

Bibliotherapy: deepen your understanding through therapeutic reading

Selected by the University of Reading Counselling and Wellbeing Service.

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@book{Agras_Apple_2008, address={Oxford}, title={Overcoming your eating disorder: a cognitive-behavioral treatment for bulimia nervosa and binge-eating disorder, Guided self-help workbook}, volume={Treatments that work}, url={http://site.ebrary.com/lib/reading/Doc?id=10229910}, publisher={Oxford University Press}, author={Agras, W. Stewart and Apple, Robin F.}, year={2008} }

@book{Atkinson_2010, address={Oxford}, edition={1st ed}, title={First steps out of depression}, volume={First steps start here}, publisher={Lion}, author={Atkinson, Sue}, year={2010} }

@book{Baker_2011, address={Oxford}, edition={Updated and rev. 3rd ed}, title={Understanding panic attacks and overcoming fear}, publisher={Lion}, author={Baker, Roger}, year={2011} }

@book{Baron-Cohen_2004, address={London}, title={The essential difference}, publisher={Penguin Books}, author={Baron-Cohen, Simon}, year={2004} }

@book{Ben Casnocha_7AD, title={The Start-up of You: Adapt to the Future, Invest in Yourself, and Transform Your Career}, url={https://www.amazon.co.uk/Start-up-You-Future-Yourself-Transform/dp/1847940803/ref=sr_1_1?ie=UTF8&qid=1487607488&sr=8-1&keywords=The+Start-up+of+You+hoffman}, publisher={Random House Business}, author={Ben Casnocha}, year={7AD} }

@book{Bennett-Goleman_2013, address={London}, title={Mind whispering: a new map to freedom from self-defeating emotional habits}, publisher={Rider}, author={Bennett-Goleman, Tara}, year={2013} }

@book{Brondolo_Amador_2008, address={New York}, title={Break the bipolar cycle: a day-by-day guide to living with bipolar disorder}, publisher={McGraw-Hill}, author={Brondolo, Elizabeth and Amador, Xavier Francisco}, year={2008} }

@book{Burns_2010, address={London}, title={When panic attacks: a new drug-free therapy to beat chronic shyness, anxiety and phobias}, publisher={Vermillion}, author={Burns, David D.}, year={2010} }

@book{Charlton_2012, title={How To Be Fabulously Happy (most of the time!)}, url={http://www.lulu.com/gb/en/shop/ash-charlton/how-to-be-fabulously-happy-most-of-the-time/paperback/product-20089743.html}, publisher={Ace Training}, author={Charlton, Ash}, year={2012} }

@book{Colin A. Espie, title={Overcoming Insomnia and Sleep Problems},
publisher={Constable and Robinson}, author={Colin A. Espie} }

@misc{Counselling and Wellbeing, title={Useful resources},
url={http://student.reading.ac.uk/essentials/_support-and-wellbeing/counselling-and-wellbeing/useful-resources.aspx}, author={Counselling and Wellbeing} }

@book{Davies_2000, address={London}, title={Overcoming anger and irritability: a self-help guide using cognitive behavioral techniques}, volume={Overcoming},
publisher={Robinson}, author={Davies, William}, year={2000} }

@book{Doidge Norman_2008, address={London}, title={Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science}, publisher={Penguin Books Ltd}, author={Doidge Norman}, year={2008} }

@book{Earley_Weiss_2012, address={Larkspur, CA}, title={Letting go of perfectionism: gaining perspective, balance and ease}, publisher={Pattern System Books},
author={Earley, Jay and Weiss, Bonnie}, year={2012} }

@book{Grenvill-Cleave_2012, title={Introducing Positive Psychology A Practical Guide},
publisher={Icon Books}, author={Grenvill-Cleave, Bridget}, year={2012} }

@book{Hendrickx_ebrary, Inc_2009, address={London}, title={Asperger syndrome and employment: what people with Asperger syndrome really really want},
url={<http://site.ebrary.com/lib/reading/Doc?id=10273818>}, publisher={Jessica Kingsley Publishers}, author={Hendrickx, Sarah and ebrary, Inc}, year={2009} }

@book{Hendrickx_ebrary, Inc_2010a, address={London}, title={The adolescent and adult neuro-diversity handbook: Asperger syndrome, ADHD, dyslexia, dyspraxia, and related conditions}, url={<http://site.ebrary.com/lib/reading/Doc?id=10415809>},
publisher={Jessica Kingsley Publishers}, author={Hendrickx, Sarah and ebrary, Inc}, year={2010} }

@book{Hendrickx_ebrary, Inc_2010b, address={London}, title={The adolescent and adult neuro-diversity handbook: Asperger syndrome, ADHD, dyslexia, dyspraxia, and related conditions}, url={<http://site.ebrary.com/lib/reading/Doc?id=10415809>},
publisher={Jessica Kingsley Publishers}, author={Hendrickx, Sarah and ebrary, Inc}, year={2010} }

@book{Hughes_Ustok_2011, address={Oxford}, title={First steps out of problem gambling}, volume={First steps}, publisher={Lion}, author={Hughes, Joanna and Ustok, Lisa}, year={2011} }

@book{Johnstone_2007, address={London}, title={I had a black dog: his name was depression}, publisher={Constable & Robinson}, author={Johnstone, Matthew},
year={2007} }

@book{Johnstone_2012, address={London}, title={Quiet the mind: an illustrated guide on how to meditate}, publisher={Robinson}, author={Johnstone, Matthew},
year={2012} }

@book{Johnstone_Johnstone_2008, address={London}, title={Living with a black dog: how to take care of someone with depression while looking after yourself}, publisher={Constable & Robinson}, author={Johnstone, Matthew and Johnstone, Ainsley}, year={2008} }

@book{Kreisman_Straus_2004, address={Hoboken, N.J.}, title={Sometimes I act crazy: living with borderline personality disorder}, url={<https://ebookcentral.proquest.com/lib/reading/detail.action?milDocID=422880>}, publisher={John Wiley & Sons}, author={Kreisman, Jerold J. and Straus, Hal}, year={2004} }

@book{Kübler-Ross_1969, address={London}, title={On death and dying}, volume={Social science paperbacks, SSP 104}, publisher={Tavistock Publications}, author={Kübler-Ross, Elisabeth}, year={1969} }

@book{Leahy_2010, address={London}, title={Beat the blues before they beat you: how to overcome depression}, publisher={Hay House}, author={Leahy, Robert L.}, year={2010} }

@book{Lewis_2006, address={London}, title={Sunbathing in the rain: a cheerful book about depression}, publisher={Harper Perennial}, author={Lewis, Gwyneth}, year={2006} }

@book{Martina Watts_28AD, title={49 Ways to Eat Yourself Well: Nutritional Science One Bite at a Time (49 Ways to Well-being)}, url={https://www.amazon.co.uk/Ways-Eat-Yourself-Well-Nutritional/dp/1908779063/ref=sr_1_1?ie=UTF8&qid=1487608607&sr=8-1&keywords=49+Ways+to+eat+yourself+well}, publisher={Step Beach Press}, author={Martina Watts}, year={28AD} }

@book{Mayfield_2011, address={Oxford}, title={First steps through bereavement}, publisher={Lion}, author={Mayfield, Sue}, year={2011} }

@book{McMahon_2010, address={Oxford}, title={First steps out of problem drinking}, publisher={Lion}, author={McMahon, John}, year={2010} }

@book{Middleton_Smith_2010, address={Oxford}, edition={1st ed}, title={First steps out of eating disorders}, publisher={Lion}, author={Middleton, Kate and Smith, Jane}, year={2010} }

@book{Nick Dubin_2009, address={London}, title={Asperger syndrome and anxiety}, publisher={Jessica Kingsley Publishers}, author={Nick Dubin}, year={2009} }

@book{Otto_Smits_2011, address={New York, NY}, title={Exercise for mood and anxiety: proven strategies for overcoming depression and enhancing well-being}, url={<http://site.ebrary.com/lib/reading/Doc?id=10477983>}, publisher={Oxford University Press}, author={Otto, Michael W. and Smits, Jasper A. J.}, year={2011} }

@book{Parkes_1996, address={London}, edition={3rd ed}, title={Bereavement: studies of grief in adult life}, publisher={Routledge}, author={Parkes, Colin Murray}, year={1996} }

@book{Peiffer_2003, address={London}, title={Total stress relief: practical solutions that really work}, publisher={Piatkus}, author={Peiffer, Vera}, year={2003} }

@book{Pink_2011, address={Edinburgh}, title={Drive: the surprising truth about what motivates us}, publisher={Canongate}, author={Pink, Daniel H.}, year={2011} }

@book{Schmidt_Treasure_1993, address={London}, title={Getting better bit(e) by bit(e): a survival kit for sufferers of bulimia nervosa and binge eating disorders}, publisher={Routledge}, author={Schmidt, Ulrike and Treasure, Janet}, year={1993} }

@book{Servan-Schreiber_2011, address={London}, title={Healing without Freud or Prozac: natural approaches to curing stress, anxiety and depression}, publisher={Rodale}, author={Servan-Schreiber, David}, year={2011} }

@book{Shafran_Egan_Wade_2010, address={London}, title={Overcoming perfectionism: a self-help guide using cognitive behavioral techniques}, publisher={Robinson}, author={Shafran, Roz and Egan, Sarah and Wade, Tracey}, year={2010} }

@book{Siegel_2011, address={Oxford}, title={Mindsight: transform your brain with the new science of kindness}, publisher={Oneworld}, author={Siegel, Daniel J.}, year={2011} }

@book{Siegel_2012, address={New York}, edition={1st ed}, title={Pocket guide to interpersonal neurobiology: an integrative handbook of the mind}, volume={The Norton series on interpersonal neurobiology}, publisher={W.W. Norton}, author={Siegel, Daniel J.}, year={2012} }

@book{Skynner_Cleese_1997, address={London}, title={Families and how to survive them}, publisher={Vermilion}, author={Skynner, A. C. Robin and Cleese, John}, year={1997} }

@book{Sonja Lyubomirsky_2014, title={The Myths of Happiness: What Should Make You Happy, But Doesn't, What Shouldn't Make You Happy, But Does}, url={https://www.amazon.co.uk/d/Books/Myths-Happiness-What-Should-Happy-Doesnt-Shouldnt/014312451X/ref=sr_1_1?ie=UTF8&qid=1487606837&sr=8-1&keywords=The+myths+of+Happiness}, publisher={Penguin Books}, author={Sonja Lyubomirsky}, year={2014} }

@book{Vale_2011, address={Bancyfelin}, title={Kick the drink-- easily!}, publisher={Crown House}, author={Vale, Jason}, year={2011} }

@book{Valerie L. Gaus_2007, address={New York}, title={Cognitive-behavioral therapy for adult Asperger syndrome}, publisher={Guilford Press}, author={Valerie L. Gaus}, year={2007} }

@book{Welford_2012, address={London}, title={The compassionate mind approach to building self-confidence}, publisher={Robinson}, author={Welford, Mary}, year={2012} }

@book{Williams_2007a, address={New York}, title={The mindful way through depression: freeing yourself from chronic unhappiness}, publisher={Guilford Press},

author={Williams, J. Mark G.}, year={2007} }

@book{Williams_2007b, address={New York}, title={The mindful way through depression: freeing yourself from chronic unhappiness}, publisher={Guilford Press}, author={Williams, J. Mark G.}, year={2007} }

@book{Selfharm: The Path to Recovery_2008, url={https://www.amazon.co.uk/Selfharm-Path-Recovery-Kate-Middleton/dp/0745953190/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=1487601115&sr=8-1}, publisher={Lion Books}, year={2008} }

@book{Introducing Mindfulness: A Practical Guide_2012, url={https://www.amazon.co.uk/Introducing-Mindfulness-Practical-Tessa-Watt/dp/1848312555/ref=pd_cp_14_1?_encoding=UTF8&psc=1&refRID=R6EBQS3AZXKRMBDH8MPN}, publisher={Icon Books}, year={2012} }

@book{Brain Lock, Twentieth Anniversary Edition: Free Yourself from Obsessive-Compulsive Behavior_2017, url={https://www.amazon.co.uk/Brain-Lock-Twentieth-Anniversary-Obsessive-Compulsive/dp/006256143X/ref=sr_1_1?ie=UTF8&qid=1487601452&sr=8-1&keywords=brain+lock+schwartz}, publisher={Harper Perennial; Twentieth Anniversary Edition edition}, year={2017} }

@book{(How to) Free Yourself From Anxiety: A Self-Help Guide to Overcoming Anxiety Disorders, publisher={How to Books} }