



Titles in the Cumbria Libraries' *Well Read* collection

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| Addiction | |
| Overcoming Your Smoking Habit | Marks, D |
| Overcoming Compulsive Gambling | Blaszczynski, A |
| Overcoming Problem Drinking | Spada, M |
| Anger | |
| Overcoming Anger And Irritability | Davies, W |
| Overcoming Anger: When Anger Helps And When It Hurts | Dryden, W |
| Beating Anger: The Eight-point Plan For Coping With Rage | Fisher, M |
| Anxiety | |
| Overcoming Social Anxiety And Shyness | Butler, G |
| Overcoming Anxiety | Kennerley, H |
| Overcoming Worry | Meares, K |
| Healing Without Freud Or Prozac: Natural Approaches To Curing Stress, Anxiety And Depression Without Drugs And Without Psychoanalysis | Servan-Schreiber, D |
| Overcoming Panic | Silove, D & Manicavasagar, V |
| How To Stop Worrying | Tallis, F |
| Coping With Anxiety And Depression | Trickett, S |
| Overcoming Obsessive Compulsive Disorder | Veale, D & Wilson, R |
| Overcoming Anxiety Workbook | Williams, C |
| Depression | |
| Climbing Out Of Depression: A Practical Guide For Sufferers | Atkinson, S |
| When Someone You Love Has Depression | Baker, B |
| Shoot The Damn Dog: A Memoir of Depression | Brampton, S |
| Overcoming Depression | Dryden, W |
| Overcoming Depression | Gilbert, P |

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| Sunbathing In The Rain: A Cheerful Book About Depression | Lewis, G |
| Beat Depression And Reclaim your Life | Massey, A |
| Depression And How To Survive it | Milligan, S & Clare, A |
| Mind Over Mood Workbook | Padesky, C & Greenberger, D |
| Healing Without Freud Or Prozac: Natural Approaches To Curing Stress, Anxiety And Depression Without Drugs And Without Psychoanalysis | Servan-Schreiber, D |
| Coping With Anxiety And Depression | Trickett, S |
| Overcoming Depression Workbook | Williams, C |
| Eating Problems | |
| Overcoming Bulimia Nervosa And Binge-eating | Cooper, P.J |
| Overcoming Anorexia Nervosa | Freeman, C |
| Obsessive Compulsive Disorder | |
| Overcoming Obsessive Compulsive Disorder | Veale, D & Wilson, R |
| Pain and Fatigue | |
| Overcoming Chronic Fatigue | Burgess, M |
| Overcoming Chronic Pain | Cole, F; Macdonald, H; Carus, C; Howden-Leach, H |
| Panic | |
| Overcoming Panic | Silove, D & Manicavasagar, V |
| Relationships | |
| Loving Yourself, Loving Another: The Importance Of Self Esteem For Successful Relationships | Cole, J and Relate |
| Women Who Love Too Much | Norwood, R |
| Seasonal Affective Disorder | |
| Coping with the Seasons: Workbook: A Cognitive-Behavioral Approach to Seasonal Affective Disorder (Treatments That Work) | Rohan, K |
| Self-Esteem & Confidence | |
| Overcoming Social Anxiety And Shyness | Butler, G |
| Overcoming Low Self-Esteem | Fennell, M |
| Overcoming Low Self-Esteem: A Self Help Programme | Fennell, M |
| Self-Harm | |
| Cutting: Understanding And Overcoming Self Mutilation | Levenkron, S |

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| Healing The Hurt Within: Understanding Self-injury And Self harm, And Heal The Emotional Wounds | Sutton, J |
| Stress | |
| Healing Without Freud Or Prozac: Natural Approaches To Curing Stress, Anxiety And Depression Without Drugs And Without Psychoanalysis | Servan-Schreiber, D |
| Trauma | |
| Breaking Free: Help For Survivors Of Child Sexual Abuse. | Ainscough, C & Tool, K |
| Overcoming Traumatic Stress | Herbert, C & Whetmore, A |
| Overcoming Childhood Trauma | Kennerley, H |
| Get Out Of Your Mind And Into Your Life; The New Acceptance And Commitment Therapy | Smith, S & Hayes, S.K |
| Worry | |
| How To Stop Worrying | Tallis, F |
| Overcoming Worry | Meares, K |
| Novels and Poetry | |
| Secret Heart | Almond, D |
| Staying Alive: Real Poems For Unreal Times | Astley, N |
| Surgically Enhanced | Ayres, P |
| The Poetry Cure | Darling, J |
| The Eyrie | Davies, S |
| Paddy Clarke Ha Ha Ha | Doyle, R |
| The Curious Incident Of The Dog In The Night-time | Haddon, M |
| The Bell Jar | Plath, S |
| The Blackwater Lightship | Toibin, C |
| Personal Accounts and Memoirs | |
| Shoot the Damn Dog: A Memoir Of Depression | Brampton, S |
| Living With Mother | Hanson, M |
| Depression And How To Survive It | Milligan, S & Clare, A |
| Fracture: Adventures Of A Broken Body | Oakley, A |
| The Bell Jar | Plath, S |
| Prozac Nation | Wurtzel, E |
| DVDs | |
| Social Phobia | |
| Obsessive/Compulsive Disorder | |
| Vomit | |
| Agoraphobia And Panic | |

