

If you are feeling anxious, depressed or stressed, books can help.

These titles have been recommended by experts in the field of mental health, and are all available from Essex libraries.

Look out for the ‘Get Your Life Back’ collections, or log on to the libraries website, follow the link to the Libraries catalogue and request a title free of charge.

## General

- Positive thinking – Susan Quilliam
- The mood gym: overcoming depression and anxiety with CBT – Helen Christensen
- The mindful manifesto – Dr Jonty Heaversedge

## Anger

- Overcoming anger and irritability – William Davies

## Anxiety, stress, panic, worry

- Overcoming anxiety – Helen Kennerley
- The worry box – Chris Williams
- How to stop worrying – Frank Tallis
- Overcoming panic and agoraphobia – Derrick Silove
- Overcoming social anxiety and shyness – Gillian Butler
- Conquer anxiety and panic attacks (DVD) – Charles Linden
- Stress and relaxation (British Sign Language DVD)

## Autistic Spectrum Disorder

- Asperger’s Syndrome – Tony Attwood
- Parenting a child with Asperger’s Syndrome (also e-book) – Brenda Boyd

## Depression

- Manage your mind – Gillian Butler
- Overcoming depression – Paul Gilbert
- Overcoming mood swings – Jan Scott
- Taming the black dog – Patrick Ellverton
- Mind over mood – Dennis Greenberger
- The mindful way through depression – Mark Williams

## Eating disorders

- Overcoming weight problems – Jeremy Gauntlett-Gilbert
- Overcoming Bulimia Nervosa – Peter Cooper
- Getting better bit(e) by bit(e) – Ulrike Schmidt

## Obsessive Compulsive Disorder

- Overcoming Obsessive Compulsive Disorder – David Veale
- Brain lock – Jeffrey Schwartz
- Conquer Obsessive Compulsive Disorder (DVD) – Charles Linden
- OCD recovery (CD) – Michael Matthews

## Pain/Chronic fatigue

- Overcoming chronic fatigue – Mary Burgess
- Managing chronic pain – John Otis
- Living well with pain and illness – Vidyamala Burch

## PTSD/Trauma

- Overcoming traumatic stress – Claudia Herbert
- Overcoming childhood trauma – Helen Kennerley
- Reclaiming your life from a traumatic experience – Barbara Rothbaum

## Self-esteem

- Overcoming low self-esteem – Melanie Fennell
- Building self esteem – Helen Jenkins
- Feeling good – David Burns

## Sleep

- Overcoming insomnia and sleep problems – Colin Espie

## Additional topics

- Raising happy children – Jan Parker
- Understanding ADHD – Christopher Green
- Overcoming relationship problems – Michael Crowe
- Living with loss – Liz McNeill Taylor