























Reading Well Books on Prescription




































Books prescribed for: (please give name, address, postcode)	
Books prescribed by: (please give your name)	
Please give details of your organisation (name & address) or surgery stamp	Please give your designation (e.g. GP, IAPT Practitioner, Community Mental Health Team, Health Visitor)
	Signed: _____ Date: _____

Prescribers – Please circle / highlight a particular book to recommend it, or circle / highlight a topic and suggest that the person might pick the best book , audio  or e-book  to suit their needs.

Topic	Format	Title	Author
Anger	 	Overcoming Anger & Irritability	Davies, W.
		Dealing with Anger	*C&WPT
Anxiety	 	Overcoming Anxiety	Kennerley, H.
		Overcoming Anxiety, Stress & Panic: A Five Areas Approach	Williams, C.
		Feel the Fear & Do it Anyway	Jeffers, S.
		Introduction to Coping with Anxiety	Hogan, B.
		Dealing with Negative Thinking	*C&WPT
		Relaxation	*C&WPT
Binge Eating / Bulimia Nervosa		Overcoming Binge Eating	Fairburn, C.
		Getting Better Bit(e) by Bit(e)	Schmidt, U.
	 	Overcoming Bulimia Nervosa & Binge Eating	Cooper, P.
Chronic Fatigue		Chronic Fatigue Syndrome	Campling, F.
	 	Overcoming Chronic Fatigue	Burgess, M.
Chronic Pain	 	Overcoming Chronic Pain	Cole, F.

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Topic	Format	Title	Author
Depression		Overcoming Depression & Low Mood: A Five Areas Approach	Williams, C.
		Mind Over Mood	Greenberger, D.
		Manage your Mind	Butler, G
		Overcoming Depression	Gilbert, P.
		I had a Black Dog	Johnstone, M.
		Living With a Black Dog – for carer	Johnstone, M.
		Sod It!: the Depression 'Virus' & How to Deal with it	Davies, M.
		The Mindful Way Through Depression	Williams, M.
		Coping with Depression	**RCPsych.
Health Anxiety		Overcoming Health Anxiety	Veale, D.
		Introduction to Coping With Health Anxiety	Hogan, B.
Obsessions & Compulsions		Overcoming Obsessive Compulsive Disorder	Veale, D.
		Understanding Obsessions & Compulsions	Tallis, F.
		Break Free from OCD	Challacombe, F.
Panic		Overcoming Panic & Agoraphobia	Silove, D
		Panic Attacks	Ingham, C.
		Dealing with Panic Attacks	*C&WPT
Phobias		An Introduction to Coping With Phobias	Hogan, B.
Relationship Problems		Overcoming Relationship Problems	Crowe, M.
Self-Esteem		Overcoming Low Self-Esteem	Fennell, M.
		The Feeling Good Handbook	Burns, D.
		Assert Yourself	Lindenfield, G.
Social Phobia		Overcoming Social Anxiety & Shyness	Butler, G.
Sleep Problems		Overcoming Insomnia & Sleep Problems	Espie, C.
		Coping with Sleep Problems	**RCPsych.
Smoking		The Smokefree Formula A Revolutionary Way to Stop Smoking Now	Professor Robert West PhD
Stress		The Relaxation & Stress Reduction Workbook	Davis, M.
		Manage Your Stress for a Healthier Life	Looker, T.
		Sod It All! How to Deal with the Stress 'Virus' in your Life	Davies, M.
		Coping with Stress at Work	**RCPsych.
Worry		The Worry Cure	Leahy, R.
		How to Stop Worrying	Tallis, F.
		Dealing with Worry	*C&WPT

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