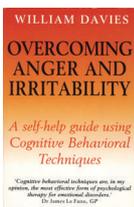


Books On Prescription - Herefordshire Libraries

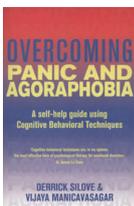
Anger



Overcoming Anger and Irritability by William Davies

A self-help manual for those who find they are spoiling the lives of both themselves and others by constantly being irritable and angry.

Anxiety

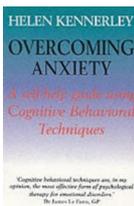


Overcoming Panic and Agoraphobia by Derrick Silove

A complete course to help the reader beat panic attacks and agoraphobia using CBT techniques.

Also available as an audio book.

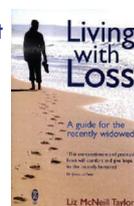
Anxiety



Overcoming Anxiety by Helen Kennerley

How to overcome fears and anxieties of all kinds in order to regain confidence and self control.

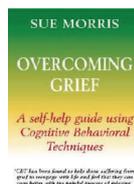
Bereavement



Living With Loss by Liz McNeil Taylor

A survival handbook for the widowed, showing how, over time, the healing process can be assisted.

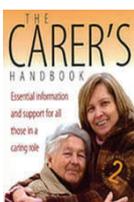
Bereavement



Overcoming Grief by Sue Morris

Sensitive and practical guidance on the painful process of grieving. A clear guide offering support to those facing the loss of a loved one.

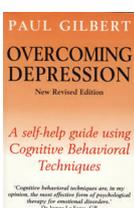
Caring



The Carer's Handbook by Jane Matthews

Clear advice about the whole range of carer's situations, from shopping for a housebound neighbour to giving up work to care full-time for a disabled child or confused parent.

Depression

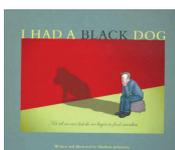


Overcoming Depression by Paul Gilbert

A self-help guide using CBT, full of step-by-step suggestions for gaining control over depression. It is an indispensable guide for those affected, their friends and families.

Also available as an audio book.

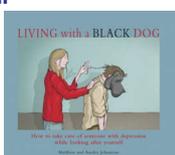
Depression



I had a Black Dog by Matthew Johnstone

An illustrated, easy to understand book about depression.

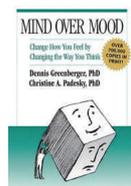
Depression



Living With a Black Dog by Matthew Johnstone

For those that care for people suffering from depression, beautifully illustrated and easy to understand.

Depression



Mind over Mood by Christine Padesky

Accessibly written, this guide can help to improve your mood, alter behaviour, and enhance your relationships.

Health Anxiety



Overcoming Health Anxiety by Rob Willson

A clear practical guide using CBT methods to overcome anxieties about health issues.

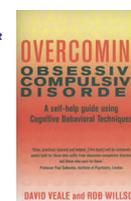
Mood Swings



Overcoming Mood Swings by Jan Scott

Practical details on tried and tested techniques that will help people identify and manage their moods more effectively.

Obsessions & Compulsions



Overcoming Obsessive Compulsive Disorder by David Veale

This accessible guide, based on CBT techniques, explains how readers can reduce the distress of intrusive thoughts, face fears and overcome compulsions.

Pain



Living Well With Pain & Illness by Vidyamala Burch

A practical guide to living with and managing chronic pain through the principles of mindfulness.

Self Esteem Issues



Overcoming Low Self-Esteem by Melanie Fennell

This is a highly readable and useful book for those who are oppressed by self-doubt, self-criticism, social anxiety and other problems associated with low self-esteem.

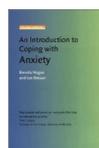
Stress



Overcoming Stress by Lee Brosnan

This book can help you to recognise what happens when you are under stress and offers advice and techniques to help you manage your life more effectively.

Booklets on Prescription



Introduction to Coping series

(A4 size booklets 30 pages long)

Recommended by Let's Talk Herefordshire

An introduction to coping with Depression by Lee Brosnan

An Introduction to Coping with Anxiety by Lee Brosnan

An Introduction to Coping with Obsessive Compulsive Disorder by Lee Brosnan

An Introduction to coping with Panic by Charles Young