



Category	No.	Title	Author	ISBN
Grief	1	No Time to Say Goodbye: Surviving The Suicide Of A Loved One	Carla Fine	9780385485517
Grief	2	Silent Grief: Living in the Wake of Suicide	Christopher Lukas	9781843108474
Anxiety	3	Overcoming Worry: A Self-Help Guide Using Cognitive Behavioral Techniques	Mark Freestone	9780465005383
Anxiety	4	Overcoming Anxiety: A Self-Help Guide Using Cognitive Behavioral Techniques	Helen Kennerley	9780465012657
Anxiety	5	The Relaxation & Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety & Transitions	Lawrence. E.	9781572245822
Anxiety	6	The Relaxation & Stress Reduction Workbook	Martha Davis	9781572245495
Anxiety	7	Overcoming Social Anxiety and Shyness: A Self-Help Guide Using Cognitive Behavioral Techniques	Gillian Butler	9780465005451
act	8	The Happiness Trap	Russ Harris	9781590305843
act	9	Act with Love	Russ Harris	9781572246225
trauma and abuse	10	Overcoming Childhood Trauma	Helen Kennerley	9781841190815
trauma and abuse	11	Surviving Childhood Sexual Abuse: Practical Self-help for Adults Who Were Sexually Abused As Children	Carolyn Ainscough	9781555612252
trauma and abuse	12	The Courage to Heal 4e: A Guide for Women Survivors of Child Sexual Abuse	Ellen Bass	9780061284335
self esteem	13	Self-Esteem: A Proven Program of Cognitive Techniques for Assessing, Improving, and Maintaining Your Self-Esteem	Matthew McKay	9781572241985
self esteem	14	Recovery Of Your Seld-Esteem: A Guide For Women	Carolynn Hillman	9780671738136
self esteem	15	Overcoming Low Self-Esteem: A Self-Help Guide Using Cognitive Behavioral Techniques	Fennell	9780465012664



Category	No.	Title	Author	ISBN
relationships	16	Emotional Fitness for Couples: 10 Minutes a Day to a Better Relationship	Barton Goldsmith	9781572244399
relationships	17	Coming Apart: Why Relationships End and How to Live Through the Ending of Yours	Daphne Rose Kingma	9781573241779
ptsd	18	The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms	Mary Beth Williams	9781572242821
ptsd	19	Overcoming Traumatic Stress	Claudia Herbert	9780465011100
panic	20	Panic Attacks Workbook: A Guide Program fo Beating the Panic Trick	David Carbonell	9781569754153
panic	21	When Panic Attacks: The New, Drug-Free Anxiety Therapy That Can Change Your Life	David D. Burns	9780767920834
panic	22	Overcoming Panic & Agoraphobia: A Self-Help Guide Using Cognitive Behavioral Techniques	Derrick Silove	9780465011070
ocd	23	Understanding Obsessions and Compulsion (Overcoming common problems)	Frank Tallis	
ocd	24	Overcoming Obsessive-Compulsive Disorder: Client Manual: A behavioral and Cognitive Protocol for the Treatment of OCD	Gail Steketee	9781572241299
ocd	25	The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder	Bruce M. Hyman	9781572244221
health anxiety	26	Its Not All in Your Head: How Worrying about Your Health Could Be Making You Sick--and What You Can Do about It	Gordon J. G. Asmundson	9781572309937
health anxiety	27	Treating Health Anxiety: A Cognitive-Behavioral Approach	Steven Taylor	9781572309982
post natal depression	28	Overcoming Postnatal Depression A Five Areas Approach	Dr Christopher Williams	9780340972342
post natal depression	29	The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions	Pamela Wiegartz	9781572245891
brain injury	30	The Mild Traumatic Brain Injury Workbook: Your Program for Regaining Emotional Pain	Douglas J. Mason	9781572243613



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brain injury	31	Stroke Survivor: A Personal Guide to Coping and Recovery	Andy McCann	9781843104100
brain injury	32	Mindstorms: Living with Traumatic Brain Injury	John W. Cassidy	9780738212470
Grief	33	Living With Grief	Tony Lake	
Grief	34	Living With Grief: Children, Adolescents, and Loss	Kenneth Doka	9781893349018
assertion	35	Developing Positive Assertiveness, Third Edition: Practical Techniques for Personal Success	Sam R. Lloyd	9781560526001
assertion	36	The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships	Randy J. Paterson	9781572242098
eating disorder	37	Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers	Janet Treasure	9780863777608
eating disorder	38	Overcoming Anorexia Nervosa	Christopher Freeman	9781849011303
eating disorder	39	Overcoming Your Eating Disorder: A Cognitive-Behavioral Therapy Approach for Bulimia Nervosa and Bing-Eating Disorder, Guided Self Help Workbook	W. Stewart Agras	9780195334562
anger	41	Overcoming Anger and Irritability: A Self-Help Guide Using Cognitive Behavioral Techniques	William Davies	9780465005444
depression	42	Overcoming Depression and Low Mood: A Five Areas Approach	Christopher Williams	9780340986059
depression	43	The Feeling Good Handbook	David D. Burns	9780452281325
depression	44	I had a Black Dog		9781845295899
depression	45	Living with a Black Dog		9780740757433



Category	No.	Title	Author	ISBN
depression	46	taking care of yourself and your family	John Ashford	9781921601347
depression	47	hope and recovery	beyond blue	DVD
depression	48	tackling depression in schools	beyond blue	DVD
depression	49	diabetes,depressionand anxiety	beyond blue	DVD
depression	50	depression yarns	beyond blue	DVD
depression	51	Carers stories of hope and recovery	beyond blue	DVD
Mindfulness	52	Mindfulness Skills: Volume 1	Russ Harris	CD
Grief	53	Sometimes Life Sucks: When someone you love dies	Molly Carlile	978742371887
Grief	54	Stolen moments: Inspiring and unforgettable stories from people living with Alzheimer's	Elizabeth Bezant Pamela Eaves	0975237322
depression	55	The other side of blue: what we learn through overcoming adversity	Michael Colling	9781876451813