

Healthy Reading

at Aberdeen City Libraries

Author	Title	Publication Date	Topic	Self Help/ Experience/ Uplifting Read
Drew, Emma	The whole person recovery handbook	2015	Addiction	Self help
Liptrot, Amy	The outrun	2016	Addiction: Alcohol	Experience
Stromberg, Gary	Second Chances	2009	Addiction: Alcohol/ Addiction: Drugs	Experience
Spada, Marcantonio	Overcoming Alcohol Misuse A Self-Help Guide Using Cognitive Behavioural Techniques	2017	Addiction: Alcohol/ Mental health	Self help
Keogh, Rachael	Dying to Survive	2010	Addiction: Drugs	Experience
Rausing, Sigrid	Mayhem	2018	Addiction: Drugs	Experience
Pemberton, Max	Stop smoking with CBT	2014	Addiction: Tobacco	Self help
Goldman, Victoria	Allergies: a parents guide	2009	Asthma and allergies	Self help
Berger, William E.	Asthma for dummies	2004	Asthma and allergies	Self help
Austin, Mary	Sense about Science : making sense of allergies	2015	Asthma and allergies	Self help
Wright, Tanya	Food allergies: Enjoying Life with a Severe Food Allergy	2007	Asthma and allergies: Food allergies	Self help
Koeller, Kim	Let's Eat Out Around the World Gluten Free and Allergy Free	2014	Asthma and allergies: Food allergies	Self help
Hunter, J. O.	Solve your food intolerance	2005	Asthma and allergies: Food intolerance/ Nutrition	Self help
Dempsey, Sharon	Eczema	2011	Asthma and allergies: Skin conditions	Self help

Connellan, Dr Stephen J	Hives & Skin Swelling a Simple Guide	2013	Asthma and allergies: Skin conditions	Self help
Goodhart, Frances	The cancer survivor's companion	2013	Cancer	Self help
Lynch, Lisa	The C-word	2015	Cancer	Experience
Matthews, Anni	Anni's cancer companion	2011	Cancer	Self help / Experience
Murray, Jenni	My boy Butch	2011	Cancer/ Mental health	Experience
Freeman, Jane	How to eat well when you have cancer	2012	Cancer/ Nutrition	Self help
Bailey, Christine	Nourish: the cancer care cookbook	2013	Cancer/ Nutrition	Self help
Bellingham, Lynda	There's something I've been dying to tell you	2015	Cancer: Bowel/ Mental Health	Experience
Coutts, Marion	The Iceberg: a memoir	2015	Cancer: Brain/ Mental health: Mood/ Mental health: Grief	Experience
Saunders, Christobel	Breast cancer	2009	Cancer: Breast	Self help
Hannigan, Emma	Talk to the headscarf	2011	Cancer: Breast/ Cancer: Ovarian	Experience
Kalanithi, Paul	When breath becomes air	2016	Cancer: Lung/ Mental health	Experience
Mason, Malcolm	Prostate Cancer	2010	Cancer: Prostate	Self help
Shah, Priya	Testicular cancer	2012	Cancer: Testicular	Self help
Tonarelli, Lorena	Caring: The essential guide	2010	Carers	Self help
Marriott, Hugh	The Selfish Pig's Guide to Caring: How to Cope with the Emotional and Practical Aspects of Caring for Someone	2009	Carers/ Mental health	Self help
Baxendale, Sallie	Coping with memory problems	2014	Dementia and memory loss	Self help
Atkins, Simon	First steps to living with dementia	2013	Dementia and memory loss	Self help
Slevin, Martin	The little girl in the radiator	2012	Dementia and memory loss	Experience

Donaghy, Ian	Dear dementia	2014	Dementia and memory loss	Self help
Beaumont, Helen	Losing Clive to younger onset dementia	2008	Dementia and memory loss	Experience
Bryden, Christine	Dancing with dementia	2005	Dementia and memory loss	Experience
Genova, Lisa	Still Alice	2015	Dementia and memory loss	Experience
Magnusson, Sally	Where memories go	2015	Dementia and memory loss	Experience
	Living well with dementia	2015	Dementia and memory loss	Self help
Dodd, Karen	About dementia: for people with learning disabilities	2005	Dementia and memory loss	Self help
	Coping with dementia : caring for someone in the mid to late stages of dementia	2015	Dementia and memory loss/ Carers	Self help
Andrews, June.	Dementia : the one-stop guide : practical advice for families, professionals and people living with dementia and Alzheimer's disease	2015	Dementia and memory loss/ Carers	Self help
McCarthy, Bernie	Hearing the person with dementia	2011	Dementia and memory loss/ Carers	Self help
Andrews, June.	10 helpful hints for carers: Practical Solutions for Carers Living with People with Dementia		Dementia and memory loss/ Carers	Self help
Rayman, Margaret	Healthy eating to reduce the risk of dementia	2015	Dementia and memory loss/ Nutrition	Self help
	BMA sports injuries: a practical guide to recognizing, treating, and preventing injury	2019	Exercise	Self help
McGrattan, Juliet	Sorted: Active women's guide to health	2017	Exercise	Self help
Williamson, Lexie	The Stretching Bible: The Ultimate Guide to Improving Fitness and Flexibility	2017	Exercise	Self help
Marchant, Jo	Cure: A journey into the science of mind over body	2016	Healthy reading: General interest (Neurology)	Self help
O'Sullivan, Suzanne	It's All in Your Head: True stories of imaginary illness	2015	Healthy reading: General interest (Neurology)	Self help /Experience

Greener, Mark	The heart attack survival guide	2012	Long term condition: Heart	Self help
Blum, Susan S	Immune System Recovery Plan	2017	Long term conditions/ Nutrition	Self help
London, Joan	The golden age: a novel	2016	Long term conditions/ Self esteem: Relationships	Uplifting Read
Willey, Liane Holliday	Pretending to be normal	2014	Long term conditions: Autism spectrum disorders	Experience
Silberman, Steve	Neurotribes: The legacy of autism and how to think smarter about people who think differently	2015	Long term conditions: Autism spectrum disorders	Self help
Nicholas, Michael	Manage Your Pain	2011	Long term conditions: Chronic pain	Self help
Cole, Frances	Overcoming chronic pain	2010	Long term conditions: Chronic pain	Self help
Aimer, Kara	Overcoming Fibromyalgia	2014	Long term conditions: Chronic pain	Self help
Willhoff, Jude	Living Well with Chronic Pain	2013	Long term conditions: Chronic pain	Self help
Carrick, Gill	Arthritis	2011	Long term conditions: Chronic pain	Self help
Jenner, Chris	Arthritis: a practical guide to getting on with your life	2011	Long term conditions: Chronic pain	Self help
Hunter, David J	Osteoarthritis (The Facts)	2014	Long term conditions: Chronic pain	Self help
Haines, Steve	Pain is really strange	2017	Long term conditions: Chronic pain	Self help
Coates, Paula	Exercise Your Way to Health: Arthritis	2010	Long term conditions: Chronic pain / Exercise	Self help
Currie, Graeme P.	Chronic Obstructive Pulmonary Disease: The Facts	2009	Long term conditions: COPD	Self help

Jarrett, Doreen	An Emerald guide to explaining diabetes	2018	Long term conditions: Diabetes	Self help
	The essential guide to diabetes	2018	Long term conditions: Diabetes	Self help
Vickery, Phil	Phil Vickery's Ultimate Diabetes Cookbook	2017	Long term conditions: Diabetes/ Nutrition	Self help
Martinez, Francesca	What the **** is normal?!	2015	Long term conditions: Disability	Self help
Bauby, Jean-Dominique	The diving-bell and the butterfly	2002	Long term conditions: Disability/ Long term conditions: Stroke	Experience
Hannan, Gael	The Way I Hear It A Life with Hearing Loss	2015	Long term conditions: Hearing loss	Experience
England, Juliet	Deafness and hearing loss	2010	Long term conditions: Hearing loss	Self help
Nicholls, Kathleen	Go Your Crohn Way: A Gutsy Guide to Living with Crohn's Disease	2016	Long term conditions: Inflammatory bowel disease	Self help
Palfreman, Jon	Brain storms : the race to unlock the mysteries of Parkinson's disease	2015	Long term conditions: Parkinsons	Self help
Smith, William	Exercises for Parkinson's disease : the complete fitness guide to improve mobility and wellness /	2018	Long term conditions: Parkinsons/ Exercise	Self help
Chitty, Antonia	Sight loss	2011	Long term conditions: Sight loss	Self help
Bovaird, Amy L	Mobility Matters	2014	Long term conditions: Sight loss/ Long term conditions: Hearing loss	Experience
Gerwat, Michael	Touch Me Please	2015	Long term conditions: Sight loss/ Long term conditions: Hearing loss	Experience
Morris, Reg	Rebuilding Your Life After Stroke: Positive Steps to Wellbeing	2017	Long term conditions: Stroke	Self help

Roland, David	How I Rescued My Brain: A Psychologist's Remarkable Recovery from Stroke and Trauma	2015	Long term conditions: Stroke/ Mental health: Trauma/ Mental health: Mindfulness/ Exercise	Experience
Brown, Jeff	Chicken Soup for the Soul: Think Positive for Great Health	2012	Mental health	Uplifting Read
Brown, Jeffrey Lowell	Chicken Soup for the Soul: Say Goodbye to Stress	2012	Mental health	Uplifting Read
Backman, Fredrik	A man called Ove	2015	Mental health	Uplifting Read
Jansson, Tove	A winter book	2006	Mental health	Uplifting Read
Haig, Matt	The humans	2014	Mental health	Uplifting Read
Bryson, Bill	The life and times of the Thunderbolt Kid	2007	Mental health	Experience
Ayres, Pam	Surgically enhanced	2007	Mental health	Uplifting Read
McGough, Roger	That awkward age	2010	Mental health	Uplifting Read
	Penguin's poems for life	2008	Mental health	Uplifting Read
Ayres, Pam	You made me late again!	2015	Mental health	Uplifting Read
Gethers, Peter	A cat called Norton	2009	Mental health	Experience
	Chicken soup for the teenage soul II	2005	Mental health	Uplifting Read
Goodhart, Frances	How to Feel Better: Practical Ways to Recover Well from Illness and Injury	2015	Mental health	Self help
Williams, Chris	Living Life to the full	2018	Mental health	Self help
Myles, Pamela	The CBT Handbook	2015	Mental health	Self help
Campling, Frankie	Living with a long-term illness	2006	Mental health/ Long term conditions	Self help
Smith, Fran	Coping with the Psychological Effects of Illness: Strategies to Manage Anxiety and Depression	2015	Mental health/ Long term condtions	Self help

Harris, Russ	The reality slap	2012	Mental health/ Self esteem	Self help
Henry, Veronica	A sea change	2013	Mental health/ Self esteem	Uplifting Read
Shaffer, Mary Ann	The Guernsey Literary and Potato Peel Pie Society	2009	Mental health/ Self esteem	Uplifting Read
Coelho, Paulo	The alchemist	1999	Mental health/ Self esteem	Uplifting Read
Oatway, Charlie	Tackling life	2011	Mental health/ Self esteem	Experience
Devon, Natasha	Fundamentals: A Guide for Parents, Teachers and Carers on Mental Health and Self-Esteem	2015	Mental health/ Self esteem/ Carers	Self help
Joyce, Rachel	The unlikely pilgrimage of Harold Fry	2013	Mental health/ Self esteem: Relationships	Uplifting Read
Moggach, Deborah	The best exotic Marigold Hotel	2013	Mental health/ Self esteem: Relationships	Uplifting Read
Earle, Phil	The bubble wrap boy	2014	Mental health/ Self esteem: Relationships	Uplifting Read
Jeffers, Susan	Embracing uncertainty	2003	Mental health: Anxiety	Self help
Kennerley, Helen	How to beat your fears and worries	2011	Mental health: Anxiety	Self help
Stossel, Scott	My age of anxiety	2014	Mental health: Anxiety	Experience
Perry, Philippa	Couch Fiction	2010	Mental health: Anxiety	Self help
Haines, Steve	Anxiety is really strange	2018	Mental health: Anxiety	Self help
Begley, Sharon	Can't just stop: an investigation of compulsions	2017	Mental health: Anxiety	Self help / Experience
Veale, David and Willson, Rob	Overcoming Obsessive Compulsive Disorder A Self-Help Guide Using Cognitive Behavioral Techniques	2018	Mental health: Anxiety	Self help
Manicavasagar, Vijaya	Overcoming Panic A Self-Help Guide Using Cognitive Behavioural Techniques	2017	Mental health: Anxiety	Self help

Gournay, Kevin	The Sheldon short guide to phobias and panic	2015	Mental health: Anxiety	Self help
Gilbert, Paul	Overcoming depression	2009	Mental health: Depression	Self help
Haig, Matt	Reasons to stay alive	2015	Mental health: Depression	Experience
Law, Roslyn	Defeating Depression: How to use the people in your life to open the door to recovery	2013	Mental health: Depression	Self help
Cree, Michelle	The Compassionate Mind Approach To Postnatal Depression: Using Compassion Focused Therapy to Enhance Mood, Confidence and Bonding	2015	Mental health: Depression	Self help
Wigney, Tessa [ed.] et al.	Journeys with the black dog: : inspirational stories of bringing depression to heel	2016	Mental health: Depression	Experience
de Board, Robert	Counselling for toads : a psychological adventure /	1998	Mental health: Depression/ Self esteem: Relationships	Self help
Ahill, Diana	Somewhere towards the end	2009	Mental health: Grief	Experience
Fitzgerald, Sarah Moore	The apple tart of hope	2015	Mental health: Grief	Uplifting Read
Albom, Mitch	The five people you meet in heaven	2004	Mental health: Grief	Uplifting Read
Broadbent, Annie	We need to talk about grief	2014	Mental health: Grief	Experience
Macdonald, Helen	H is for hawk	2014	Mental health: Grief	Experience
Samuel, Julia	Grief Works: Stories of Life, Death and Surviving	2017	Mental health: Grief	Experience
Morris, Sue	Overcoming Grief A Self-Help Guide Using Cognitive Behavioral Techniques	2018	Mental health: Grief	Self help
Carole Kauffmann, Judy	The Essential Guide to Life After Bereavement: Beyond Tomorrow	2013	Mental health: Grief	Self help
Mannix, Kathryn	With the End in Mind; Dying, death and wisdom in an age of denial	2017	Mental health: Grief	Self help
Tallack, Malachy	Sixty degrees north	2015	Mental health: Grief	Uplifting Read

Joyce, Rachel	The love song of Miss Queenie Hennessy	2015	Mental health: Grief/ Cancer/ Self esteem: Relationships	Uplifting Read
Gray, Keith	Ostrich boys	2008	Mental health: Grief/ Self esteem: Relationships	Uplifting Read
Rentzenbrink, Cathy	A manual for heartache: how to feel better	2017	Mental health: Grief/ Self esteem: Relationships	Experience
Hayward, Mark	Overcoming Distressing Voices A Self-Help Guide Using Cognitive Behavioural Techniques	2018	Mental health: Hallucinations	Self help
Burch, Vidyamala	Mindfulness for health	2013	Mental health: Mindfulness	Self help
Wax, Ruby	A mindfulness guide for the frazzled	2016	Mental health: Mindfulness	Self help
Sujano, S. M. (Ven.)	Select Meditation : Buddhism in practice	2013	Mental health: Mindfulness	Self help
Kabat-Zinn, Jon	Full catastrophe living	2013	Mental health: Mindfulness	Self help
Docherty, Dan	The complete Tai chi tutor	2009	Mental health: Mindfulness/ Exercise	Self help
Faulkner, Gordon	Managing stress with qigong	2011	Mental health: Mindfulness/ Exercise	Self help
Owen, Ray	Living with the enemy	2013	Mental health: Mindfulness/ Long term conditions	Self help
Brantley, Jeffrey	Calming Your Angry Mind	2014	Mental health: Mood	Self help
Greenberger, Dennis	Mind Over Mood	2016	Mental health: Mood	Self help
Scott, Jan	Overcoming mood swings	2009	Mental health: Mood	Self help
Davies, William	Overcoming Anger and Irritability A Self-Help Guide Using Cognitive Behavioural Techniques	2016	Mental health: Mood	Self help
Freeman, Daniel	Overcoming Paranoid and Suspicious Thoughts A Self- Help Guide Using Cognitive Behavioral Techniques	2016	Mental health: Paranoia	Self help

Morrison, Anthony	Think You're Crazy? Think Again	2008	Mental health: Psychosis	Self help
Holmes, Ishbel	Me, my bike and a street dog called Lucy	2018	Mental health: Self esteem	Experience
Lee, Deborah	The compassionate mind approach to recovering from trauma	2012	Mental health: Trauma	Self help
Hewitt, Phil	Outrunning the demons: lives transformed through running	2019	Mental health: Trauma/ Exercise	Experience
Clarke, Jane	Good food for life	2014	Nutrition	Self help
Glenville, Marilyn	Healthy Eating For The Menopause	2015	Nutrition	Self help
Pinnock, Dale	The medicinal chef	2013	Nutrition	Self help
Yong, Ed	I contain multitudes: The microbes within us and a grander view of life	2016	Nutrition	Self help
Gauntlett-Gilbert, Jeremy	Overcoming weight problems	2005	Self esteem	Self help
Fennell, Melanie J. V	Overcoming Low Self-Esteem A Self-Help Guide Using Cognitive Behavioral Techniques	2016	Self esteem	Self help
Palacio, R. J.	Wonder	2013	Self Esteem/ Long term conditions: disfigurement	Uplifting Read
Butler, Gillian	Overcoming Social Anxiety and Shyness A Self-Help Guide to Using Cognitive Behavioural Techniques	2017	Self esteem/ Mental health: Anxiety	Self help
Piper, Katie	Beautiful	2011	Self Esteem/ Mental health: Grief/ Long term conditions: disfigurement	Experience
Veale, David	Overcoming body image problems including body dysmorphic disorder	2009	Self esteem: Body image	Self help
Catchpole, Chloe	Body image problems and body dysmorphic disorder: The Definitive Treatment and Recovery Approach	2017	Self esteem: Body image	Self help
Paterson, Anna	Beating eating disorders step by step	2008	Self esteem: Eating disorders	Self help
Lask, Bryan	Can I tell you about eating disorders?	2014	Self esteem: Eating disorders	Self help

Fairburn, Christopher G	Overcoming binge eating 2nd edition	2013	Self esteem: Eating disorders	Self help
Mattocks, Bev	When Anorexia Came to Visit	2013	Self esteem: Eating disorders	Experience
Brown, Harriet	Brave girl eating	2013	Self esteem: Eating disorders	Experience
Valenzuela, Ali	Weighing it up	2009	Self esteem: Eating disorders	Experience
Wan, Gok	Through thick and thin	2011	Self esteem: Eating disorders	Experience
Schmidt, Ulrike	Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders	2015	Self esteem: Eating disorders	Self help
Graham, Patricia	Overcoming Anorexia Nervosa A Self-Help Guide Using Cognitive Behavioral Techniques	2019	Self esteem: Eating disorders	Self help
Bennett, Alan	The lady in the van	2015	Self esteem: Relationships	Uplifting Read
Hodgkinson, Nicola	Life with the lid off	2012	Self esteem: Relationships	Experience
Moyes, Jojo	Paris for one	2014	Self esteem: Relationships	Uplifting Read
Boyd, Hilary	Thursdays in the park	2011	Self esteem: Relationships	Uplifting Read
Nicholls, David	Us	2015	Self esteem: Relationships	Uplifting Read
Munro, Alice	Too much happiness	2010	Self esteem: Relationships	Uplifting Read
Vickers, Salley	Aphrodite's hat	2012	Self esteem: Relationships	Uplifting Read
Crowe, Michael	Overcoming Relationship Problems A Self-Help Guide Using Cognitive Behavioural Techniques	2017	Self esteem: Relationships	Self help

Ford, Vicki	Overcoming Sexual Problems A Self-Help Guide Using Cognitive Behavioural Techniques	2017	Self esteem: Relationships	Self help
Sanghera, Sathnam	The Boy with the Topknot: A Memoir of Love, Secrets and Lies in Wolverhampton	2009	Self esteem: Relationships	Experience
Espie, Colin A	An introduction to coping with insomnia and sleep problems	2017	Sleep	Self help
Meadows, Guy	The sleep book: how to sleep well every night	2014	Sleep	Self help
Walker, Matthew	Why we sleep	2017	Sleep	Self help
Espie, Colin A.	Overcoming insomnia and sleep problems	2006	Sleep	Self help
Flygare, Julie	Wide Awake and Dreaming	2013	Sleep / Long term conditions: Narcolepsy	Experience
Rayner, Jacqueline	Can I tell you about ME chronic fatigue	2014	Sleep/ Long term conditions: Chronic fatigue	Self help
Burgess, Mary	Overcoming chronic fatigue	2009	Sleep/ Long term conditions: Chronic fatigue	Self help

