

Author	Title	Publication Date	Topic	Self Help/ Experience/ Uplifting Read
ration		r abilication Bate	Τοριο	rtodd
			Addiction: Alcohol /	
Stromberg, Gary	Second chances	2009	Addiction: Drugs	Experience
Keogh, Rachael	Dying to survive	2010	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
	and general general		green	
*Berger, William E.	Asthma for dummies	2004	Asthma and allergies	Self help
				·
Wright, Tanya	Food allergies: enjoying life with a severe food allergy	2007	Asthma and allergies: Food allergies	Self help
Wright, ranya	lood allergy	2007	1 ood allergies	Зен негр
	Let's eat out around the world gluten free		Asthma and allergies:	
Koeller, Kim	and allergy free	2014	Food allergies	Self help
			Asthma and allergies:	
Dempsey, Sharon	Eczema	2011	Skin conditions	Self help
			Asthma and allergies:	
Connellan, Dr Stephen J	Hives & skin swelling a simple guide	2013	Skin conditions	Self help
Matthews, Anni	Anni's cancer companion	2011	Cancer	Self help / Experience

Goodhart, Frances	The cancer survivor's companion	2013	Cancer	Self help
Lynch, Lisa	The C-word	2015	Cancer	Experience
^*Murray, Jenni	My boy Butch	2011	Cancer / Mental health	Experience
^**Bellingham, Lynda	There's something I've been dying to tell you	2015	Cancer: Bowel / Mental Health	Experience
Saunders, Christobel	Breast cancer	2009	Cancer: Breast	Self help
		0044	Cancer: Breast /	
**Hannigan, Emma	Talk to the headscarf	2011	Cancer: Ovarian	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  10 helpful hints for carers: practical	2010	Carers	Self help
Andrews, June.	solutions for carers living with people with dementia		Carers / Dementia and memory loss	Self help
			Carers / Dementia and	
McCarthy, Bernie	Hearing the person with dementia	2011	memory loss	Self help
			Carers / Dementia and	
Elliot-Wright, Susan	When someone you love has dementia	2016	memory loss	Self help
-	Fundamentals: a guide for parents,		-	
Davan Notacha	teachers and carers on mental health and	0045	Carers / Mental health	Colf holp
Devon, Natasha	self-esteem	2015	/ Self esteem	Self help

			Dementia and memory	
Baxendale, Sallie	Coping with memory problems	2014		Self help
			Dementia and Memory	
Bryden, Christine	Dancing with dementia	2005	Loss	Experience
			Dementia and memory	
Donaghy, Ian	Dear dementia	2014		Self help
****		22.42	Dementia and Memory	0 1/1 1
*Atkins, Simon	First steps to living with dementia	2013	LOSS	Self help
			Dementia and memory	
	Living well with dementia	2015	-	Self help
			Dementia and Memory	
Beaumont, Helen	Losing Clive to younger onset dementia	2008	Loss	Experience
			Dementia and memory	
^*Genova, Lisa	Still Alice	2015	•	Experience
·				
			Dementia and memory	
Slevin, Martin	The little girl in the radiator	2012	loss	Experience
			Dementia and memory	
^Magnusson, Sally	Where memories go	2015		Experience
				·
	About dementia: for people with learning		Dementia and memory	
Dodd, Karen	disabilities	2005	loss	Self help
	Coping with dementia: caring for someone		Dementia and memory	
		2015	loss / Carers	Self help
	Ţ Ţ		Long term conditions:	'
Willey, Liane Holliday	Pretending to be normal	2014	disorders	Experience
			Long term conditions:	
*Carrick, Gill	Arthritis	2011	Chronic pain	Self help
Willey, Liane Holliday	Coping with dementia: caring for someone in the mid to late stages of dementia  Pretending to be normal			Self help  Experience

			Long term conditions:	
Willhoff, Jude	Living well with chronic pain	2013	Chronic pain	Self help
NE L L NO L L			Long term conditions:	0.17.1
Nicholas, Michael	Manage your pain	2011	Chronic pain	Self help
			Long term conditions:	
Cole, Frances	Overcoming chronic pain	2010	Chronic pain	Self help
A. 16			Long term conditions:	0.17.1
Aimer, Kara	Overcoming fibromyalgia	2014	Chronic pain	Self help
			Long term conditions:	
***Martinez, Francesca	What the **** is normal?!	2015	Disability	Self help
,			Long term conditions:	
*Bauby, Jean-			Disability / Long term	
Dominique	The diving-bell and the butterfly	2002	conditions: Stroke	Experience
			Long term conditions:	
England, Juliet	Deafness and hearing loss	2010	Hearing loss	Self help
			-	
			Long term conditions:	
Hannan, Gael	The way I hear it a life with hearing loss	2015	Hearing loss	Experience
			Long term conditions:	
Chitty, Antonia	Sight loss	2011	Sight loss	Self help
			Long term conditions:	
			Sight loss / Long term	
Bovaird, Amy L	Mobility matters: stepping out in faith	2014	conditions: Hearing	Experience
			Long term conditions: Sight loss / Long term	
Gerwat, Michael	Touch me please	2015	conditions: Hearing	Experience
Co. wat, ivilonati	Todon me piedoc	2013	contamons. Floating	EXPONOTION
**Gethers, Peter	A cat called Norton	2009	Mental health	Experience
^Backman, Fredrik	A man called Ove	2015	Mental health	Uplifting Read
Daominan, Frount	7 Than Salisa SVS	2010	montal floatin	opining roud

			T	1
*Jansson, Tove	A winter book	2006	Mental health	Uplifting Read
Brown, Jeffrey Lowell	Chicken soup for the soul: say goodbye to stress	2012	Mental health	Uplifting Read
Drown, domey Lowell	0.000	2012	Worth House	Opinting Road
	Chicken soup for the soul: think positive for			
*Brown, Jeff	great health	2012	Mental health	Uplifting Read
Canfield, Jack	Chicken soup for the teenage soul II	2005	Mental health	Uplifting Read
Carmeid, Jack	Chicken soup for the teerlage soul if	2003	ivientai neatti	Opining Read
Canfield, Jack	Chicken soup for the teenage soul	2010	Mental health	Uplifting Read
	Penguin's poems for life	2008	Mental health	Uplifting Read
Ayres, Pam	Surgically enhanced	2007	Mental health	Uplifting Read
*McGough, Roger	That awkward age	2010	Mental health	Uplifting Read
**Haig, Matt	The humans	2014	Mental health	Uplifting Read
*D D'II	The life and discount the Thomas dead on 16's	2027	Mandallandu	
*Bryson, Bill	The life and times of the Thunderbolt Kid	2007	Mental health	Experience
Ayres, Pam	You made me late again!	2015	Mental health	Uplifting Read
Campling, Frankie	Living with a long-term illness	2006	Mental health / Long term conditions	Self help
- Camping, Franco		2000	To oorigination	Co Holp
Harma Mana P			Mental health / Self	Halfer and D
Henry, Veronica	A sea change	2013	esteem	Uplifting Read

			Mental health / Self	
*Oatway, Charlie	Tackling life	2011	esteem	Experience
Oatway, Orlanic	racking inc	2011	CStCCIII	Experience
			Mental health / Self	
*Coelho, Paulo	The alchemist	1000	esteem	Uplifting Read
Coeirio, Faulo	The alchemist	1999	esteem	Opining Read
	The Guernsey literary and potato peel pie		Mental health / Self	
*Shaffer, Mary Ann	society	2000	esteem	Uplifting Read
Sharler, Mary Arm	Society	2009	esteem	Opining Read
			Mental health / Self	
Harria Busa	The reality slep	2042	esteem	Self help
Harris, Russ	The reality slap	2012	esteem	Sell fleib
			Mental health / Self	
Forto Dhil	The hubble was here	2014		I Inlifting Dood
Earle, Phil	The bubble wrap boy	2014	esteem: Relationships	Uplifting Read
			Mental health / Self	
**M	The head and Co Made add Hatel	0040	esteem: Relationships	Halfff an Daad
**Moggach, Deborah	The best exotic Marigold Hotel	2013	/ Older adults	Uplifting Read
			Mental health / Self	
		2010	esteem: Relationships	
*Joyce, Rachel	The unlikely pilgrimage of Harold Fry	2013	/ Older adults	Uplifting Read
Dame Dh'llana	Oscal Car	0040	Markatal Installed Assistan	0 - 16 1 1-
Perry, Philippa	Couch fiction	2010	Mental health: Anxiety	Seir neip
la (fama Occasio	End and a constate to	0000	Maratal Institute Assistates	0 - 16 1 1-
Jeffers, Susan	Embracing uncertainty	2003	Mental health: Anxiety	Self nelp
Kannada, Halan	Have to be active on facine and overwise.	0044	Mantal basith. Anniat.	Calf hala
Kennerley, Helen	How to beat your fears and worries	2011	Mental health: Anxiety	Self help
*Otanaal O : : ''	M. and of anxiety	0011	Mantal haalth Assis	[
*Stossel, Scott	My age of anxiety	2014	Mental health: Anxiety	Experience
			Mantal haalth.	
O'lls and David		0000	Mental health:	0 - 10 1 - 1 -
Gilbert, Paul	Overcoming depression	2009	Depression	Self help
A**I I - ' N.A - ' '	Decree to store Pro-	<b></b>	Mental health:	Formation
^**Haig, Matt	Reasons to stay alive	2015	Depression	Experience

			Mental health:	
	Counselling for toads : a psychological		Depression / Self	
de Board, Robert	adventure	1998	esteem: Relationships	Self help
^*Macdonald, Helen	H is for hawk	2014	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
*Tallack, Malachy	Sixty degrees north	2015	Mental health: Grief	Uplifting Read
^Athill, Diana	Somewhere towards the end	2009	Mental health: Grief / Older adults	Experience
**Joyce, Rachel	The love song of Miss Queenie Hennessy	2015	Mental health: Grief / Older adults	Uplifting Read
*Gray, Keith	Ostrich boys	2008	Mental health: Grief / Self esteem: Relationships	Uplifting Read
Burch, Vidyamala	Mindfulness for health	2013	Mental health: Mindfulness	Self help
Kabat-Zinn, Jon	Full catastrophe living	2013	Mental health: Mindfulness	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

r				T
Greenberger, Dennis	Mind over mood	2016	Mental health: Mood	Self help
Scott, Jan	Overcoming mood swings	2009	Mental health: Mood	Self help
			Mental health:	
Morrison, Anthony	Think you're crazy? Think again	2008	Psychosis	Self help
	The compassionate mind approach to			
Lee, Deborah	recovering from trauma	2012	Mental health: Trauma	Self help
Clarke, Jane	Good food for life	2014	Nutrition	Self help
Glenville, Marilyn	Healthy eating for the menopause	2015	Nutrition	Self help
Diament, Data	The reading of the f	0040	NI. statistica in	Calf halm
Pinnock, Dale	The medicinal chef	2013	Nutrition Nutrition / Asthma and	Self help
			allergies: Food	
Hunter, J. O.	Solve your food intolerance	2005	intollerance	Self help
Freeman, Jane	How to eat well when you have cancer	2012	Nutrition / Cancer	Self help
Freeman, Jane	now to eat well when you have cancel	2012	Nutrition / Cancer	Sell Help
Bailey, Christine	Nourish: the cancer care cookbook	2013	Nutrition / Cancer	Self help
	Healthy eating to reduce the risk of		Nutrition / Dementia	
Rayman, Margaret	dementia	2015	and memory loss	Self help
			Nutrition/ Long term	
Blum, Susan S	Immune system recovery plan	2017	conditions	Self help
Gauntlett-Gilbert,				
Jeremy	Overcoming weight problems	2005	Self esteem	Self help

			Self Esteem / Long	
*D'a sa Kada	Descriffed.	0044	term conditions:	F
*Piper, Katie	Beautiful	2011	disfigurement	Experience
			Self Esteem / Long term conditions:	
***Palacio, R. J.	Wonder	2042	disfigurement	Linifting Dood
Palacio, R. J.	vvorider	2013	distigutement	Uplifting Read
	Overcoming body image problems		Self esteem: body	
Veale, David	including body dysmorphic disorder	2009	image	Self help
			Self esteem: Eating	
Paterson, Anna	Beating eating disorders step by step	2008	disorders	Self help
			Colf actoom: Eating	
Prown Harriot	Prove girl eating	2012	Self esteem: Eating disorders	Evporionos
Brown, Harriet	Brave girl eating	2013	disorders	Experience
			Self esteem: Eating	
Lask, Bryan	Can I tell you about eating disorders?	2014	disorders	Self help
zaen, zryan	can rion you about caming alcohasis.			
			Self esteem: Eating	
Fairburn, Christopher G	Overcoming binge eating 2nd edition	2013	disorders	Self help
			Self esteem: Eating	
***Wan, Gok	Through thick and thin	2011	disorders	Experience
			Calf actaons Fations	
Valenzuela, Ali	Weighing it up	2000	Self esteem: Eating disorders	Evporionos
valerizuela, Ali	Weighing it up	2009	disorders	Experience
			Self esteem: Eating	
Mattocks, Bev	When anorexia came to visit	2013	disorders	Experience
		2010		
			Self esteem:	
***Vickers, Salley	Aphrodite's hat	2012	Relationships	Uplifting Read
			Self esteem:	
^Hodgkinson, Nicola	Life with the lid off	2012	Relationships	Experience
			0.46	
Moyes Jois	Derig for and	004.4	Self esteem:	Unlifting Dood
Moyes, Jojo	Paris for one	2014	Relationships	Uplifting Read

			I	1
			Self esteem:	
***Bennett, Alan	The lady in the van	2015	Relationships	Uplifting Read
·			,	
			Self esteem:	
^*Munro, Alice	Too much happiness	2010	Relationships	Uplifting Read
			Self esteem:	
^**Nicholls, David	Us	2015	Relationships	Uplifting Read
,			Self esteem:	j c p m m g + r c m a
			Relationships / Older	
Boyd, Hilary	Thursdays in the park	2011	adults	Uplifting Read
Espie, Colin A.	Overcoming insomnia and sleep problems	2006	Sleep	Self help
	Createsting meeting and energy pressure		Sleep / Long term	
			conditions: Chronic	
Rayner, Jacqueline	Can I tell you about ME chronic fatigue	2014	Fatigue	Self help
			Sleep / Long term	
			conditions: chronic	
Burgess, Mary	Overcoming chronic fatigue	2009	fatigue	Self help
			Sleep / Long term	
Flygare, Julie	Wide awake and dreaming	2013		Experience
Trygaro, cano	What awake and areaning	2010	contamono: narociopoy	Ехропопос
_				0 "
Drew, Emma	The whole person recovery handbook	2015	Addiction	Self help
	Sense about science : making sense of			
Austin, Mary	allergies	2015	Asthma and Allergies	Self help
•	Dementia the one-stop guide: practical			
	advice for families, professionals and		Dementia and memory	
Andrews, June.	people living with dementia and	2015	loss / Carers	Self help
	Brain storms: the race to unlock the		Long term conditions:	
*Palfreman, Jon	mysteries of Parkinson's disease	2015	Parkinsons	Self help
	,			
Wigney, Tessa [ed.] et	Journeys with the black dog: inspirational		Mental health:	
al.	stories of bringing depression to heel	2016	Depression	Experience

		Mental health:	
Managing stress with gigong	2011		Self help
			·
The outrun	2016	Addiction: Alcohol	Experience
Overcoming alcohol misuse a self-help			
guide using cognitive behavioural		Addiction: Alcohol /	
techniques	2017	Mental health	Self help
Mayhem	2018		Experience
The icehera: a memoir	2015		Experience
The leading, a memon	2010	nealth. One	Experience
		Cancer: Lung / Mental	
When breath becomes air	2016	_	Experience
recognizing, treating, and preventing injury	2019	Exercise	Self help
	00.4=		0 11 1
Sorted: active women's guide to health	2017	Exercise	Self help
The stretching bible: the ultimate guide to			
improving fitness and flexibility	2017	Exercise	Self help
		Exercise / Mental	
The complete tai chi tutor	2009		Self help
		Healthy reading:	'
Cure: A journey into the science of mind		General interest	
over body	2016		Self help
		, ,	
We all in your head	0045		Calf halm / Franchis see
it's all in your head	2015	(Neurology)	Self help / Experience
		Long term condition:	
The heart attack survival guide	2012	_	Self help
	Overcoming alcohol misuse a self-help guide using cognitive behavioural techniques  Mayhem  The iceberg: a memoir  When breath becomes air  BMA sports injuries: a practical guide to recognizing, treating, and preventing injury  Sorted: active women's guide to health  The stretching bible: the ultimate guide to improving fitness and flexibility  The complete tai chi tutor  Cure: A journey into the science of mind	The outrun  Overcoming alcohol misuse a self-help guide using cognitive behavioural techniques  Mayhem  2018  The iceberg: a memoir  2015  When breath becomes air  2016  BMA sports injuries: a practical guide to recognizing, treating, and preventing injury  Sorted: active women's guide to health  2017  The stretching bible: the ultimate guide to improving fitness and flexibility  The complete tai chi tutor  2009  Cure: A journey into the science of mind over body  It's all in your head  2016	The outrun  Overcoming alcohol misuse a self-help guide using cognitive behavioural techniques  Mayhem  2018 Addiction: Alcohol / 2017 Mental health  Mayhem  2018 Addiction: Drugs  Cancer: Brain / Mental health: Mood / Mental health: Mood / Mental health: Grief  Cancer: Lung / Mental health: Grief  Cancer: Lung / Mental health  BMA sports injuries: a practical guide to recognizing, treating, and preventing injury  Sorted: active women's guide to health  The stretching bible: the ultimate guide to improving fitness and flexibility  The complete tai chi tutor  Cure: A journey into the science of mind over body  Exercise  Cancer: Lung / Mental health  2019 Exercise  Exercise  Exercise  Exercise  Exercise / Mental health: Mindfulness  Healthy reading: General interest  Cure: A journey into the science of mind over body  Long term condition:

			Long term conditions /	
			Self esteem:	
London, Joan	The golden age: a novel	2016	Relationships	Uplifting Read
	Neurotribes: the legacy of autism and how		Long term conditions:	
*O'll	to think smarter about people who think	0045	Autism spectrum	0 - 16 1 1-
*Silberman, Steve	differently	2015	disorders	Self help
	Arthritis: a practical guide to getting on with		Long term conditions:	
Jenner, Chris	your life	2011	Chronic pain	Self help
			Long term conditions:	
Hunter, David J	Osteoarthritis: the facts	2014	Chronic pain	Self help
Tiuriter, David 3	Osteoartimus, the racts	2014	Chilofile pain	Sell Help
			Long term conditions:	
Haines, Steve	Pain is really strange	2017	Chronic pain	Self help
			Long term conditions:	
			Chronic pain /	
Coates, Paula	Exercise your way to health: arthritis	2010	Exercise	Self help
			1	
O D	Chronic obstructive pulmonary disease: the	0000	Long term conditions:	0 - 16 1 1-
Currie, Graeme P.	facts	2009	COPD	Self help
			Long term conditions:	
Jarrett, Doreen	An Emerald guide to explaining diabetes	2018	Diabetes	Self help
Carrott, Doroon	7 th Emorata galactic explaining diabetes	2010	Diabotoo	Con Holp
			Long term conditions:	
	The essential guide to diabetes	2018	Diabetes	Self help
			Long term conditions:	
	Go your Crohn way: a gutsy guide to living		Inflammatory bowel	
Nicholls, Kathleen	with Crohn's disease	2016	disease	Self help
	Exercises for Parkinson's disease: the			
	complete fitness guide to improve mobility		Long term conditions:	
Smith, William	and wellness	2018	Parkinsons / Exercise	Self help
	Rebuilding your life after stroke: positive		Long term conditions:	
Morris, Reg	steps to wellbeing	2017	Stroke	Self help
Willia, Reg	How I rescued my brain: a psychologist's	2017	Long term conditions:	OCII HOIP
	remarkable recovery from stroke and		Stroke / Mental health:	
**Roland, David	trauma	2015	Trauma / Mental	Experience
,	=1			<u> </u>

	How to feel better: practical ways to			
Goodhart, Frances	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
	The Selfish Pig's guide to caring: how to			
Manustratic Identity	cope with the emotional and practical	0000	Markal barduk / Ormana	0 - 16 1 1
Marriott, Hugh	aspects of caring for someone	2009	Mental health / Carers	Self help
	Coping with the psychological effects of			
	illness: strategies to manage anxiety and		Mental health/ Long	
*Smith, Fran	depression	2015	term condtions	Self help
Haines, Steve	Anxiety is really strange	2018	Mental health: Anxiety	Self help
names, sieve	Allixiety is really strange	2010	iviental nealth. Anxiety	Sell fleip
	Can't just stop: an investigation of			
Begley, Sharon	compulsions	2017	Mental health: Anxiety	Self help / Experience
	Overcoming obsessive compulsive disorder			
Veale, David and	a self-help guide using cognitive behavioral	0040	Montal haalth, Anviatu	Calf hala
Willson, Rob	techniques	2018	Mental health: Anxiety	Self help
	Overcoming panic a self-help guide using			
Manicavasagar, Vijaya	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
Gournay, Reviii	Defeating depression: how to use the	2015	iviental nealth. Anxiety	Sell fleip
	people in your life to open the door to		Mental health:	
Law, Roslyn	recovery	2013	Depression	Self help
	The compassionate mind approach to			
Ones Mishalla	postnatal depression: using compassion	0045	Mental health:	Calf halm
Cree, Michelle	focused therapy to enhance mood,	2015	Depression	Self help
	Grief works: stories of life, death and			
***Samuel, Julia	surviving	2017	Mental health: Grief	Experience

	Overcoming grief: a self-help guide using			
Morris, Sue	cognitive behavioral techniques	2018	Mental health: Grief	Self help
				·
	The essential guide to life after			
Carole Kauffmann, Judy	bereavement: beyond tomorrow	2013	Mental health: Grief	Self help
	With the end in mind: dying, death and			
*Mannix, Kathryn	wisdom in an age of denial	2017	Mental health: Grief	Self help
	meach in air age or doma.	2011	Mental health: Grief /	- Сол погр
			Self esteem:	
*Rentzenbrink, Cathy	A manual for heartache: how to feel better	2017	Relationships	Experience
	Overcoming distressing voices: a self-help			
	guide using cognitive behavioural		Mental health:	
Hayward, Mark	techniques	2018	Hallucinations	Self help
*****			Mental health:	0 1/1 1
***Wax, Ruby	A mindfulness guide for the frazzled	2016	Mindfulness	Self help
			Mental health:	
Sujano, S. M. (Ven.)	Meditation: Buddhism in practice		Mindfulness	Self help
Odjano, O. W. ( Ven.)	Overcoming anger and irritability: a self-	2013	Williamic33	Осн псір
	help guide using cognitive behavioural			
Davies, William	techniques	2016	Mental health: Mood	Self help
,	Overcoming paranoid and suspicious			
	thoughts: a self-help guide using cognitive		Mental health:	
Freeman, Daniel	behavioral techniques	2016	Paranoia	Self help
			Mental health: Self	
Holmes, Ishbel	Me, my bike and a street dog called Lucy	2018	esteem	Experience
	Outrunning the demons: lives transformed		Mental health: Trauma	
*Hewitt, Phil	through running	2010	/ Exercise	Experience
110witt, 1 IIII		2013	, 1,010100	LAPONONO
	I contain multitudes: the microbes within us			
**Yong, Ed	and a grander view of life	2016	Nutrition	Self help
-				·
			Nutrition / Long term	
Vickery, Phil	Phil Vickery's ultimate diabetes cookbook	2017	conditions: Diabetes	Self help

	Overcoming low self-esteem: a self-help			
	guide using cognitive behavioral			
Fennell, Melanie J. V	techniques	2016	Self esteem	Self help
	Overcoming social anxiety and shyness: a			
	self-help guide using cognitive behavioral		Self esteem / Mental	
Butler, Gillian	techniques	2017	health: Anxiety	Self help
	Body image problems and body			
	dysmorphic disorder: the definitive		Self esteem: body	
Catchpole, Chloe	treatment and recovery approach	2017	image	Self help
	Getting better bite by bite: a survival kit for			
	Sufferers of Bulimia Nervosa and binge		Self esteem: Eating	
Schmidt, Ulrike	eating disorders	2015	disorders	Self help
	Overcoming anorexia nervosa: a self-help			
	guide using cognitive behavioral		Self esteem: Eating	
Graham, Patricia	techniques	2019	disorders	Self help
,	Overcoming relationship problems: a self-			'
	help guide using cognitive behavioral		Self esteem:	
Crowe, Michael	techniques	2017	Relationships	Self help
,	Overcoming sexual problems: a self-help			'
	guide using cognitive behavioral		Self esteem:	
Ford, Vicki	techniques	2017	Relationships	Self help
	·		·	·
	The boy with the topknot: a memoir of love,		Self esteem:	
***Sanghera, Sathnam	secrets and lies in Wolverhampton	2009	Relationships	Experience
			·	
	An introduction to coping with insomnia			
Espie, Colin A	and sleep problems	2017	Sleep	Self help
,				
	The sleep book: how to sleep well every			
Meadows, Guy	night	2014	Sleep	Self help
Walker, Matthew	Why we sleep	2017	Sleep	Self help
Claybourne, Anna	Smoking, drugs and alcohol	2018	Addiction	Self help
			Healthy reading:	
Head, Honor	Your brain and body	2019	General interest	Self help

	Humans of Scotland : powerful and thought-			
	provoking short stories about people living with long term conditions	2019	Long term conditions	Experience
^***Ozeki, Ruth L.	A tale for the time being	2013	Mental health	Uplifting Read
^***Pearce, A J	Dear Mrs Bird	2018	Mental health	Uplifting Read
***Pratchett, Terry	Mort	1987	Mental health	Uplifting Read
*Kureishi, Hanif	The Buddha of suburbia	2015	Mental health	Uplifting Read
*Jonasson, Jonas	The hundred year old man who climbed out of the window and disappeared	2012	Mental health	Uplifting Read
**Hislop, Victoria	The island	2005	Mental health	Uplifting Read
^***Burton, Jessie	The miniaturist	2014	Mental health	Uplifting Read
Gardam, Jane	The stories	2014	Mental health	Uplifting Read
^Semple, Maria	Where'd you go, Bernadette	2012	Mental health	Uplifting Read
Head, Honor	12 hacks to happiness	2020	Mental health	Self help
Williamson, Anna	How not to lose it: mental health sorted	2019	Mental health	Self help
Burkhart, Jessica (ed.)	Life inside my mind: 31 authors share their personal struggles	2019	Mental health	Experience

			1	I
James, Alice & Stowell,				
Louie	Looking after your mental health	2018	Mental health	Self help
Louic	Looking after your mental mealth	2010	Wentai neatti	Och neip
	Open your mind: learn to deal with the big			
*Cairney, Gemma	stuff in life	2018	Mental health	Self help
2,7, 22				
Head, Honor	Social media and you	2019	Mental health	Self help
***Smith-Barton, Emma	The million pieces of Neena Gill	2019	Mental health	Uplifting Read
Lubbook Tom	Until further notice, I am alive	2012	Cancer / Mental health	Evporionos
Lubbock, Tom	Offili furtifier flotice, i ani alive	2012	Cancer / Mental nealth	Expenence
	What is mental health? Where does it			
Maddox, Lucy	come from? and other big questions	2020	Mental health	Self help
	g queenen			
Head, Honor	Your emotions	2019	Mental health	Self help
*Ilett, Emily	The girl who lost her shadow	2019	Mental health	Uplifting Read
			Mantal haalth / Laws	
*Williamson, Victoria	The boy with the butterfly mind	2010	Mental health / Long term conditions: ADHD	Liplifting Bood
Williamson, Victoria	The boy with the butterny mind	2019	term conditions. ADDD	Opining Read
			Mental health / Mental	
Holmes, A.M.	This book will save your life	2007	health: trauma	Uplifting Read
				j c p m m g + r c m a
			Mental health / Self	
**Simsion, Graeme	The Rosie project	2013	esteem: Relationships	Uplifting Read
			Mental health / Self	
^***Haddon, Mark	A spot of bother	2010	esteem: Relationships	Uplifting Read
			M	
***\/;elcere C=!!=:	Mice Cornette angel	0007	Mental health / Self	I Inlifting Desid
***Vickers, Salley	Miss Garnet's angel	2007	esteem: Relationships	Uplifting Read

<del> </del>				1
	The extraordinary life of Frank Derrick, age		Mental health / Self	
^***Morrisson, J.B.	81		esteem: Relationships	Uplifting Read
			Managal Institute / Oalf	
*Liroido Tokoobi	The guest est		Mental health / Self	Unlifting Dood
*Hiraide, Takashi	The guest cat	2014	esteem: Relationships	Opining Read
*Didierlaurent, Jean-			Mental health / Self	
Paul	The reader on the 6.27	2015	esteem: Relationships	Uplifting Read
Head, Honor	12 hacks to worry less	2020	Mental health: Anxiety	Self help
Troug, Florior	12 hacke to wony loss	2020	mornar modum / monocy	Com Holp
Lload Lloner		2047	Mantal haalth, Anviate	Calf hala
Head, Honor Gallagher, Bridie,	Overcoming fear of failure	2017	Mental health: Anxiety	Sell neip
Knowles, Sue &	The anxiety survival guide: getting through			
McEwen, Phoebe	the challenging stuff	2020	Mental health: Anxiety	Self help
Mozweri, i neese	and origing drain	2020	Triorital Floatan 7 and cty	Con noip
	The book of no worries: a survival guide for			
Cox, Lizzie	growing up	2018	Mental health: Anxiety	Self help
Mayer, Melissa	Why we worry: the science of anxiety	2020	Mental health: Anxiety	Solf holp
iviayer, ivielissa	with we worry, the science of anxiety	2020	Mentar neatth. Anxiety	Sell Help
			Mental health: Anxiety	
Head, Honor	Beating stress and anxiety		/ Mental health: Stress	Self help
			Mental health: Anxiety	
White,Jim	Stress control	2017	/ Mental health: Stress	Self help
	De vision avec and are visited assets		Mantal handlik Assis	
Maala Laura (Da)	Be your own superhero: unlock your		Mental health: Anxiety	Calf halm
Meek, Laura (Dr)	powers, unleash your awesome	2019	/ Self esteem  Mental health: anxiety	Self help
			/ Self esteem:	
^**Page, Libby	The Lido	2019	Relationships	Uplifting Read
		2010		
			Mental health:	
Brosh, Allie	Hyperbole and a half	2013	Depression	Uplifting Read

Withey, James & Sagan, Olivia	The recovery letters : addressed to people experiencing depression		Mental health: Depression	Experience
^Avit, Clélie	I'm still here	2017	Mental health: Grief	Uplifting Read
			Mental health: Grief /	
			Mental health:	
^**Hogan, Ruth	The keeper of lost things	2017	depression / Self	Uplifting Read
*Andrews, Arin & Lyon, Joshua	Some assembly required: the not-so-secret life of a transgender teen	2016	Mental health: Identity	Experience
Head, Honor	Understanding sexuality : what it means to be lesbian, gay or bisexual	2019	Mental health: Identity	Self help
Head, Honor	Understanding transgender	2019	Mental health: Identity	Self help

			Mental health: older adults / Self esteem:	
***Joanna Cannon	Three things shout Flair	2040		Unlifting Dood
Joanna Cannon	Three things about Elsie	2018	Relationships	Uplifting Read
Head, Honor	12 hacks to boost self-esteem	2020	Self esteem	Self help
Jessen, Christian (Dr)	Dr Christian's guide to growing up online: (#awkward)	2018	Self esteem	Self help
*Cairney, Gemma	Open your heart: learn to love your life and love yourself	2018	Self esteem	Self help
Head, Honor	Self-esteem and confidence	2019	Self esteem	Self help
Laurain, Antoine	The President's hat	2013	Self esteem	Uplifting Read
*Evans, Harriet	Rules for dating a romantic hero	2014	Self esteem: Relationships	Uplifting Read
*De Waal, Kit	Six foot six	2018	Self esteem: Relationships	Uplifting Read
**Bivald, Katarina	The readers of Broken Wheel recommend	2015	Self esteem: Relationships	Uplifting Read
***Honeyman, Gail	Eleanor Oliphant is completely fine	2017	Self esteem: Relationships	Uplifting Read
^Sally Magnussen	Where memories go	2014	Dementia	Experience

**Additional formats:** 

\* available as an eBook

\*\* available as an audiobook/ talking book

\*\*\* available as an ebook and audiobook/

talking book

^ available in large print



