

Bibliotherapy: deepen your understanding through therapeutic reading

Selected by the University of Reading Counselling and Wellbeing Service.

View Online



-
- Agras, W. Stewart, and Robin F. Apple. 2008. *Overcoming Your Eating Disorder: A Cognitive-Behavioral Treatment for Bulimia Nervosa and Binge-Eating Disorder, Guided Self-Help Workbook* (Oxford: Oxford University Press)
<<http://site.ebrary.com/lib/reading/Doc?id=10229910>>
- Atkinson, Sue. 2010. *First Steps out of Depression*, 1st ed (Oxford: Lion)
- Baker, Roger. 2011. *Understanding Panic Attacks and Overcoming Fear*, Updated and rev. 3rd ed (Oxford: Lion)
- Baron-Cohen, Simon. 2004. *The Essential Difference* (London: Penguin Books)
- Ben Casnocha. 7AD. *The Start-up of You: Adapt to the Future, Invest in Yourself, and Transform Your Career* (Random House Business)
<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>
- Bennett-Goleman, Tara. 2013. *Mind Whispering: A New Map to Freedom from Self-Defeating Emotional Habits* (London: Rider)
- Brain Lock, Twentieth Anniversary Edition: *Free Yourself from Obsessive-Compulsive Behavior*. 2017. (Harper Perennial; Twentieth Anniversary Edition edition)
<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>
- Brondolo, Elizabeth, and Xavier Francisco Amador. 2008. *Break the Bipolar Cycle: A Day-by-Day Guide to Living with Bipolar Disorder* (New York: McGraw-Hill)
- Burns, David D. 2010. *When Panic Attacks: A New Drug-Free Therapy to Beat Chronic Shyness, Anxiety and Phobias* (London: Vermillion)
- Charlton, Ash. 2012. *How To Be Fabulously Happy (Most of the Time!)* (Ace Training)
<<http://www.lulu.com/gb/en/shop/ash-charlton/how-to-be-fabulously-happy-most-of-the-time/paperback/product-20089743.html>>
- Colin A. Espie. [n.d.]. *Overcoming Insomnia and Sleep Problems* (Constable and Robinson)
- Counselling and Wellbeing. [n.d.]. 'Useful Resources'
<http://student.reading.ac.uk/essentials/_support-and-wellbeing/counselling-and-wellbeing/>

useful-resources.aspx>

Davies, William. 2000. *Overcoming Anger and Irritability: A Self-Help Guide Using Cognitive Behavioral Techniques* (London: Robinson)

Doidge Norman. 2008. *Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science* (London: Penguin Books Ltd)

Earley, Jay, and Bonnie Weiss. 2012. *Letting Go of Perfectionism: Gaining Perspective, Balance and Ease* (Larkspur, CA: Pattern System Books)

Grenvill-Cleave, Bridget. 2012. *Introducing Positive Psychology A Practical Guide* (Icon Books)

Hendrickx, Sarah and ebrary, Inc. 2009. *Asperger Syndrome and Employment: What People with Asperger Syndrome Really Really Want* (London: Jessica Kingsley Publishers) <<http://site.ebrary.com/lib/reading/Doc?id=10273818>>

———. 2010a. *The Adolescent and Adult Neuro-Diversity Handbook: Asperger Syndrome, ADHD, Dyslexia, Dyspraxia, and Related Conditions* (London: Jessica Kingsley Publishers) <<http://site.ebrary.com/lib/reading/Doc?id=10415809>>

———. 2010b. *The Adolescent and Adult Neuro-Diversity Handbook: Asperger Syndrome, ADHD, Dyslexia, Dyspraxia, and Related Conditions* (London: Jessica Kingsley Publishers) <<http://site.ebrary.com/lib/reading/Doc?id=10415809>>

(How to) *Free Yourself From Anxiety: A Self-Help Guide to Overcoming Anxiety Disorders*. [n.d.]. (How to Books)

Hughes, Joanna, and Lisa Ustok. 2011. *First Steps out of Problem Gambling* (Oxford: Lion) *Introducing Mindfulness: A Practical Guide*. 2012. (Icon Books) <https://www.amazon.co.uk/Introducing-Mindfulness-Practical-Tessa-Watt/dp/1848312555/ref=pd_cp_14_1?_encoding=UTF8&psc=1&refRID=R6EBQS3AZXKRMBDH8MPN>

Johnstone, Matthew. 2007. *I Had a Black Dog: His Name Was Depression* (London: Constable & Robinson)

———. 2012. *Quiet the Mind: An Illustrated Guide on How to Meditate* (London: Robinson)

Johnstone, Matthew, and Ainsley Johnstone. 2008. *Living with a Black Dog: How to Take Care of Someone with Depression While Looking after Yourself* (London: Constable & Robinson)

Kreisman, Jerold J., and Hal Straus. 2004. *Sometimes I Act Crazy: Living with Borderline Personality Disorder* (Hoboken, N.J.: John Wiley & Sons) <<https://ebookcentral.proquest.com/lib/reading/detail.action?milDocID=422880>>

Kübler-Ross, Elisabeth. 1969. *On Death and Dying* (London: Tavistock Publications)

Leahy, Robert L. 2010. *Beat the Blues before They Beat You: How to Overcome Depression*

(London: Hay House)

Lewis, Gwyneth. 2006. *Sunbathing in the Rain: A Cheerful Book about Depression* (London: Harper Perennial)

Martina Watts. 28AD. *49 Ways to Eat Yourself Well: Nutritional Science One Bite at a Time (49 Ways to Well-Being)* (Step Beach Press)
<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>

Mayfield, Sue. 2011. *First Steps through Bereavement* (Oxford: Lion)

McMahon, John. 2010. *First Steps out of Problem Drinking* (Oxford: Lion)

Middleton, Kate, and Jane Smith. 2010. *First Steps out of Eating Disorders*, 1st ed (Oxford: Lion)

Nick Dubin. 2009. *Asperger Syndrome and Anxiety* (London: Jessica Kingsley Publishers)

Otto, Michael W., and Jasper A. J. Smits. 2011. *Exercise for Mood and Anxiety: Proven Strategies for Overcoming Depression and Enhancing Well-Being* (New York, NY: Oxford University Press) <<http://site.ebrary.com/lib/reading/Doc?id=10477983>>

Parkes, Colin Murray. 1996. *Bereavement: Studies of Grief in Adult Life*, 3rd ed (London: Routledge)

Peiffer, Vera. 2003. *Total Stress Relief: Practical Solutions That Really Work* (London: Piatkus)

Pink, Daniel H. 2011. *Drive: The Surprising Truth about What Motivates Us* (Edinburgh: Canongate)

Schmidt, Ulrike, and Janet Treasure. 1993. *Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders* (London: Routledge)

Selfharm: The Path to Recovery. 2008. (Lion Books)
<https://www.amazon.co.uk/Selfharm-Path-Recovery-Kate-Middleton/dp/0745953190/ref=tm_pap_swatch_0?_encoding=UTF8&qid=1487601115&sr=8-1>

Servan-Schreiber, David. 2011. *Healing without Freud or Prozac: Natural Approaches to Curing Stress, Anxiety and Depression* (London: Rodale)

Shafran, Roz, Sarah Egan, and Tracey Wade. 2010. *Overcoming Perfectionism: A Self-Help Guide Using Cognitive Behavioral Techniques* (London: Robinson)

Siegel, Daniel J. 2011. *Mindsight: Transform Your Brain with the New Science of Kindness* (Oxford: Oneworld)

———. 2012. *Pocket Guide to Interpersonal Neurobiology: An Integrative Handbook of the Mind*, 1st ed (New York: W.W. Norton)

Skyner, A. C. Robin, and John Cleese. 1997. *Families and How to Survive Them* (London: Vermilion)

Sonja Lyubomirsky. 2014. *The Myths of Happiness: What Should Make You Happy, But Doesn't, What Shouldn't Make You Happy, But Does* (Penguin Books)
<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>

Vale, Jason. 2011. *Kick the Drink-- Easily!* (Bancyfelin: Crown House)

Valerie L. Gaus. 2007. *Cognitive-Behavioral Therapy for Adult Asperger Syndrome* (New York: Guilford Press)

Welford, Mary. 2012. *The Compassionate Mind Approach to Building Self-Confidence* (London: Robinson)

Williams, J. Mark G. 2007a. *The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness* (New York: Guilford Press)

———. 2007b. *The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness* (New York: Guilford Press)