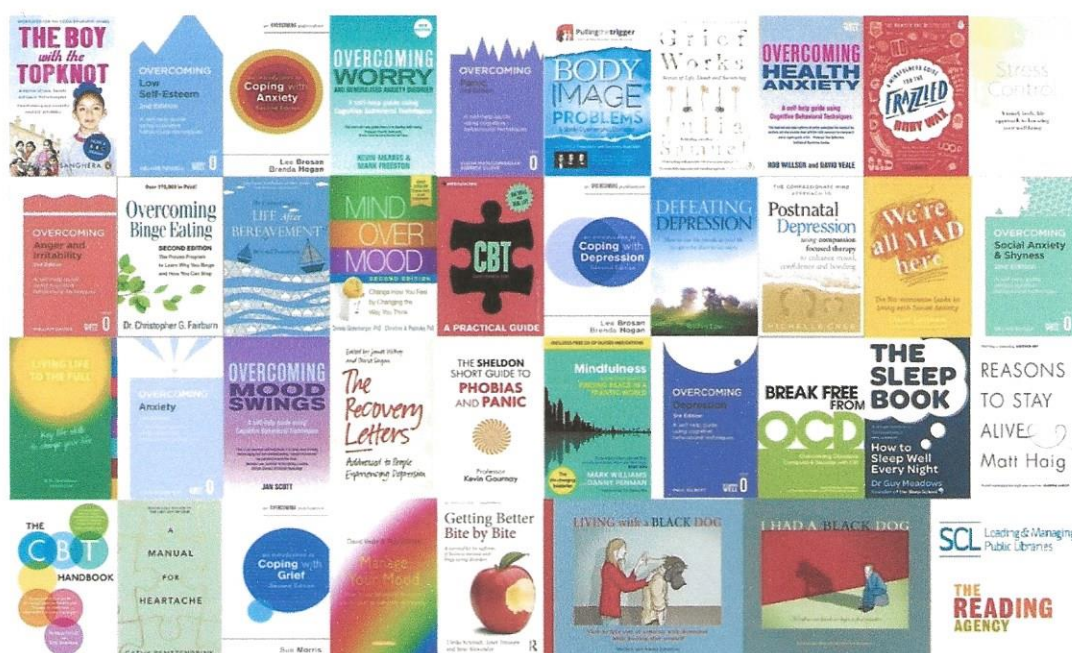


30 titles from the [Reading Well for Mental Health](#) collection for adult readers



Author	Title
Haig, Matt	Reasons to Stay Alive
Sanghera, Sathnam	Boy with the topknot
Hogan, Brenda	An Introduction to Coping with Anxiety, 2nd Edition
Brosan, Lee	An Introduction to Coping with Depression, 2nd Edition
Morris, Sue	An Introduction to Coping with Grief, 2nd Edition
Law, Roslyn	Defeating Depression
Davies, William	Overcoming Anger and Irritability, 2nd Edition
Kennerley, Helen	Overcoming Anxiety, 2nd Edition
Gilbert, Paul	Overcoming Depression 3rd Edition
Fennell, Melanie	Overcoming Low Self-Esteem, 2nd Edition
Scott, Jan	Overcoming Mood Swings
Manicavasagar, Vijaya	Overcoming Panic, 2nd Edition
Butler, Gillian	Overcoming Social Anxiety and Shyness, 2nd Edition
Freeston, Mark	Overcoming Worry and Generalised Anxiety Disorder, 2nd Edition
Myles-Hooton, Pamela	The CBT Handbook
Wax, Ruby	A mindfulness guide for the frazzled
Samuel, Julia	Grief Works
Rentzenbrink, Cathy	A Manual for Heartache
Williams, Mark	Mindfulness
Jordan, Mary	The Essential Guide to Life After Bereavement
Sagan, Olivia	The Recovery Letters
Eastham, Claire	We're all mad here
Williams, Christopher	Living Life to the Full
O'Connor, Annemarie	Body Image Problems and Body Dysmorphic Disorder
Foreman, Elaine Iljon	Cognitive Behavioural Therapy (CBT)
White, Jim	Stress Control
Cree, Michelle	The Compassionate Mind Approach To Postnatal Depression
Wilson, Rob	Overcoming Health Anxiety
Gourney, Kevin	The Sheldon Short Guide to Phobias and Panic.
Meadows, Guv	The Sleep Book