

# Wellbeing Books



if life  
is getting  
you down...



...books  
that can  
help you  
get back  
on track

## Read yourself better!

Whilst medication or therapy can be very effective in treating some conditions, people can often help themselves by reading the right “self help” book. As with other self help methods, the reader has to be prepared to put in some effort. The book may guide you to do a self assessment, complete a diary or follow some exercises. Look out for the Wellbeing books in your local library.

## How to use the Wellbeing books

The Wellbeing self-help books can be used in different ways:

- You may select a Wellbeing book from the list overleaf, and then work through it yourself at your own pace
- You may be asked to read a Wellbeing book by an NHS professional as part of your treatment

Some of the Wellbeing books have diary sheets, activity logs, questionnaires, etc. to be completed by the reader. Please do not write in the books. The library staff will photocopy the pages you require free of charge.

## What if the Wellbeing book doesn't seem to help?

Wellbeing books can help people to make significant changes in their lives, but they may not work for everyone.

If you are still experiencing difficulties or distress after trying your best with the self-help programme, please contact the NHS professional who recommended the Wellbeing book, or visit your G.P or Practice Nurse. They will give you further advice and support.

## Help online

The following websites may be of help to you:

[www.mentalhealthinbradford.nhs.uk](http://www.mentalhealthinbradford.nhs.uk)

[www.bradfordairedale-pct.nhs.uk](http://www.bradfordairedale-pct.nhs.uk)

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

[www.livinglifetothefull.com](http://www.livinglifetothefull.com)

[www.beatingtheblues.co.uk/connect](http://www.beatingtheblues.co.uk/connect)

[www.fearfighter.com](http://www.fearfighter.com)

## Joining the Library

To borrow Wellbeing books, you need to join the Library.

It is free to join: either call in to your local library or join online at [www.bradford.gov.uk/libraries](http://www.bradford.gov.uk/libraries) You will just need to bring something with your name and address on it when you first visit the library.

## There are full Wellbeing Book Collections in the following libraries:

Allerton Library	01274 437222
Baildon Library	01274 581425
Bingley Library	01274 438780
Burley Library	01943 863714
Central Library	01274 433659
Clayton Library	01274 880689
Eccleshill Library	01274 431544
Great Horton Library	01274 431583
Holmewood Library	01274 684012
Ilkley Library	01943 436225
Keighley Library	01535 618212
Laisterdyke Library	01274 434724
Manningham Library	01274 543516
Menston Library	01943 876539
Shipley Library	01274 437150
Wibsey Library	01274 679043
Wyke Library	01274 676830

## Phone the library or check –

[www.bradford.gov.uk/libraries](http://www.bradford.gov.uk/libraries) for opening times. All other Bradford Libraries have smaller collections of self-help books.



Bradford and Airedale

City of Bradford MDC

[www.bradford.gov.uk](http://www.bradford.gov.uk)

# Book List

## Problem/Issue

Problem/Issue	Book Title	Author(s)
Addictions	Overcoming Problem Drinking	Spada, Marcantonio
	Overcoming your Alcohol, Drug and Recovery Habits	DeSena, Jim
Anger	Overcoming Anger and Irritability	Davies, William
	The Anger Control Workshop	McKay, M & Rodgers, P
Anorexia Nervosa	Overcoming Anorexia Nervosa	Freeman, C & Cooper, P
Anxiety	Coping With Anxiety	Brosnan, L & Hogan, B
	Overcoming Anxiety	Kennerley, Helen
	Overcoming Anxiety: A Five Areas Approach	Williams, Chris
Assertiveness	Assertiveness: step by step	Dryden, W & Constantinou, D
Bereavement	Overcoming Grief	Morris, Sue
	Courage to Grieve	Tatelbaum, Judy
Binge Eating Disorder	Overcoming Bulimia Nervosa and Binge-Eating	Cooper, Peter
Chronic Fatigue	Overcoming Chronic Fatigue	Burgess, M & Chalder, T
Depression	Coping With Depression	Brosan, L & Hogan, B
	Overcoming Depression	Gilbert, Paul
	Overcoming Depression: A Five Areas Approach	Williams, Chris
	Mind Over Mood	Greenberger, D & Padesky, C
Gambling	Overcoming Compulsive Gambling	Blazyszynski, Alex
Health Anxiety	Coping With Health Anxiety	Young, C & Hogan, B
Obsessions & Compulsion	Coping With Obsessive Compulsive Disorder	Brosan, Lee
	Overcoming Obsessive Compulsive Disorder	Veal, L & Wilson, R
Pain	Overcoming Chronic Pain	Cole, Frances & Others
Panic & Agoraphobia	Coping with Panic	Young, Charles
	Overcoming Panic	Silove, Derrick
Phobias	Coping with Phobias	Hogan, Brenda
PTSD / Trauma	Courage to Heal	Bass, H & Davis, L
	Overcoming Childhood Trauma	Kennerley, Helen
	Overcoming Traumatic Stress	Herbert, C & Wetmore, A
Relationship	Overcoming Relationship Problems	Crowe, Michael
Self-Esteem	Overcoming Low Self-Esteem	Fennell, Melanie
	Self-Esteem	Lindenfield, Gael
Sexual	Overcoming Sexual Problems	Ford, Vicki
Sleep	Overcoming Insomnia & Sleep Problems	Espie, Colin
Social Anxiety	Overcoming Social Anxiety & Shyness	Butler, Gillian
Stress	The Relaxation and Stress Reduction Workshop	Robbins, Eshelman & McKay
Weight	Overcoming Weight Problems	Gauntlett-Gilbert, J
Worry	How to Stop Worrying	Tallis, Frank
	Overcoming Worry	Meares, K & Freeston, M

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