

## 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. Overcoming Your Eating Disorder: A Cognitive-Behavioral Treatment for Bulimia Nervosa and Binge-Eating Disorder, Guided Self-Help Workbook. Treatments that work. Oxford: Oxford University Press, 2008. Web. <<http://site.ebrary.com/lib/reading/Doc?id=10229910>>.

Atkinson, Sue. First Steps out of Depression. 1st ed. First steps start here. Oxford: Lion, 2010. Print.

Baker, Roger. Understanding Panic Attacks and Overcoming Fear. Updated and rev. 3rd ed. Oxford: Lion, 2011. Print.

Baron-Cohen, Simon. The Essential Difference. London: Penguin Books, 2004. Print.

Ben Casnocha. The Start-up of You: Adapt to the Future, Invest in Yourself, and Transform Your Career. Random House Business, 7AD. Web. <[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](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. Mind Whispering: A New Map to Freedom from Self-Defeating Emotional Habits. London: Rider, 2013. Print.

Brain Lock, Twentieth Anniversary Edition: Free Yourself from Obsessive-Compulsive Behavior. Harper Perennial; Twentieth Anniversary Edition edition, 2017. Web. <[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](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. Break the Bipolar Cycle: A Day-by-Day Guide to Living with Bipolar Disorder. New York: McGraw-Hill, 2008. Print.

Burns, David D. When Panic Attacks: A New Drug-Free Therapy to Beat Chronic Shyness, Anxiety and Phobias. London: Vermillion, 2010. Print.

Charlton, Ash. How To Be Fabulously Happy (Most of the Time!). Ace Training, 2012. Web. <<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. Overcoming Insomnia and Sleep Problems. Constable and Robinson. Print. Counselling and Wellbeing. 'Useful Resources'. N.p., n.d. Web.

<[http://student.reading.ac.uk/essentials/\\_support-and-wellbeing/counselling-and-wellbeing/useful-resources.aspx](http://student.reading.ac.uk/essentials/_support-and-wellbeing/counselling-and-wellbeing/useful-resources.aspx)>.

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

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

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

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

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

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

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

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

Hughes, Joanna, and Lisa Ustok. *First Steps out of Problem Gambling*. First steps. Oxford: Lion, 2011. Print.

*Introducing Mindfulness: A Practical Guide*. Icon Books, 2012. Web. <[https://www.amazon.co.uk/Introducing-Mindfulness-Practical-Tessa-Watt/dp/1848312555/ref=pd\\_cp\\_14\\_1?\\_encoding=UTF8&psc=1&refRID=R6EBQS3AZXKRMBDH8MPN](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. *I Had a Black Dog: His Name Was Depression*. London: Constable & Robinson, 2007. Print.

---. *Quiet the Mind: An Illustrated Guide on How to Meditate*. London: Robinson, 2012. Print.

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

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

Kübler-Ross, Elisabeth. *On Death and Dying*. Social science paperbacks, SSP 104. London: Tavistock Publications, 1969. Print.

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

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

Martina Watts. *49 Ways to Eat Yourself Well: Nutritional Science One Bite at a Time (49 Ways to Well-Being)*. Step Beach Press, 28AD. Web.  
<[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](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. *First Steps through Bereavement*. Oxford: Lion, 2011. Print.

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

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

Nick Dubin. *Asperger Syndrome and Anxiety*. London: Jessica Kingsley Publishers, 2009. Print.

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

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

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

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

Schmidt, Ulrike, and Janet Treasure. *Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders*. London: Routledge, 1993. Print.  
*Selfharm: The Path to Recovery*. Lion Books, 2008. Web.  
<[https://www.amazon.co.uk/Selfharm-Path-Recovery-Kate-Middleton/dp/0745953190/ref=tmm\\_pap\\_swatch\\_0?\\_encoding=UTF8&qid=1487601115&sr=8-1](https://www.amazon.co.uk/Selfharm-Path-Recovery-Kate-Middleton/dp/0745953190/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=1487601115&sr=8-1)>.

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

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

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

---. Pocket Guide to Interpersonal Neurobiology: An Integrative Handbook of the Mind. 1st ed. The Norton series on interpersonal neurobiology. New York: W.W. Norton, 2012. Print.  
Skynner, A. C. Robin, and John Cleese. Families and How to Survive Them. London: Vermilion, 1997. Print.

Sonja Lyubomirsky. The Myths of Happiness: What Should Make You Happy, But Doesn't, What Shouldn't Make You Happy, But Does. Penguin Books, 2014. Web.  
<[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](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. Kick the Drink-- Easily! Bancyfelin: Crown House, 2011. Print.

Valerie L. Gaus. Cognitive-Behavioral Therapy for Adult Asperger Syndrome. New York: Guilford Press, 2007. Print.

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

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

---. The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness. New York: Guilford Press, 2007. Print.