

Reading Well for mental health book list:

Click the book titles to reserve online (you will need your [borrower number and PIN](#))

Introductions to therapies and approaches

[Introducing Cognitive Behavioural Therapy \(CBT\): A Practical Guide](#) by Elaine Iljon Foreman, Clair Pollard

[Mindfulness: A practical guide to finding peace in a frantic world](#) by Mark Williams and Dr Danny Penman

Common feelings and experiences

Anger

[Overcoming Anger and Irritability, Second Edition](#) by Dr William Davies
Downloadable resources: www.overcoming.co.uk, [app also available](#)

Bereavement and loss

[Grief Works: Stories of Life, Death and Surviving](#) by Julia Samuel

[An Introduction to Coping with Grief](#), Second Edition by Sue Morris
Downloadable resources: www.overcoming.co.uk, [app also available](#)

[The Essential Guide to Life after Bereavement: Beyond Tomorrow](#) by Carole Kauffmann and Mary Jordan

Low self-esteem

[Overcoming Low Self-Esteem](#), Second Edition by Melanie Fennell
Downloadable resources: www.overcoming.co.uk, [app also available](#)

Social anxiety and shyness

[Overcoming Social Anxiety and Shyness](#), Second Edition by Gillian Butler
Downloadable resources: www.overcoming.co.uk, [app also available](#)

Sleep problems

[The Sleep Book: How to Sleep Well Every Night](#) by Dr Guy Meadows

Stress

[Stress Control: A Mind, Body, Life Approach to Boosting Wellbeing](#) by Jim White

Self-help books to support mental health

These books have been recommended to support psychological therapy

General

[Living Life to the Full](#) by Chris Williams

Digital worksheets, audio recordings and other free online resources: www.lltff.com

[The CBT Handbook: A Comprehensive Guide to Using CBT to Overcome Depression, Anxiety, Stress, Low Self-Esteem and Anger](#) by Pamela Myles and Roz Shafran

Downloadable resources: www.overcoming.co.uk, [app also available](#)

[Mind Over Mood](#), Second Edition by Dennis Greenberger and Christine A. Padesky

Online resources: www.guilford.com/MOM2-materials

Depression

[An Introduction to Coping with Depression](#), Second Edition by Lee Brosan and Brenda Hogan

Downloadable resources www.overcoming.co.uk, [app also available](#)

[Manage Your Mood: How to Use Behavioural Activation Techniques to Overcome Depression](#), Second Edition by David Veale and Rob Willson

Downloadable resources: www.overcoming.co.uk , [app also available](#)

[Overcoming Depression](#), Third edition by Paul Gilbert

Downloadable resources: www.overcoming.co.uk, [app also available](#)

Anxiety and panic

[An Introduction to Coping with Anxiety](#), Second Edition by Lee Brosan and Brenda Hogan

Downloadable resources: www.overcoming.co.uk, [app also available](#)

[Overcoming Anxiety](#), Second Edition by Helen Kennerley

Downloadable resources: www.overcoming.co.uk, [app also available](#)

[Overcoming Health Anxiety](#) by David Veale and Rob Willson

Downloadable resources: www.overcoming.co.uk, [app also available](#)

[Overcoming Worry and Generalised Anxiety Disorder](#), 2nd Edition by Mark Freeston

Downloadable resources www.overcoming.co.uk, [app also available](#)

[Overcoming Panic](#), Second Edition by Vijaya Manicavasagar and Derrick Silove

Downloadable resources: www.overcoming.co.uk, [app also available](#)

[The Sheldon Short Guide to Phobias and Panic](#) by Kevin Gournay

Obsessions and compulsions

[Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT](#) by Fiona Challacombe, Victoria Bream Oldfield, Paul M Salkovskis

Other common conditions

Binge eating and bulimia nervosa

[Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders](#) by Ulrike Schmidt, Janet Treasure and June Alexander

[Overcoming Binge Eating Second Edition: The Proven Program to Learn Why You Binge and How You Can Stop](#) by Dr Christopher G. Fairburn

Supporting digital resources: www.credo-oxford.com

Body image and body dysmorphic disorder

[Body Image and Body Dysmorphic Disorder: The Definitive Treatment and Recovery Approach](#) by Chloe Catchpole, Lauren Callaghan, Annemarie O'Connor

Mood swings

[Overcoming Mood Swings](#), Second Edition by Jan Scott

Downloadable resources: www.overcoming.co.uk, [app also available](#)

Depression and relationships

[Defeating Depression: How to use the people in your life to open the door to recovery](#)

by Roslyn Law

Postnatal depression

[The Compassionate Mind Approach to Postnatal Depression: Using Compassion Focused Therapy to Enhance Mood, Confidence and Bonding](#) by Michelle Cree

Personal stories

General

[A Mindfulness Guide for the Frazzled](#) by Ruby Wax

[Reasons to Stay Alive](#) by Matt Haig

Bereavement and loss

[A Manual for Heartache](#) by Cathy Rentzenbrink

Depression

[I Had a Black Dog](#) by Matthew Johnstone

[The Recovery Letters](#) edited by James Withey and Olivia Sagan
therecoveryletters.com

Social anxiety

[We're All Mad Here: The No-Nonsense Guide to Living with Social Anxiety](#) by Claire Eastham

Support for carers

[Living with a Black Dog](#) by Matthew Johnstone

[The Boy with the Topknot: A Memoir of Love, Secrets and Lies in Wolverhampton](#) by Sathnam Sanghera