

Booklist – Devon Book Prescription Scheme

Problem/Issue	Title	Author (s)	Year	Publisher	ISBN	Price
Anger	Overcoming Irritability and Anger	Davies, Will	2000	Robinson	1854875957	£7.99
	Managing Anger	Lindenfield, Gael	2000	Thorsons	0007100345	£7.99
Anorexia Nervosa	Breaking free from Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers	Treasure, Janet	1997	Psychology Press	0863777600	£11.95
	Overcoming Anorexia Nervosa	Freeman, Christopher & Cooper, Peter	2002	Robinson	1854879693	£7.99
Anxiety	Overcoming Anxiety	Kennerley, Helen	1997	Robinson	1854874225	£7.99
	Overcoming Anxiety: A Five Areas Approach	Williams, Chris	2003	Arnold	034081005X	£19.99
Assertiveness (Women)	Woman in Your Own Right	Dickson, Anne	1982	Quartet Books	0704334208	£6.00
Bereavement	Living with Loss	McNeill Taylor, Liz	2000	Constable and Robinson	1841191051	£9.99
Binge-Eating Disorder and Bulimia Nervosa	Overcoming Binge Eating	Fairburn, Chris	1995	Guilford Press	0898621798	£13.50
	Getting Better Bit(e) by Bit(e)	Schmidt, Ulrike and Treasure, Janet	1993	Erlbaum	0863773222	£11.95
	Bulimia Nervosa and Binge Eating: a guide to recovery	Cooper, Peter	1993	Constable and Robinson	1854871714	£9.99
Depression	Overcoming Depression	Gilbert, Paul	2000	Robinson	1841191256	£7.99
	Mind Over Mood	Greenberger, Dennis and Padesky, Christine	1995	Guilford Press	9898621283	£16.95
	The Feeling Good Handbook	Burns, David	2000	Plume Books	0452281326	£12.99
	Overcoming Depression: A Five Areas Approach	Williams, Chris	2001	Arnold	0340763833	£19.99
Gambling	Overcoming Compulsive Gambling	Blaszczynski, A	1998	Constable and Robinson	1854874845	£9.99
General	How to cope when the going gets tough	Dryden, W and Gordon, J	1994	Sheldon Press	0859697010	£5.99
	Emotional Confidence	Lindenfield, G	1997	Thorsons	0722532458	£6.99

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Head Injuries	Head Injury: A Practical Guide	Powell, T	2004	Speechmark Publishing	0863884512	£19.99
Health Anxiety	Stop Worrying About Your Health!	Zgourides, George	2002	New Harbinger	157724285X	£11.99
Manic Depression	Overcoming Mood Swings	Scott, Jan	2001	Constable & Robinson	1841190179	£7.99
Obsessions & Compulsions	Understanding Obsessions and Compulsion	Tallis, Frank	1992	Sheldon	0859696529	£6.99
Panic	Overcoming Panic	Silove, Derrick	1997	Robinson	1854877011	£7.99
	Panic Attacks	Ingham, Christine	2000	Thorsons	0007106904	£7.99
PTSD/Trauma	Overcoming Traumatic Stress	Herbert, Claudia & Wetmore, Ann	1999	Robinson	1841190160	£7.99
Self-Esteem	Overcoming Low Self-Esteem	Fennell, Melanie	1999	Robinson	1854877259	£7.99
	The Feeling Good Handbook	Burns, David	2000	Plume Books	0452281326	£12.99
	Self-Esteem for Women	Field, Lynda	2001	Vermilion	009187632X	£6.99
	Self-Esteem	Lindenfield, Gael	2000	Thorsons	0722540078	£7.99
	10 Days to Great Self-Esteem	Burns, David	2000	Vermilion	0091825628	£9.99
Social Anxiety/ Social Phobia	Overcoming Social Anxiety and Shyness	Butler, Gillian	1999	Robinson	1856877038	£7.99
Stress	The Relaxation and Stress Reduction Workshop	Davis, Robbins, Eshelman & McKay	2000	New Harbinger	1572242140	£16.99
	Managing Stress: Teach Yourself	Looker, Terry and Gregson, Olga	2003	Teach Yourself Books	0340860073	£8.99
Worry	How to Stop Worrying	Tallis, Frank	1990	Sheldon	085969103	£6.99
	The Worry Cure	Leahy, R	2006	Piatkus Books	0749927240	£7.99