

# Bibliotherapy: deepen your understanding through therapeutic reading

Selected by the University of Reading Counselling and Wellbeing Service.

View Online



- 
1.  
McMahon, J.: First steps out of problem drinking. Lion, Oxford (2010).
  
  2.  
Vale, J.: Kick the drink-- easily! Crown House, Bancyfelin (2011).
  
  3.  
Hughes, J., Ustok, L.: First steps out of problem gambling. Lion, Oxford (2011).
  
  4.  
Davies, W.: Overcoming anger and irritability: a self-help guide using cognitive behavioral techniques. Robinson, London (2000).
  
  5.  
Baron-Cohen, S.: The essential difference. Penguin Books, London (2004).
  
  6.  
Nick Dubin: Asperger syndrome and anxiety. Jessica Kingsley Publishers, London (2009).

7.

Valerie L. Gaus: Cognitive-behavioral therapy for adult Asperger syndrome. Guilford Press, New York (2007).

8.

Hendrickx, S., ebrary, Inc: Asperger syndrome and employment: what people with Asperger syndrome really really want. Jessica Kingsley Publishers, London (2009).

9.

Hendrickx, S., ebrary, Inc: The adolescent and adult neuro-diversity handbook: Asperger syndrome, ADHD, dyslexia, dyspraxia, and related conditions. Jessica Kingsley Publishers, London (2010).

10.

Mayfield, S.: First steps through bereavement. Lion, Oxford (2011).

11.

Parkes, C.M.: Bereavement: studies of grief in adult life. Routledge, London (1996).

12.

Kübler-Ross, E.: On death and dying. Tavistock Publications, London (1969).

13.

Johnstone, M.: I had a black dog: his name was depression. Constable & Robinson, London (2007).

14.

Johnstone, M., Johnstone, A.: Living with a black dog: how to take care of someone with depression while looking after yourself. Constable & Robinson, London (2008).

15.

Lewis, G.: Sunbathing in the rain: a cheerful book about depression. Harper Perennial, London (2006).

16.

Williams, J.M.G.: The mindful way through depression: freeing yourself from chronic unhappiness. Guilford Press, New York (2007).

17.

Otto, M.W., Smits, J.A.J.: Exercise for mood and anxiety: proven strategies for overcoming depression and enhancing well-being. Oxford University Press, New York, NY (2011).

18.

Leahy, R.L.: Beat the blues before they beat you: how to overcome depression. Hay House, London (2010).

19.

Atkinson, S.: First steps out of depression. Lion, Oxford (2010).

20.

Brondolo, E., Amador, X.F.: Break the bipolar cycle: a day-by-day guide to living with bipolar disorder. McGraw-Hill, New York (2008).

21.

Middleton, K., Smith, J.: First steps out of eating disorders. Lion, Oxford (2010).

22.

Schmidt, U., Treasure, J.: Getting better bit(e) by bit(e): a survival kit for sufferers of bulimia nervosa and binge eating disorders. Routledge, London (1993).

23.

Agras, W.S., Apple, R.F.: Overcoming your eating disorder: a cognitive-behavioral treatment for bulimia nervosa and binge-eating disorder, Guided self-help workbook. Oxford University Press, Oxford (2008).

24.

Charlton, A.: How To Be Fabulously Happy (most of the time!). Ace Training (2012).

25.

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).

26.

Colin A. Espie: Overcoming Insomnia and Sleep Problems. Constable and Robinson.

27.

Johnstone, M.: Quiet the mind: an illustrated guide on how to meditate. Robinson, London (2012).

28.

Williams, J.M.G.: The mindful way through depression: freeing yourself from chronic unhappiness. Guilford Press, New York (2007).

29.

Siegel, D.J.: Mindsight: transform your brain with the new science of kindness. Oneworld, Oxford (2011).

30.

Introducing Mindfulness: A Practical Guide. Icon Books (2012).

31.

Pink, D.H.: Drive: the surprising truth about what motivates us. Canongate, Edinburgh (2011).

32.

Bennett-Goleman, T.: Mind whispering: a new map to freedom from self-defeating emotional habits. Rider, London (2013).

33.

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

34.

Ben Casnocha: The Start-up of You: Adapt to the Future, Invest in Yourself, and Transform Your Career. Random House Business (7)AD.

35.

Brain Lock, Twentieth Anniversary Edition: Free Yourself from Obsessive-Compulsive Behavior. Harper Perennial; Twentieth Anniversary Edition edition (2017).

36.

Earley, J., Weiss, B.: Letting go of perfectionism: gaining perspective, balance and ease. Pattern System Books, Larkspur, CA (2012).

37.

Shafran, R., Egan, S., Wade, T.: *Overcoming perfectionism: a self-help guide using cognitive behavioral techniques*. Robinson, London (2010).

38.

Kreisman, J.J., Straus, H.: *Sometimes I act crazy: living with borderline personality disorder*. John Wiley & Sons, Hoboken, N.J. (2004).

39.

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

40.

Servan-Schreiber, D.: *Healing without Freud or Prozac: natural approaches to curing stress, anxiety and depression*. Rodale, London (2011).

41.

Siegel, D.J.: *Pocket guide to interpersonal neurobiology: an integrative handbook of the mind*. W.W. Norton, New York (2012).

42.

Skygger, A.C.R., Cleese, J.: *Families and how to survive them*. Vermilion, London (1997).

43.

Welford, M.: *The compassionate mind approach to building self-confidence*. Robinson, London (2012).

44.

Selfharm: *The Path to Recovery*. Lion Books (2008).

45.

Hendrickx, S., ebrary, Inc: The adolescent and adult neuro-diversity handbook: Asperger syndrome, ADHD, dyslexia, dyspraxia, and related conditions. Jessica Kingsley Publishers, London (2010).

46.

Peiffer, V.: Total stress relief: practical solutions that really work. Piatkus, London (2003).

47.

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

48.

Baker, R.: Understanding panic attacks and overcoming fear. Lion, Oxford (2011).

49.

Burns, D.D.: When panic attacks: a new drug-free therapy to beat chronic shyness, anxiety and phobias. Vermillion, London (2010).

50.

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

51.

Counselling and Wellbeing: Useful resources,  
[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).