



ITB Counselling Service

Bibliotherapy - Books can help

The use of books as for therapeutic purposes is known as 'bibliotherapy'. There is good evidence to show that the best self-help books can be highly effective in helping people with emotional problems such as depression, stress, anger, panic, low self esteem, anxiety and eating problems. The following books may be useful:

ANXIETY

OVERCOMING ANXIETY: A SELF-HELP GUIDE USING COGNITIVE BEHAVIOURAL TECHNIQUES - Helen Kennerly

HOW TO STOP WORRYING - Frank Tallis

OVERCOMING SOCIAL ANXIETY AND SHYNESS: A SELF-HELP GUIDE USING COGNITIVE BEHAVIOURAL TECHNIQUES - Gillian Butler

THE ANXIETY & PHOBIA WORKBOOK - Edmund J. Bourne

OVERCOMING SOCIAL ANXIETY AND SHYNESS: A SELF-HELP GUIDE USING COGNITIVE BEHAVIOURAL TECHNIQUES - Gillian Butler.

DYING OF EMBARRASSMENT: HELP FOR SOCIAL ANXIETY & PHOBIA - Barbara G. Markway, C. Alec Pollard, Teresa Flynn and Cheryl N. Carmin

HEALING WITHOUT FREUD OR PROZAC : NATURAL APPROACHES TO CURING STRESS, ANXIETY AND DEPRESSION WITHOUT DRUGS AND WITHOUT PSYCHOANALYSIS - Dr David Servan-Schreiber

WHEN PANIC ATTACKS - Aine Tubridy (**in ITB Library**)

UNDERSTANDING PANIC ATTACKS - Dr Roger Baker

CHANGE FOR THE BETTER: SELF-HELP THROUGH PRACTICAL PSYCHOTHERAPY - Elizabeth Wilde McCormick.

ANGER

OVERCOMING ANGER AND IRRITABILITY: A SELF-HELP GUIDE USING COGNITIVE BEHAVIORAL TECHNIQUES - William Davies.

DEPRESSION

COMING THROUGH DEPRESSION: A MINDFUL APPROACH TO RECOVERY - Tony Bates

THE MINDFUL WAY THROUGH DEPRESSION: FREEING YOURSELF FROM CHRONIC UNHAPPINESS - Mark Williams, John Teasdale, Zindel Segal and Jon Kabat-Zinn

UNDOING DEPRESSION: WHAT THERAPY DOESN'T TEACH YOU AND MEDICATION CAN'T GIVE YOU - Richard O'Connor.

A SELF-HELP GUIDE TO MANAGING DEPRESSION - Philip J. Barker

COPING WITH DEPRESSION AND ELATION - Patrick McKeon

THE MOOD GYM: OVERCOMING DEPRESSION WITH CBT AND OTHER EFFECTIVE THERAPIES - Dr. Helen Christensen and Dr. Kathleen Griffiths

HEAR MY SILENCE: SURVIVING DEPRESSION - Karina Colgan

I DON'T WANT TO TALK ABOUT IT: OVERCOMING THE SECRET LEGACY OF MALE DEPRESSION - Terrence Real

COPING WITH DEPRESSION IN YOUNG PEOPLE: A GUIDE FOR PARENTS - Carol Fitzpatrick, John Sharry

COPING WITH POSTNATAL DEPRESSION: LIGHT AT THE END OF THE TUNNEL - Mary Pigot

OBSESSIONS AND COMPULSIONS

OVERCOMING OBSESSIVE COMPULSIVE DISORDER : A SELF-HELP GUIDE USING COGNITIVE BEHAVIORAL TECHNIQUES - David Veale and Rob Willson.

GRIEF

SILENT GRIEF [ELECTRONIC RESOURCE]: LIVING IN THE WAKE OF SUICIDE - Christopher Lukas and Henry M. Seiden.

BEYOND THE ROUGH ROCK: SUPPORTING A CHILD WHO HAS BEEN BEREAVED THROUGH SUICIDE - Di Stubbs and Julie Stokes.

THE COURAGE TO GRIEVE - Judy Tatelbaum

ON GRIEF AND GRIEVING / FINDING THE MEANING OF GRIEF THROUGH THE FIVE STAGES OF LOSS - Elisabeth Kubler-Ross and David Kessler

OVERCOMING LOSS [ELECTRONIC RESOURCE] : ACTIVITIES AND STORIES TO HELP TRANSFORM CHILDREN'S GRIEF AND LOSS - Julia Sorensen

THE LOSS THAT IS FOREVER: THE LIFETIME IMPACT OF THE EARLY LOSS OF A MOTHER OR FATHER - Maxine Harris

ABUSE

BREAKING FREE: HELP FOR SURVIVORS OF CHILD SEXUAL ABUSE - Carolyn Ainscough and Kay Toon

THE COURAGE TO HEAL: A GUIDE FOR WOMEN SURVIVORS OF CHILD SEXUAL ABUSE - Ellen Bass & Laura Davis.

BEGINNING TO HEAL: A GUIDE FOR FEMALE SURVIVORS OF CHILD SEXUAL ABUSE - Ellen Bass and Laura Davis

ABUSED BOYS: THE NEGLECTED VICTIMS OF SEXUAL ABUSE - Mic Hunter

AFTER SILENCE: RAPE AND MY JOURNEY BACK - Nancy Venable Raine

BULLYING: A PARENT'S GUIDE - Jennifer Thomson

HOW TO HANDLE BULLIES, TEASERS, AND OTHER MEANIES: A BOOK THAT TAKES THE NUISANCE OUT OF NAME CALLING AND OTHER NONSENSE - Kate Cohen-Posey.

BULLIED - Neville Evans

ABUSED NO MORE: RECOVERY FOR WOMEN FROM ABUSIVE OR CO-DEPENDENT RELATIONSHIPS - Robert J. Ackerman and Susan E. Pickering.

LIVING WITH THE DOMINATOR - Pat Craven

MEN WHO HATE WOMEN AND THE WOMEN WHO LOVE THEM - Susan Foreward

EATING DISORDERS

ANOREXIA NERVOSA: A SURVIVAL GUIDE TO FAMILIES, FRIENDS, AND SUFFERERS - Janet Treasure.

HOPE: UNDERSTANDING EATING DISORDERS - Marie Campion

FREEDOM IN YOUR RELATIONSHIP WITH FOOD - Myra Levin

SELF ESTEEM

104 ACTIVITIES THAT BUILD : SELF-ESTEEM, TEAMWORK, COMMUNICATION, ANGER MANAGEMENT, SELF-DISCOVERY, AND COPING SKILLS - Alanna Jon

WORK AND WORTH: TAKE BACK YOUR LIFE - Tony Humphreys.

ASSERT YOURSELF! - Cal LeMon

PERFECT ASSERTIVENESS: ALL YOU NEED TO GET IT RIGHT FIRST TIME

THE FEELING GOOD HANDBOOK - David D. Burns

CHANGE FOR THE BETTER: SELF-HELP THROUGH PRACTICAL PSYCHOTHERAPY - Elizabeth Wilde McCormick.

OVERCOMING LOW SELF-ESTEEM: A SELF-HELP GUIDE USING COGNITIVE BEHAVIORAL TECHNIQUES - Melanie Fennell

SEXUALITY

THE MIRROR WITHIN: A NEW LOOK AT SEXUALITY - Anne Dickson

THE NEW MALE SEXUALITY - Bernard Zilbergeld

PARENTS AND FAMILIES

TOXIC PARENTS: OVERCOMING THEIR HURTFUL LEGACY AND RECLAIMING YOUR LIFE - Susan Forward with Craig Buck.

WHEN PARENTS SEPARATE: HELPING YOUR CHILDREN COPE - John Sharry, Peter Reid and Eugene Donohoe

COPING WITH YOUR PARENTS DIVORCE WHEN YOU ARE NO LONGER A CHILD - Nancy Ellen Kenyon

DINOSAURS DIVORCE: A GUIDE FOR CHANGING FAMILIES - Laurie Krasny Brown and Marc Brown.

OVERCOMING CHILDHOOD TRAUMA: A SELF-HELP GUIDE USING COGNITIVE BEHAVIOURAL TECHNIQUES - Helen Kennerley

FAMILIES AND HOW TO SURVIVE THEM - Robin Skynner and John Cleese

PARENT POWER: BRINGING UP RESPONSIBLE CHILDREN AND TEENAGERS - John Sharry

PARENTING YOUNG CHILDREN: SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING (STEP) OF CHILDREN UNDER SIX

PARENTING TEENAGERS: SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING OF TEENAGERS

THE INCREDIBLE YEARS: A TROUBLE-SHOOTING GUIDE FOR PARENTS OF CHILDREN AGED 2-8 YEARS - Carolyn Webster-Stratton.

HOW TO GET YOUR KID TO EAT... BUT NOT TOO MUCH - Ellyn Satter

RELAXATION AND MEDITATION

STRESS RELIEF & RELAXATION TECHNIQUES - Judith Lazarus.

MEDITATION FOR BEGINNERS: TECHNIQUES FOR AWARENESS, MINDFULNESS AND RELAXATION - Stephanie Jean Clement

MEDITATION EXPRESS: STRESS RELIEF IN 60 SECONDS FLAT - Nancy L. Butler-Ross and Michael Suib

THE RELAXATION & STRESS REDUCTION WORKBOOK - Martha Davis, Elizabeth Robbins Eshelman, Matthew McKay.

TRAUMATIC STRESS

OVERCOMING TRAUMATIC STRESS: A SELF-HELP GUIDE USING COGNITIVE BEHAVIOURAL TECHNIQUES - Claudia Herbert and Ann Wetmore.

ACADEMIC

MANAGING YOUR OWN LEARNING AT UNIVERSITY: A PRACTICAL GUIDE - Aidan P. Moran

THE ULTIMATE STUDY SKILLS HANDBOOK - Sarah Moore ... [et al]

PRESENTATION SKILLS FOR STUDENTS - Joan Van Emden and Lucinda Becker

ISN'T IT ABOUT TIME? : HOW TO STOP PUTTING THINGS OFF AND GET ON WITH YOUR LIFE - Andrea Perry.

THE PROCRASTINATION EQUATION - Dr. Piers Steel

