

Bibliotherapy: deepen your understanding through therapeutic reading

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Selected by the University of Reading Counselling and Wellbeing Service.

52 items

There is good evidence that self-help and other motivational books can support and educate people about many common emotional and mental health difficulties. Reading around the subject can broaden understanding of the problem or condition. Different books and different approaches suit different people. Reading a bibliotherapy book may be a starting point in identifying or dealing with a problem or it may prompt the reader to seek further, professional support from their GP or the Counselling service.

Remember that no one changes without making an effort: Many of the books in our list will offer a structured programme of activity, perhaps even require some homework. As with other self-help methods, the effectiveness of these books will largely depend on a reader who wants to make changes and who is prepared to take time to try out the advice.

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Addictions (3 items)

Alcohol (2 items)

First steps out of problem drinking, by John McMahon, 2010

Book

Kick the drink-- easily!, by Jason Vale, 2011

Book

Gambling (1 items)

First steps out of problem gambling, by Joanna Hughes; Lisa Ustok, 2011

Book

Anger (1 items)

Overcoming anger and irritability: a self-help guide using cognitive behavioral techniques, by William Davies, 2000

Book

Autism/Asperger Syndrome (5 items)

The essential difference, by Simon Baron-Cohen, 2004

Book

Asperger syndrome and anxiety, by Nick Dubin, 2009

Book

Cognitive-behavioral therapy for adult Asperger syndrome, by Valerie L. Gaus, 2007

Book

Asperger syndrome and employment: what people with Asperger syndrome really really want, by Sarah Hendrickx; ebrary, Inc, 2009

Book

The adolescent and adult neuro-diversity handbook: Asperger syndrome, ADHD, dyslexia, dyspraxia, and related conditions, by Sarah Hendrickx; ebrary, Inc, 2010

Book

Bereavement (3 items)

First steps through bereavement, by Sue Mayfield, 2011

Book

Bereavement: studies of grief in adult life, by Colin Murray Parkes, 1996

Book

On death and dying, by Elisabeth Kübler-Ross, 1969

Book

Depression (8 items)

I had a black dog: his name was depression, by Matthew Johnstone, 2007

Book

Living with a black dog: how to take care of someone with depression while looking after yourself, by Matthew Johnstone; Ainsley Johnstone, 2008

Book

Sunbathing in the rain: a cheerful book about depression, by Gwyneth Lewis, c2006

Book

The mindful way through depression: freeing yourself from chronic unhappiness, by J. Mark G. Williams, c2007

Book

Exercise for mood and anxiety: proven strategies for overcoming depression and enhancing well-being, by Michael W. Otto; Jasper A. J. Smits, 2011

Book

Beat the blues before they beat you: how to overcome depression, by Robert L. Leahy, 2010

Book

First steps out of depression, by Sue Atkinson, 2010

Book

Break the bipolar cycle: a day-by-day guide to living with bipolar disorder, by Elizabeth Brondolo; Xavier Francisco Amador, c2008

Book

Eating Distress (3 items)

First steps out of eating disorders, by Kate Middleton; Jane Smith, 2010

Book

Getting better bit(e) by bit(e): a survival kit for sufferers of bulimia nervosa and binge eating disorders, by Ulrike Schmidt; Janet Treasure, 1993

Book

Overcoming your eating disorder: a cognitive-behavioral treatment for bulimia nervosa and binge-eating disorder, Guided self-help workbook, by W. Stewart Agras; Robin F. Apple, 2008

Book

Happiness (2 items)

How To Be Fabulously Happy (most of the time!), by Ash Charlton, 2012

Book

The Myths of Happiness: What Should Make You Happy, But Doesn't, What Shouldn't Make You Happy, But Does, by Sonja Lyubomirsky, 2014

Book

Insomnia and sleep problems (1 items)

Overcoming Insomnia and Sleep Problems, by Colin A. Espie, January 26, 2006

Book

Mindfulness (4 items)

Quiet the mind: an illustrated guide on how to meditate, by Matthew Johnstone, 2012

Book

The mindful way through depression: freeing yourself from chronic unhappiness, by J. Mark G. Williams, c2007

Book

Mindsight: transform your brain with the new science of kindness, by Daniel J. Siegel, 2011

Book

Introducing Mindfulness: A Practical Guide, 2012

Book

Motivation (4 items)

Drive: the surprising truth about what motivates us, by Daniel H. Pink, 2011

Book

Mind whispering: a new map to freedom from self-defeating emotional habits, by Tara Bennett-Goleman, 2013

Book

Introducing Positive Psychology A Practical Guide, by Bridget Grenvill-Cleave, 2012

Book

The Start-up of You: Adapt to the Future, Invest in Yourself, and Transform Your Career, by Ben Casnocha, 7 Feb. 2013

Book

Obsessive Compulsive Disorder (OCD) (1 items)

Brain Lock, Twentieth Anniversary Edition: Free Yourself from Obsessive-Compulsive Behavior, 2017

Book

Perfectionism (2 items)

Letting go of perfectionism: gaining perspective, balance and ease, by Jay Earley; Bonnie Weiss, 2012

Book

Overcoming perfectionism: a self-help guide using cognitive behavioral techniques, by Roz Shafran; Sarah Egan; Tracey Wade, 2010

Book

Personalisty Disorders (1 items)

Sometimes I act crazy: living with borderline personality disorder, by Jerold J. Kreisman; Hal Straus, c2004

Book

Psychological thinking (3 items)

Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science, by Doidge Norman, 2008

Book

Healing without Freud or Prozac: natural approaches to curing stress, anxiety and depression, by David Servan-Schreiber, 2011

Book

Pocket guide to interpersonal neurobiology: an integrative handbook of the mind, by Daniel J. Siegel, c2012

Book

Relationships (1 items)

Families and how to survive them, by A. C. Robin Skynner; John Cleese, 1997

Book

Self-confidence (1 items)

The compassionate mind approach to building self-confidence, by Mary Welford, 2012

Book

Self-harm/self-injury (1 items)

Selfharm: The Path to Recovery, 2008

Book

Specific Learning Difficulties (1 items)

The adolescent and adult neuro-diversity handbook: Asperger syndrome, ADHD, dyslexia, dyspraxia, and related conditions, by Sarah Hendrickx; ebrary, Inc, 2010

Book

Stress/Panic Disorders (4 items)

Total stress relief: practical solutions that really work, by Vera Peiffer, 2003

Book

(How to) Free Yourself From Anxiety: A Self-Help Guide to Overcoming Anxiety Disorders

Book

Understanding panic attacks and overcoming fear, by Roger Baker, 2011

Book

When panic attacks: a new drug-free therapy to beat chronic shyness, anxiety and phobias, by David D. Burns, 2010, c2006

[Book](#)

Wellbeing (1 items)

49 Ways to Eat Yourself Well: Nutritional Science One Bite at a Time (49 Ways to Well-being), by Martina Watts, 28 Jun. 2012

[Book](#)

Further information at UoR (1 items)

Useful resources, by Counselling and Wellbeing

[Webpage](#)