

ADULT SURVIVORS

29. The Courage to Heal by Ellen Bass and Laura Davies

SOCIAL ANXIETY

30. Overcoming Social Anxiety and Shyness by
Gillian Butler

STRESS

31. The Relaxation and Stress Reduction Workbook by
Martha Davis, et al.

32. Managing Stress: Teach Yourself by Terry Looker and
Olga Gregson

WORRY

33. How to Stop Worrying by Frank Tallis

A free interpreting service is available if you need help with this information.
Please telephone Stockport Interpreting Unit on 0161 477 9000.
Email: eds.admin@stockport.gov.uk

如果你需要他人為你解釋這份資料的內容，我們可以提供免費的傳譯服務，
請致電 0161 477 9000 史托波特傳譯部。

W przypadku gdybyś potrzebował pomocy odnośnie tej informacji,
dostępne są usługi tłumaczeniowe. Prosimy dzwonić do Interpreting
Unit pod numer 0161 477 9000.

যদি এই খবরগুলি সম্পর্কে আপনার কোন সাহায্য দরকার হয় তবে বিনা খরচে আপনার জন্য দোস্তখীর ব্যবস্থা করা হতে
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اگر آپ کو ان معلومات کے بارے میں مدد کی ضرورت ہے تو مفت ترجمانی کی سروس دستیاب ہے۔ براہ مہربانی انٹرنیٹنگ یونٹ کو
0161 477 9000 پر فون کریں۔

خدمات ترجمہ رایگان این اطلاعات در صورت نیاز موجود میباشد. لطفاً با شماره تلفن 0161 477 9000 یا
واحد ترجمه (اینترپریٹینگ یونٹ) ما تماس بگیرید.

تنوفر خدمت ترجمہ شفویة اذا تطلبت مساعدة في فهم هذا المعلومات. نرجو الاتصال اربن رینیول علی رقم
الهاتف: 0161 477 9000

If you have any problems or concerns about health care and would like
to speak to someone, please call Patient Advice Liason Service (PALS) on
0161 426 5888

The information in this booklet may be available in other formats, such as
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METROPOLITAN BOROUGH COUNCIL

ANGER

- 1. Overcoming Irritability and Anger by** Will Davies
- 2. Managing Anger by** Gael Lindenfield

ANOREXIA NERVOSA

- 3. Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers by** Janet Treasure
- 4. Overcoming Anorexia Nervosa by** Christopher Freeman

ANXIETY

- 5. Overcoming Anxiety by** Helen Kennerley

ASSERTIVENESS (WOMEN)

- 6. A Woman in Your Own Right by** Anne Dickson

BEREAVEMENT

- 7. Living with Loss by** Liz McNeill Taylor

BINGE-EATING DISORDER & BULIMIA NERVOSA

- 8. Bulimia Nervosa and Binge Eating by** Peter Cooper
- 9. Overcoming Binge Eating by** Chris Fairburn
- 10. Getting Better Bit(e) by Bit(e) by** Ulrike Schmidt and Janet Treasure

DEPRESSION

- 11. Overcoming Depression by** Paul Gilbert
- 12. Mind Over Mood by** Dennis Greenberger and Christine Padesky
- 13. The Feeling Good Handbook by** David Burns

GAMBLING

- 14. Overcoming Compulsive Gambling by** Alex Blazsynski

GENERAL

- 15. How To Cope When The Going Gets Tough by** Windy Dryden and Jack Gordon
- 16. Feel the Fear and Do it Anyway by** Susan Jeffers

HEAD INJURIES

- 17. Head Injury: A Practical Guide by** Trevor Powell

MANIC DEPRESSION

- 18. Overcoming Mood Swings by** Jan Scott

OBSESSIONS AND COMPULSIONS

- 19. Understanding Obsessions and Compulsions by** Frank Tallis

PANIC

- 20. Overcoming Panic by** Derrick Silove and Vijaya Manicavasagar
- 21. Panic Attacks by** Christine Ingham

POST TRAUMATIC STRESS DISORDER/TRAUMA

- 22. Overcoming Traumatic Stress by** Claudia Herbert and Ann Wetmore

SELF ESTEEM

- 23. Overcoming Low Self-Esteem by** Melanie Fennell
- 24. Self-Esteem for Women by** Lynda Field
- 25. Self-Esteem by** Gael Lindenfield
- 26. 10 Days to Great Self-Esteem by** David Burns

CHILD SEXUAL ABUSE

- 27. Breaking Free by** Carolyn Ainscough and Kay Toon
- 28. Beginning to Heal by** Ellen Bass & Laura Davies