan Scott	Robinson
Obsessions and compulsions	Break Free from OCD	Fiona Challacombe, <i>et al.</i>	Vermilion
Panic and phobias	Overcoming Panic (second edition)	Vijaya Manicavasagar & Derrick Silove	Robinson
	The Sheldon Short Guide to Phobia and Panic	Kevin Gournay	Sheldon Press
Postnatal depression	The Compassionate Mind Approach to Postnatal Depression	Roslyn Law	Robinson
Self-esteem	Overcoming Low Self-Esteem (second edition)	Melanie Fennell	Robinson
Sleep problems	The Sleep Book	Guy Meadows	Orion
Social phobia	Overcoming Social Anxiety and Shyness (second edition)	Gillian Butler	Robinson
Stress	Stress Control	Jim White	Robinson
Worry	Overcoming Worry and Generalised Anxiety Disorder (second edition)	Kevin Meares & Mark Freeston	Robinson

The scheme is delivered by The Reading Agency with the Society of Chief Librarians: www.readingagency.org.uk/readingwell

Self-help books about mental health issues for young people

Self-help books recommended for young people with mental health issues, from The Reading Agency with the Society of Chief Librarians: www.readingagency.org.uk/readingwell. There is also a list for adults, available from all libraries (see the online handbook).

	Title	Author	Publisher
General	Blame My Brain	Nicola Morgan	Walker Books
	Stuff That Sucks: Accepting What You Can't Change and Committing to What You Can	Ben Sedley	Robinson
	Quiet the Mind	Matthew Johnstone	Robinson
	The Self-Esteem Team's Guide to Sex, Drugs and WTFs?!!	Self-Esteem Team	John Blake Publishing
	Mind Your Head	Juno Dawson	Hot Key Books
	I'll Give You The Sun (fiction)	Jandy Nelson	Walker Books
	Every Day (fiction)	David Levithan	Electric Monkey
	Kite Spirit (fiction)	Sita Brahmachari	Macmillan Children's Books
	House of Windows (fiction)	Alexia Casale	Faber & Faber
ADHD	Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD	Patricia Quinn & Judith Stern	Magination Press
Anxiety, worry and panic	My Anxious Mind	M. Tompkins & K. Martinez	Magination Press
	The Anxiety Survival Guide for Teens	Jennifer Shannon	New Harbinger
	The Shyness and Social Anxiety Workbook for Teens	Jennifer Shannon	New Harbinger
	The Perks of Being a Wallflower (fiction)	Stephen Chbosky	Simon & Schuster
Autism and Asperger syndrome	Freaks, Geeks and Asperger Syndrome	Luke Jackson	Jessica Kingsley
	The Reason I Jump	Naoki Higashida (translated by David Mitchell and Keiko Yoshida)	Sceptre
	The Curious Incident of the Dog in the Night-Time (fiction)	Mark Haddon	Vintage
Body image and eating disorders	Can I Tell You About Eating Disorders?	Bryan Lask & Lucy Watson	Jessica Kingsley
	Banish Your Body Image Thief	Kate Collins-Donnelly	Jessica Kingsley
	Tyranny	Lesley Fairfield	Walker Books
Bullying	Bullies, Cyberbullies and Frenemies	Michele Elliot	Wayland
	Vicious: True Stories by Teens About Bullying	Hope Vanderberg (Ed.)	Free Spirit
Confidence and self-esteem	Banish Your Self-Esteem Thief	Kate Collins-Donnelly	Jessica Kingsley
	Self-Esteem and Being You	Anita Naik	Wayland
	Face (fiction)	Benjamin Zephaniah	Bloomsbury
Depression	Am I Depressed and What Can I Do About it?	Shirley Reynolds & Monika Parkinson	Robinson
	Can I Tell You About Depression?	Christopher Dowrick & Susan Martin	Jessica Kingsley
	I Had a Black Dog	Matthew Johnstone	Robinson
Mood swings	Don't Let Your Emotions Run Your Life for Teens	Sheri Van Dijk	New Harbinger
OCD	Breaking Free from OCD	Jo Derisley, Isobel Heyman, Sarah Robinson & Cynthia Turner	Jessica Kingsley
	Touch and Go Joe	Joe Wells	Jessica Kingsley
	The Unlikely Hero of Room 13B (fiction)	Teresa Toten	Walker Books
Self-harm	The Truth about Self-Harm	Celia Richardson	Mental Health Foundation
Stress	Fighting Invisible Tigers	Earl Hipp	Free Spirit
	The Teenage Guide to Stress	Nicola Morgan	Walker Books

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