

## Reading Well Books on Prescription core list

	<b>Title</b>	<b>Author</b>	<b>Publisher</b>
<b>Anger</b>	<a href="#"><u>Overcoming Anger and Irritability: A Self-help Guide Using Cognitive Behavioural Techniques</u></a>	Davies, William	Constable & Robinson
<b>Anxiety</b>	<a href="#"><u>Overcoming Anxiety: A Self-help Guide Using Cognitive Behavioural Techniques</u></a>	Kennerley, Helen	Constable & Robinson
	<a href="#"><u>Overcoming Anxiety, Stress and Panic: A Five Areas Approach</u></a>	Williams, Chris	CRC Press
	<a href="#"><u>Feel the Fear and Do it Anyway</u></a>	Jeffers, Susan	Vermilion
<b>Binge Eating/Bulimia Nervosa</b>	<a href="#"><u>Overcoming Binge Eating (new edition – ‘Overcoming Binge Eating: The Proven Programme to Learn Why You Binge and How You Can Stop’ – available in HB and PB from 30 September 2013)</u></a>	Fairburn, Christopher	Guilford Press
	<a href="#"><u>Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders</u></a>	Schmidt, Ulrike and Treasure, Janet	Routledge
	<a href="#"><u>Overcoming Bulimia Nervosa and Binge Eating: A Self-help Guide Using Cognitive Behavioural Techniques</u></a>	Cooper, Peter J.	Constable & Robinson
<b>Chronic Fatigue</b>	<a href="#"><u>Chronic Fatigue Syndrome (second edition)</u></a>	Campling, Frankie and Sharpe, Michael	Oxford University Press
	<a href="#"><u>Overcoming Chronic Fatigue: A Self-help Guide Using Cognitive Behavioural Techniques</u></a>	Burgess, Mary and Chalder, Trudie	Constable & Robinson
<b>Chronic Pain</b>	<a href="#"><u>Overcoming Chronic Pain: A Self-help Guide Using Cognitive Behavioural Techniques</u></a>	Cole, Frances; Carus, Catherine; Howden-Leach, Hazel; and Macdonald, Helen	Constable & Robinson
<b>Depression</b>	<a href="#"><u>Overcoming Depression and Low Mood: A Five Areas Approach (third edition)</u></a>	Williams, Chris	CRC Press
	<a href="#"><u>Mind Over Mood: Change How You Feel by Changing the Way You Think</u></a>	Greenberger, Dennis and Padesky, Christine	Guilford Press
	<a href="#"><u>Overcoming Depression: A Self-help Guide Using Cognitive Behavioural Techniques</u></a>	Gilbert, Paul	Constable & Robinson
<b>Health Anxiety</b>	<a href="#"><u>Overcoming Health Anxiety: A Self-help Guide Using Cognitive Behavioural Techniques</u></a>	Veale, David and Willson, Rob	Constable & Robinson

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<b>Health Anxiety ctd...</b>	<u><a href="#">An Introduction to Coping with Health Anxiety</a></u>	Hogan, Brenda and Young, Charles	Constable & Robinson
<b>Obsessions and Compulsions</b>	<u><a href="#">Overcoming Obsessive Compulsive Disorder: A Self-help Guide Using Cognitive Behavioural Techniques</a></u>	Veale, David and Willson, Rob	Constable & Robinson
	<u><a href="#">Understanding Obsessions and Compulsions</a></u>	Tallis, Frank	Sheldon Press
	<u><a href="#">Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT</a></u>	Challacombe, Fiona, Oldfield, Victoria Bream and Salkovskis, Paul M.	Vermilion
<b>Panic</b>	<u><a href="#">Overcoming Panic and Agoraphobia: A Self-help Guide Using Cognitive Behavioural Techniques</a></u>	Silove, Derrick and Manicavasagar, Vijaya	Constable & Robinson
	<u><a href="#">Panic Attacks: What They Are, Why They Happen and What You Can Do About Them</a></u>	Ingham, Christine	HarperCollins
<b>Phobias</b>	<u><a href="#">An Introduction to Coping with Phobias</a></u>	Hogan, Brenda	Constable & Robinson
<b>Relationship Problems</b>	<u><a href="#">Overcoming Relationship Problems: A Self-help Guide Using Cognitive Behavioural Techniques</a></u>	Crowe, Michael	Constable & Robinson
<b>Self-Esteem</b>	<u><a href="#">Overcoming Low Self-esteem: A Self-help Guide Using Cognitive Behavioural Techniques</a></u>	Fennell, Melanie	Constable & Robinson
	<u><a href="#">The Feeling Good Handbook</a></u>	Burns, David	Penguin
<b>Social Phobia</b>	<u><a href="#">Overcoming Social Anxiety and Shyness: A Self-help Guide Using Cognitive Behavioural Techniques</a></u>	Butler, Gillian	Constable & Robinson
<b>Sleep Problems</b>	<u><a href="#">Overcoming Insomnia and Sleep Problems: A Self-help Guide Using Cognitive Behavioural Techniques</a></u>	Espie, Colin A.	Constable & Robinson
<b>Stress</b>	<u><a href="#">The Relaxation and Stress Reduction Workbook</a></u>	Davis, Martha	New Harbinger
	<u><a href="#">Manage Your Stress for a Happier Life</a></u>	Looker, Terry and Gregson, Olga	Hodder
<b>Worry</b>	<u><a href="#">The Worry Cure: Stop Worrying and Start Living</a></u>	Leahy, Robert, L.	Piatkus Books
	<u><a href="#">How to Stop Worrying</a></u>	Tallis, Frank	Sheldon Press

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