

Category	Book Title	Author(s)	Comment
1 Anger Management	Managing Anger	Gael Lindenfield	A positive, optimistic book. Attractive, easy read.
2 Anger Management	Letting Go of Anger	Ronald T. Potter-Efron and Patricia S.Potter-Efron	Understand 11 anger styles and identify your own via quiz. Practical tips.
3 Anger Management	The Anger Workbook	Lorraine Bilodeau M.S.	Encourages self-reflection. Short, easy read. Guided practical Cognitive Behavioural Therapy (CBT) approach.
4 Anxiety	The Anxiety and Phobia Workbook, 4th Edition	Edmund J. Bourne	A good overview of various anxiety disorders. Well laid out worksheets.
5 Anxiety	The Worry Trap	Chad Lejeune	Short book for anyone troubled by worry. Practical self-help exercises based on Acceptance and Commitment Therapy (ACT) on how to free yourself from worry.
6 Anxiety	Mastery of Your Anxiety and Panic	David H. Barlow and Michelle G. Craske	A practical, user-friendly, CBT programme aimed at overcoming panic and agoraphobia. Each chapter provides clearly laid out goals, worksheets, self-assessment tools and homework tasks. Great book.
7 Social Phobia	Overcoming Social Anxiety and Shyness	Gillian Butler	Very readable. Detailed CBT instruction. Suitable for both mild and intense anxiety.
8 Social Phobia	Overcoming Shyness and Social Phobia	Ronald Rapee	A clear, easy-to-follow, self-help programme involving nine lessons to be worked through systematically to address shyness or social phobia.
9 Social Phobia	I think they think	Ronald Rapee	DVD (50 mins) Highly recommended. It includes 3 clients and 2 therapists taking you through an understanding of social phobia and how CBT is practically applied giving you the skills needed for recovery.
10 Bereavement	Finding a Way Through When Someone Close Has Died	Pat Mood and Lesley Whittaker	An easy workbook for young people by young people. Compassionate, thorough, full of important reflective exercises.
11 Bereavement	"You'll Get Over It": The Rage of Bereavement.	Virginia Ironside	Frank, honest, tapping the complexity of bereavement.
12 Child Abuse (Adult Survivors)	Overcoming Childhood Trauma	Helen Kennerley	Sensitive. Links past and present difficulties. Practical strategies for managing specific problems linked to abuse.

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13 Child Sexual Abuse (Adult Survivors)	Breaking Free: Help for Survivors of Child Sexual Abuse	Carolyn Ainscough and Kay Toon	Sensitively written. Demonstrates the range of experience and feelings involved. Optimistic. Strategies for coping.
14 Dementia	A Personal Guide to Living with Progressive Memory Loss	Sandy Burgener and Prudence Twigg	A self-help book for those in the early stages of dementia. Also provides insights for family and friends.
15 Dementia	Alzheimer's and Other Dementias	Harry Cayton, Dr. Nori Graham, and Dr. James Warner	A comprehensive range of questions commonly asked by people with dementia. Facts and advice for dealing with challenges.
16 Dementia	The 36-Hour Day	Nancy L. Mace and Peter V. Rabins	Practical and compassionate guidebook for carers of people with dementia. Facts and advice for dealing with challenges.
17 Depression	Depression - The Common Sense Approach	Tony Bates	Short, easy-read book on understanding depression. Practical CBT strategies for overcoming depression and building self-esteem. Lots of useful tips.
18 Depression	Overcoming Depression	Paul Gilbert	Detailed book yet readable and sympathetic. Comprehensive CBT programme.
19 Depression	The Feeling Good Handbook	David D. Burns	Large but easy to read CBT book. Also covers panic, phobias, guilt, inferiority. Has demonstrated effectiveness in clinical trials.
20 Depression / Suicide	Choosing to Live: How to Defeat Suicide Through Cognitive Therapy	Thomas E. Elis and Cory F. Newman	Very comprehensive and clear book, sensitively written. Lots of practical advice. Includes a section for friends and family.
21 Obsessive Compulsive Disorder	Stop Obsessing! How to Overcome Your Obsessions and Compulsions	Edna B. Foa and Reid Wilson	Clear and well written, includes self-help plans and a chapter with stories from recovered sufferers.
22 Obsessive Compulsive Disorder	Obsessive Compulsive Disorder (OCD)	Professor Frederick Toates and Olga Coschug-Toates	Written by a sufferer with OCD, part one is an autobiographical sketch giving lots of insights into the problem, part two defines OCD in more detail and describes and discusses the more commonly adopted therapeutic strategies.
23 Obsessive Compulsive Disorder	Overcoming Obsessive Compulsive Disorder	David Veale and Rob Wilson	A self-help guide to using CBT to overcome OCD in a focused step-by-step manner.

Category	Book Title	Author(s)	Comment
24 Pain	Living beyond your pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain.	Joanne Dahl, PH.D. and Tobais Lundgren	Covers symptoms, causes and impact of pain on your life. The step-by-step exercises aim to help you develop skills that allow you to live a fuller life. Well laid out.
25 Panic	When Panic Attacks	Aine Tubridy	Engaging, clear, comprehensive. Educates and offers techniques. Accompanying CD.
26 Panic	An end to Panic - Breakthrough techniques for overcoming Panic Disorder.	Elke Zuercher-White	A comprehensive, clear and easy to follow programme using a CBT approach. User-friendly worksheets included.
27 Relationships	Overcoming Relationship Problems	Michael Crowe	Informative and comprehensive discussion of various relationship problems. Uses case examples meaningfully. A CBT approach with practical step-by-step methods.
28 Relationships	Overcoming Sexual Problems	Vicki Ford	A comprehensive and useful book that explains specific sexual problems, such as erectile dysfunction and vaginismus. It also addresses specific issues affecting sex, STD's and goes on to provide strategies to manage sexual problems.
29 Self Esteem	10 Days to Great Self Esteem	Dr. David Burns	A user-friendly book. The exercises are well presented, easy to follow, score and interpret. A worthwhile read.
30 Self Esteem	Assert Yourself	Gael Lindenfield	Attractive book which builds awareness and skills.
31 Self Esteem	Self Esteem: Simple Steps to Develop Self Reliance and Perseverance.	Gael Lindenfield	Attractive easy-to-read book. Explores origin and impact of low self-esteem. Provides practical programme for increasing self-esteem. An easy to follow and well presented guide.
32 Stress	The Good Stress Guide	Mary Hartley	An easy to follow and well presented guide. Numerous practical exercises, with helpful case examples.
33 Stress	The Relaxation and Stress Reduction Workbook	Martha Davis, Elizabeth Robbins Eshelman and Matthew McKay	Offers a broad range of techniques for relaxation and stress management. Attractive, easy-to-read book.
34 Stress	Wherever you go, there you are	Jon Kabat-Zinn	A book that introduces mindfulness meditation to help you face emotional pain, physical illness and stress. Teaches patience, awareness, letting go and the practice of meditation. Easy read.

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35 Eating Disorders	Bulimia Nervosa and Binge-Eating: A self-help guide using Cognitive Behavioural Techniques	Peter J. Cooper	Strong behavioural emphasis: 6 practical steps with valuable review questions after each chapter. Less cognitive focus. Emphasis on developing healthy eating plan.
36 Eating Disorders	The Beginner's Guide to Eating Disorders Recovery	Nancy J. Kolodny	Beautiful lay-out. Compassionately written. Encouraging and practical guide for sufferers and their loved ones. Personal stories included.
37 Eating Disorders	Skills-based Learning for Caring for a Loved One with an Eating Disorder	Janet Treasure, Grainne Smith and Anna Crane	Excellent guide for carers! Easy to read. Detailed, practical advice and exercises to develop skills for coping effectively.
38 Eating Disorders	The Anorexia Workbook: How to Accept Yourself, Heal Your Suffering and Reclaim Your Life.	Michelle Heffner and George H. Eifert	Based on Acceptance and Commitment Therapy. Practical and achievable exercises. Additional sections for family and professionals. Easy to read and encouraging.

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