

Books on Prescription

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Area	Title	Author/s	Pages	Year
Anger	Are you strong enough to keep your temper?	Chris Williams	32	2008
	Managing anger: simple steps to handling your temper	Gael Lindenfield	199	2000
	Overcoming anger and irritability: a self-help guide using cognitive behavioural techniques (also available on audio CD)	William Davies	227/130 mins	2009
Anxiety	Coping with fears and phobias: a step-by-step guide to understanding and facing your anxieties	Warren Mansell	183	2007
	Embracing the fear: learning to manage anxiety and panic attacks (Polish only)	Judith Bemis & Amr Barrada	192	2007
	Overcoming anxiety: a five areas approach	Chris Williams	360	2009
	Overcoming anxiety: a self-help guide using cognitive behavioural techniques	Helen Kennerley	240	2009
	Relieve anxiety (audio CD only)	Lynda Hudson	44 mins	2008
Assertiveness	Assertiveness: step by step	Windy Dryden & Daniel Constantinou	120	2004
	Be assertive (audio CD only)	Lynda Hudson	30 mins	2008
	Woman in your own right: assertiveness and you	Anne Dickson	171	1984
Bereavement	Living with loss: a book for the recently widowed	Liz McNeill Taylor	187	2009
Childhood sexual abuse	Beginning to heal: a first book for men and women who were sexually abused as children	Ellen Bass & Laura Davis	112	2005
	Overcoming childhood trauma: a self-help guide using cognitive behavioural techniques	Helen Kennerley	216	2000

Chronic fatigue	Overcoming chronic fatigue: a self-help guide to using cognitive behavioural techniques	Mary Burgess & Trudie Chalder	207	2009
Chronic pain	Overcoming chronic pain: a self-help guide using cognitive behavioural techniques	Frances Cole, Helen MacDonald	270	2010
Depression	Manage your mood: how to use behavioral activation techniques to overcome depression	David Veale	276	2007
	Overcoming depression and low mood: a five areas approach	Chris Williams	328	2009
	Overcoming depression: a self-help guide using cognitive behavioural techniques	Paul Gilbert	594	2009
Eating disorders	Anorexia nervosa: a survival guide for families, friends and sufferers	Janet Treasure	176	1997
	Overcoming bulimia nervosa & binge-eating: a self help guide using cognitive behavioural techniques	Peter J Cooper	240	2009
	Getting better bit(e) by bit(e): a survival kit	Ulrike Schmidt	143	1993
	Overcoming anorexia nervosa: a self-help guide using cognitive behavioural techniques	Christopher Freeman	210	2009
	Overcoming binge eating	Christopher G. Fairburn	246	2005
	Overcoming weight problems: a self-help guide using cognitive behavioural techniques	Jeremy Gauntlett-Gilbert & Clare Grace	253	2005
Gambling	Overcoming compulsive gambling: a self-help guide using cognitive behavioural techniques	Alex Blaszczynski	201	2010
General mental health	10 things you can do to feel happier straight away	Chris Williams	32	2008
	Feeling good handbook (also available in French and Polish)	David D. Burns	732	1999
	Feeling low - create yourself a brighter future (audio CD only)	Lynda Hudson	30 mins	2008
	How to cope when the going gets tough	Windy Dryden	159	2005
	How to fix almost everything in 4 easy steps	Chris Williams	32	2007
	Manage your mind: the mental fitness guide	Gillian Butler	499	2007
	Mental illness: a handbook for carers	Rosalind Ramsay	304	2001
	Mind over mood: change how you feel by changing the way you think (also available in French and Polish)	Dennis Greenberger	215	1995
	Relaxation & stress reduction workbook. 6th ed.	Martha Davis	344	2008

Mood swings	Overcoming mood swings: a self-help guide using cognitive behavioural techniques	Jan Scott	247	2001
OCD	Overcoming obsessive compulsive disorder: a self-help guide using cognitive behavioural techniques	David Veale	350	2009
	Understanding obsessions and compulsions: a self-help manual	Frank Tallis	138	1992
Panic	In stillness conquer fear: overcoming anxiety, panic and agoraphobia (Polish only)	Pauline McKinnon	252	2007
	Overcoming panic and agoraphobia: a self-help guide using cognitive behavioural techniques (also available on audio CD)	David Silove	211/130 mins	2009
	Panic attacks: what they are, why they happen and what you can do about them	Christine Ingham	198	2000
PTSD	After trauma (audio CD only)	Lynda Hudson	45 mins	2008
	Coping with post-trauma stress	Frank Parkinson	101	2007
	Overcoming traumatic stress: a self-help guide using cognitive behavioural techniques (also available on audio CD)	Claudia Herbert	206/130mins	2009
Relationships	Better relationships: practical ways to make your love last	Sarah Litvinoff	256	2001
	Overcoming relationship problems: a self-help guide using cognitive behavioural techniques	Michael Crowe	270	2005
Self esteem	Boost your confidence (audio CD only)	Lynda Hudson	30 mins	2006
	Overcoming low self-esteem: a self-help guide using cognitive behavioural techniques (also available on audio CD)	Melanie Fennell	275/130 mins	1999
	Self esteem	Gael Lindenfield	180	2000
	Self-esteem for women: a practical guide to love	Lynda Field	165	2001
	Ten days to great self-esteem (also available in Spanish)	David Burns	327	2000
Self harm	Cutting: understanding and overcoming self-mutilation	Steve Levenkron	288	2006
Social anxiety	Overcoming social anxiety and shyness: a self-help guide using cognitive behavioural techniques	Gillian Butler	335	2009
Stress	Manage your stress for a happier life	Terry Looker	248	2010
	Stress relief (audio CD only)	Lynda Hudson	30 mins	2008
Worry	How to stop worrying (also available in French)	Frank Tallis	80	1990