

## **Books are the best medicines resource list**

### **The list of books that are available is as follows:-**

- An introduction to coping with anxiety---- Leonora Brosan
- An introduction to coping with depression---- Lee Brosan
- An introduction to coping with health anxiety---- Charles Young
- An introduction to coping with OCD -----Lee Brosan
- An introduction to coping with panic -----Charles Young
- An introduction to coping with phobias ----Brenda Hogan
- Beating depression -----David Veale
- Bulimia Nervosa and binge eating -----Peter J Cooper
- Feeling good handbook -----David D Burns
- A had a black dog -----Matthew Johnstone
- Managing stress -----Terry Looker and Olga Gregson
- Mind over mood ----Dennis Greenberger and Christine Padesky
- Overcoming anger and irritability---- William Davies
- Overcoming anorexia nervosa ---Christopher Freeman
- Overcoming anxiety -----Helen Kennerley
- Overcoming childhood trauma -----Helen Kennerley
- Overcoming chronic pain -----Mary Burgess
- Overcoming depression -----Paul Gilbert
- Overcoming low self esteem -----Melanie Fennell
- Overcoming mood swings -----Jan Scott
- Overcoming OCD -----David Veale
- Overcoming panic -----Derek Silove
- Overcoming relationship problems -----Micheal Crowe
- Overcoming social anxeity and shyness -----Gillian Butler
- Overcoming traumatic stress -----Claudia Herbert
- Self Esteem for women -----Lynda Field
- You'll get over it -----Virginia Ironside