

Books on Prescription

Reading Well Books on Prescription helps you manage your well-being using self-help reading. The scheme is endorsed by health professionals and supported by public libraries. The following books provide evidence-based self-help for a variety of conditions.

Recommended reading

Please tick the book you would like to recommend and make sure you add your details at the end of the booklist. You can do this electronically or by printing the form and completing it by hand.

<input checked="" type="checkbox"/> Title	Author	Publisher
Anger		
<input type="checkbox"/> Overcoming Anger and Irritability	William Davies	Constable & Robinson
Anxiety		
<input type="checkbox"/> Overcoming Anxiety	Helen Kennerley	Constable & Robinson
<input type="checkbox"/> Overcoming Anxiety, Stress and Panic: A Five Areas Approach	Chris Williams	CRC Press
<input type="checkbox"/> Feel the Fear and Do it Anyway	Susan Jeffers	Vermilion
Binge eating/Bulimia Nervosa		
<input type="checkbox"/> Overcoming Binge Eating	Christopher G. Fairburn	Guilford Press
<input type="checkbox"/> Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders	Ulrike Schmidt and Janet Treasure	Routledge
<input type="checkbox"/> Overcoming Bulimia Nervosa and Binge Eating	Peter J. Cooper	Constable & Robinson
Chronic fatigue		
<input type="checkbox"/> Chronic Fatigue Syndrome (second edition)	Frankie Campling and Michael Sharpe	Oxford University Press
<input type="checkbox"/> Overcoming Chronic Fatigue	Mary Burgess with Trudie Chalder	Constable & Robinson
Chronic pain		
<input type="checkbox"/> Overcoming Chronic Pain	Frances Cole, Catherine Carus, Hazel Howden-Leach and Helen Macdonald	Constable & Robinson
Depression		
<input type="checkbox"/> Overcoming Depression and Low Mood: A Five Areas Approach (third edition)	Chris Williams	CRC Press
<input type="checkbox"/> Mind Over Mood: Change How You Feel by Changing the Way You Think	Dennis Greenberger and Christine Padesky	Guilford Press
<input type="checkbox"/> Overcoming Depression	Paul Gilbert	Constable & Robinson
Health anxiety		
<input type="checkbox"/> Overcoming Health Anxiety	David Veale and Rob Willson	Constable & Robinson
<input type="checkbox"/> An Introduction to Coping with Health Anxiety	Brenda Hogan and Charles Young	Constable & Robinson

✔ Title	Author	Publisher
Obsessions and compulsions		
<input type="radio"/> Overcoming Obsessive Compulsive Disorder	David Veale and Rob Willson	Constable & Robinson
<input type="radio"/> Understanding Obsessions and Compulsions	Frank Tallis	Sheldon Press
<input type="radio"/> Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT	Fiona Challacombe, Victoria Bream Oldfield and Paul M. Salkovskis	Vermilion
Panic		
<input type="radio"/> Overcoming Panic and Agoraphobia	Derrick Silove and Vijaya Manicavasagar	Constable & Robinson
<input type="radio"/> Panic Attacks: What They Are, Why They Happen and What You Can Do About Them	Christine Ingham	HarperCollins
Phobias		
<input type="radio"/> An Introduction to Coping with Phobias	Brenda Hogan	Constable & Robinson
Relationship problems		
<input type="radio"/> Overcoming Relationship Problems	Michael Crowe	Constable & Robinson
Self-esteem		
<input type="radio"/> Overcoming Low Self-esteem	Melanie Fennell	Constable & Robinson
<input type="radio"/> The Feeling Good Handbook	David Burns	Penguin
Sleep problems		
<input type="radio"/> Overcoming Insomnia and Sleep Problems	Colin A. Espie	Constable & Robinson
Social phobia		
<input type="radio"/> Overcoming Social Anxiety and Shyness	Gillian Butler	Constable & Robinson
Stress		
<input type="radio"/> The Relaxation and Stress Reduction Workbook	Martha Davis	New Harbinger
<input type="radio"/> Manage Your Stress for a Happier Life	Terry Looker and Olga Gregson	Hodder
Worry		
<input type="radio"/> The Worry Cure: Stop Worrying and Start Living	Robert L. Leahy	Piatkus Books
<input type="radio"/> How to Stop Worrying	Frank Tallis	Sheldon Press

Prescriber's name:

Job title:

Prescriber's further information or additional recommendations:

Prescriber's signature:

Joining the library

If you are not yet a member of your local library and would like to join, please insert your name and address and hand the form to a member of the library staff:

Name:

Address:

Prescriber's practice/organisation stamp:

For more information, go to www.readingagency.org.uk/readingwell

The Reading Well Books on Prescription core reading list is only available for use as part of the Reading Well Books on Prescription scheme. Permission to use this resource by agencies not subscribing to this scheme should be sought from The Reading Agency.