

Mental Health and Well-being - Books in the Library

We have produced this list of books that can be found in the Greenhead College library to support your mental health and well-being.

You can also access this book list on Moodle. Login to Moodle, click "Library Resources", then "Recommended reading", then "Subject read around lists" and then "self help". You can see books and check availability before even going to the library.

If you prefer to not go to the library shelves to find a book yourself, please email the title and author to clawson@greenhead.ac.uk. Christine will then put book for collection in the library office. You can go to the library desk and say you have a book to pick up.

Abuse, trauma and abusive relationships

8 keys to safe trauma recovery: Take-charge strategies to empower your healing	B Rothschild	158.1	ROT
Narcissism, How to break free from a narcissistic partner	E Wright	158.1	WRI
Strong at the broken places: Overcoming the trauma of childhood abuse	L T Sanford	158.1	SAN
The covert passive aggressive narcissist. Recognising the traits and finding healing after hidden emotional and psychological abuse	D Mirza	158.1	MIR
The emotionally abusive relationships: how to stop being abused and how to stop abusing	B Engel	158.1	ENG
The Journey. A roadmap for self-healing and narcissistic abuse	Miller	158.1	MIL
The little book of resilience: How to bounce back from adversity and lead a fulfilling life	M Johnstone	158.1	JOH
The warrior within: A one in four handbook to aid recovery from childhood sexual abuse and violence	C Sanderson	158.1	SAN
Treating Risky and Compulsive Behaviour in Trauma Survivors	J Briese	158.1	BRI

Addiction

Addiction	D Lobban	61.3.8	ISS
Alcohol	T Brand	613.8	ISS
Alcohol Issues	T Biram	613.81	ISS
Courage to be me: living with alcoholism	Alateen	158.1	ALA
Drug Use and Abuse	T Biram	613.8	ISS
Drugs	C Acred	306.48	ISS
Gambling	D Lobban	306.48	ISS
Gambling Culture	T Biram	306.48	ISS
Gambling Problems	L Firth	306.48	ISS

Gambling Trends	L Firth	306.48	ISS
Good reasons for bad feelings	R Nesse	616.89	NES
Smoking	D Lobban	613.8	ISS
Understanding Alcohol	C Acred	613.8	ISS
Your Drug May be Your Problem	P R Breggin	616.86	BRE
Adopted teens only: a survival guide to adolescence	D Gorbett	158.1	GOR

Anger

Managing Anger: Without hurting yourself or others	G Lindenfield	158.1	LIN
Overcoming Anger and Irritability: A self-help guide using cognitive behavioural techniques	W Davies	158.1	DAV

Anxiety, worry, panic and stress

10 Simple Solutions to Worry	S Dorland	158.1	DOR
10 Simple Solutions to Worry: How to calm your mind, relax your body and reclaim your life	K L Gyoerkoe & P S Wiegartz	158.1	GYO
12 Rules for Life	J Peterson	158.1	PET
Am I Normal Yet?	H Bourne	158.1	BOU
Anxiety	D Lobban	157.8	LOB
At last a life: anxiety and panic free.	P David	158.1	DAV
Autism, Anxiety and Me: A diary in even numbers	E Bridge	158.1	BRI
Chimp Paradox	S Peters	158.1	PET
Courage Calls to Courage Everywhere	J Winterson	158.1	WIN
Don't Sweat the Small Stuff	R Carlson	158.1	CAR
Feel the Fear and Do it Anyway	S Jeffers	158.1	JEF
Fighting invisible tigers: Stress management for teens	E Hipp	158.1	HIP
Good reasons for bad feelings	R Nesse	616.89	NES
Happy; finding joy in every day and letting go of perfect	F Cotton	158.1	COT
It's All in Your Head: A guide to getting your sh*t together	R Earl	158.1	EAR
Making Friends with Anxiety	S Rayner	158.1	RAY
Mind Your Head	J Dawson	158.1	DAW
Mindfulness for Health - A practical guide to relieving pain, reducing stress and restoring wellbeing	M Williams	158.1	WIL
My Anxiety Handbook: Getting back on track	Knowles, Gallagher &	158.1	KNO
My Anxious Mind: A teens guide to managing anxiety and panic	M A Thompkins & K A Martinez	158.1	THO
Overcoming anxiety: A self help guide using cognitive behavioural techniques	H Kennerley	158.1	KEN

Overcoming guilt	W Dryden	158.1	DRY
Overcoming Stress: A self-help guide using cognitive behavioural techniques	L Bosan & G Todd	158.1	BOS
Overcoming worry: A self-help guide using cognitive behavioural techniques	K Meares & M Freeston	158.1	MEA
Self-help for your nerves	C Weekes	158.1	WEE
Self-Knowledge - The School of Life		158.1	
Senbazuru	M J Wong	158.1	WON
Starving the Anxiety Gremlin	K Collins Donnelly	158.1	COL
Stress	J Horowitz	158.1	HOR
Stress: Your questions answered	R Simmons	158.1	SIM
The Anxiety Epidemic	T Biram	157.8	ISS
The Book of Hope	J Goodall	689.9	GOO
The Crisis Book: overcoming and surviving work-life challenges	R Hughes & A Kinder & G L	158.1	HUG
The empowered highly sensitive persons	A Cassil	158.1	CAS
The Little Book of Calm	P Wilson	158.1	WIL

Bullying

Bullied	M Gaspen	158.1	GAS
Living while black' the essential guide to overcoming racial trauma	G Kinouani	158.1	KIN
The Survival Guide to Bullying: Written by a teen	A Mayrock	158.1	MAY

Dementia and caring

Caring for loved ones in old age	Daily Telegraph	305.26	DAI
Dementia	F Earlestein	613	EAR

Depression and low mood

4 Pillar Plan. How to relax, eat, move, sleep your way to a longer, healthier life	R Chatergee	158.1	CHA
Be Happy	S Duff	158.1	DUF
Beat depression and reclaim your life	A Massey	158.1	MAS
Depression	D Lobban	157.8	LSS
Eight Steps to Happiness	K Gyatso	158.1	KEL
Exploring Depression and Beating the Blues: A CBT self-help guide to understanding and coping with depression in Asperger's syndrome	T Attwood, M Garnett & C	158.1	ATT
Good reasons for bad feelings	R Nesse	616.89	NES
Happy; finding joy in every day and letting go of perfect	F Cotton	158.1	COT
I had a black dog	M Johnstone	158.1	JOH

It's OK to Feel Blue and Other Lies	S Curtis	158.1	CUR
Living with a black dog - looking after someone with depression	M Johnstone & A Johnstone	158.1	JOH
Making peace with depression	S Rayner, K Harrison & P	158.1	RAY
Michael Rosen's Sad Book	M Rosen	158.1	ROU
Mindfulness for health	V Burch	158.1	BUR
Mindfulness for Health - A practical guide to relieving pain, reducing stress and restoring wellbeing	M Williams	158.1	WIL
Overcoming depression and low mood: A five areas approach	C Williams	158.1	WIL
Overcoming Depression: A self-help guide using cognitive behavioural techniques	P Gilbert	158.1	GIL
Reasons to Stay Alive	M Haig	158.1	HAI
Teen Self Care	T Biram	158.1	ISS
The Blues	T Attwood	158.1	ATT
The Book of Hope	J Goodall	689.9	GOO
The Happiness Trap: Based on ACT - a revolutionary mindfulness-based programme for overcoming stress, anxiety and depression	R Harris	158.1	HAR
The Little Book of Calm	P Wilson	158.1	WIL
The Sad Ghost Club	L Meddings	158.1	MED
Understanding Depression	C Acred	157.8	LSS

Eating

Overcoming Problem Eating: A practical guide	P Furness Smith	158.1	FUR
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Exam Stress

Beat Stress!	A Naiki	158.1	NAI
Exam Stress? No Worries!	S Dorland	158.1	DOR

Feminism, girl power and women's rights

Aspergirls: Empowering females with Asperger Syndrome	R Simone	158.1	SIM
Brave New girl	C Brothendge	158.1	BRO
Courage Calls to Courage Everywhere	J Winterson	158.1	WIN
Feminism and Muslim women	S Nazlee	301	NAZ
Girl up	L Bates	301	BAT
How to be a woman	C Moran	301	MOR
Introducing feminism	S Watkins	301	WAT
Introducing feminism: A Graphic guide	C Jenainati & J Groves	301	JEN

It's not about the burqa: Muslim women on faith, feminism, sexuality and race	M Khan	301	KHA
Living dolls: the return of sexism	N Walter	301	WAL
Mysogynation	L Bates	301	BAT
Reclaiming the F Word	K Aune & C Redfern	158.1	PAT
Taking up space: The black girls' manifesto for change	C Kwakye	158.1	KWA
The Feminism Book	L Mangan	301	MAN
Vagina, a new biography	N Wolf	301	WOL

Loss and Bereavement

A voice for those bereaved by suicide	S McCarthy	158.1	MCC
Be Brave	S Duff	158.1	DUF
Bereavement and grief	L Firth	155.9	FIR
C.P.R. Choice processing and resolution: Facing grief after abortion without fear	T Johnson	158.1	JOH
Coping with death	T Brand	306.92	BRA
Courage to grieve	J Tatelbaum	158.1	TAT
Finding a way through when someone close has died	P Mood & L Whittaker	158.1	MOO
Helping children to manage loss	B Mallon	305.23	MAT
Living with Grief	T Lake	158.1	LAK
Michael Rosen's Sad Book	M Rosen	158.1	ROU
The Grieving Teen: A guide for teenagers and their friends	H Fitzgerald	158.1	FIT
When a friend dies: A book for teens about grieving and healing	M Gootman	158.1	GOO

Neurodiversity

A different sort of normal	A Balfe	158.1	BAL
ADHD; An A_Z figuring it out step by step	L Maskill	158.1	MAS
All cats have Asperger Syndrome	K Hoopmann	158.1	HOO
Aspergirls: Empowering females with Asperger Syndrome	R Simone	158.1	SIM
Autism, Anxiety and Me: A diary in even numbers	E Bridge	158.1	BRI
Breaking free from OCD	J Derisley	158.1	DER
Dasha's journal: a cat reflects on life, catness and autism	T O Daria	157	DAR
Exploring Depression and Beating the Blues: A CBT self-help guide to understanding and coping with depression in Asperger's syndrome	T Attwood, M Garnett & C	158.1	ATT
Queerly Autistic. The ultimate guide for LGBTQIA+ teens on the spectrum	E Ekins	158.1	EKI
Social skills for teenagers and adults with ASD	N Patrick	158.1	PAT
Teenage girl's guide to living well with ADHD	S Ali	158.1	ALI

The Asperkids (secret) book of social rules: The handbook of not-so-obvious social guidelines	J Cook O Toole	158.1	TOO
The Gift of Dyslexia	R D Davis	371.3	DAV
The organised mind	D S Leviton	158.1	LEV
This is Dyslexia	K Griggs	371.3	GRI
Top tips for Asperger students: How to get the most out of University and College	R Martin	158.1	MAR
Women and girls with Autism Spectrum Disorder	S Hendricks	158.1	HEN

Perfectionism

Happy; finding joy in every day and letting go of perfect	F Cotton	158.1	COT
How to be an imperfectionist: The new way to self-acceptance, fearless living and freedom from perfectionism	S Guise	158.1	GUI
Overcoming Perfectionism: A self-help guide using cognitive behavioural techniques	R Shafran, S Egan, T Wade	158.1	SHA

Poverty and Homelessness

Homelessness Issues	T Brand	301.7	ISS
Poverty	T Biram	301.1	ISS
Poverty and Exclusion	L Firth	301.1	ISS

Relationships

Being a teen	J Fonda	158.1	FON
Consent: the new rules of sex education: every teen's guide to healthy sexual relationships	J Lang	158.1	LAN
How to win friends and influence people	D Carnegie	158.1	CAR
Invisible chains: overcoming coercive control your intimate relationship	L A Fontes	158.1	FON
The emotionally abusive relationships: how to stop being abused and how to stop abusing	B Engel	158.1	ENG
The geek guide to life	C Stuart & M K Looi	158.1	STU
What a time to be alone: the sunflowers guide to why you are already enough	C Eggrue	158.1	EGG

Relaxation / Mindfulness

Mindfulness for health	V Burch	158.1	BUR
Mindfulness for Health - A practical guide to relieving pain, reducing stress and restoring wellbeing	M Williams	158.1	WIL
Mindfulness for Health: A practical guide to relieving pain, reducing stress and restoring wellbeing.	V Burch & D Penman	158.1	BUR
Mindfulness: A practical to finding peace in a frantic world	M Williams & D Penman	158.1	BUR
Quiet the Mind: an illustrated guide on how to meditate	M Johnstone	157.8	JOH

Self esteem and body image

Banish your body image thief: A cognitive behavioural therapy workbook	K Collins Donnelly	158.1	COL
Body Image	T Biram	157.8	BIR
Broken Mirror: Understanding and Treating Body Dysmorphic Disorder	K Phillips	157.8	PHI
Fat is a feminist issue	S Orbach	616	ORB
Mirror, mirror, Dr Linda's body image revolution	L Papadopolous	158.1	PAP
Overcoming Body Image Problems	D Veale	158.1	VEA
Overcoming body image problems: including dysmorphic disorder: A Self-help guide using nitive behavioural techniques	Veale et al	158.1	VEA
Stand Tall Little Girl	H Virgo	158.1	VIR
The self-love experiment	S Kaiser	158.1	KAI

Self-esteem and confidence

Atomic Habits	J Clear	158.1	CLE
Be Kind	S Duff	158.1	DUF
Being a teen	J Fonda	158.1	FON
Boost your confidence	M Fennell	158.1	FEN
Brave New girl	C Brothendge	158.1	BRO
Emotional Intelligence	D Goleman	157.8	GOL
How to change our life in 7 steps	J Bird	158.1	BIR
Introducing self-esteem	D Bonham Carter	158.1	BON
Overcoming low self esteem: A self-help guide using cognitive behavioural techniques	M Fennell	158.1	FEN
Self Esteem for Boys	E Hartley-Brewer	158.3	HAR
Self Esteem for Girls	E Hartley-Brewer	158.3	HAR
Self Knowledge	School of Life	158.1	SCH
Self Love Experiment	S Kaiser	158.1	KAI
Self-esteem and Being You	A Naiki	158.1	NAI
The Idiot Brain	D Burnett	157	BUR
What a time to be alone: the sunflowers guide to why you are already enough	C Eggrue	158.1	EGG

Self-harm and suicidal thoughts

Can I tell your about self-harm	P Knightsmith	158.1	KNI
Cover up understanding self-harm	J Freeman	158.1	FRE
Healing the hurt within: Understand self-injury and self-harm, and heal the emotional wounds.	J Sutton	158.1	SUT
Reasons to Stay Alive	M Haig	158.1	HAI
Suicide and Self Harm	D Lobban	157.8	LOB

Self-help (General)

4 Pillar Plan. How to relax, eat, move, sleep your way to a longer, healthier life	R Chaterjee	158.1	CHA
59 seconds: How psychology can improve your life in less than a minute	R Wiseman	158.1	WIS
Blame my Brain; The amazing teenage brain revealed	N Morgan	153	MOR
Change your life with NLP: The powerful way to make your whole life better	L Agness	158.1	AGN
Dwell time	A Bradshaw, V Haley & L Szrama	158.1	BRA
Effortless healing: 9 simple ways to sidestep illness, shed excess weight and help your body fix itself	J Mercola	158.1	MER
Feel the Fear and Do it Anyway	S Jeffers	158.1	JEF
How to win friends and influence people	D Carnegie	158.1	CAR
It's All in Your Head: A guide to getting your sh*t together	R Earl	158.1	EAR
Keep it Together; Philosophy for everyday emergencies	M Rober	158.1	ROB
Mental Health	T Biram	157.8	IS: BIR
Mental Health and Wellbeing	D Lobban	157.8	LOB
Self-Knowledge - The School of Life		158.1	
Seven habits of highly effective people	S Covey	158.1	COV
Speak Out: How to make an emotional connection in communication	D Lewis	158.1	LEW
The 4 Pillar plan. How to relax, eat, move, sleep your way to a longer, healthier life	R Chattergee	158.1	CHA
The Boy, the Horse, the Fox and the Mole	C Mackesy	158.1	MAC
The Crisis Book: overcoming and surviving work-life challenges	R Hughes & A Kinder & G L	158.1	HUG
This book will change Your Mind About Mental Health	C N Filer	157.8	FIL
Transitions: The challenge of change	B Hopson, M Sally & K	158.1	HOP
Visual CBT: An illustrated guide to understanding cognitive behavioural therapy	A Joseph	158.1	JOS
Who moved my cheese? An amazing way to deal with change in your work and in your life	S Johnson	158.1	JOH
Why has nobody told me this before?	Dr J Smith	158.1	SMI
Yes You Can: Ace school without losing your mind	N Devon	158.1	DEV
You don't have to learn everything the hard way	A L Saul	158.1	SAU

Separation and Divorce

Families	S D Sclater	306.8	SCL
Family	L Steel	306.8	STE
Helping Children to Manage Loss	B Mallon	305.23	MAL
Marriage	C Acred	306.8	ISS
Marriage and Collaboration	L Firth	306.8	ISS
Marriage and Partnership	C Acred	306.8	ISS

Sexuality, Gender, LGBTQIA+

50 queer music icons who changed the world	W D Lanarch-Junes	306.7	LAN
50 queers who changed the world	D Jones	306.7	JON
Beyond magenta: Transgender teens speak out	S Kuklin	301	KUK
Coming out to parents	M V Borhek	306.7	BOR
Fabulosa! The story of Polari, Britain's secret gay language	P Baker	158.1	BAK
Is gender fluid? A primer for the 21st century	S Hines	301	HIN
Queer	S Gupta	301	GUP
Queer: A graphic history	M J Barker, J D Scheele	301	BAR
Queerly Autistic. The ultimate guide for LGBTQIA+ teens on the spectrum	E Ekins	301	EKI
Some assembly required: The not-so-secret life of a transgender teen	A Andrews	301	AND
The ABCs of LGBT+	A Mardell	301	MAR
The social justice advocate's handbook: A guide to gender	S Killerman	301	KIL
This book is gay.	J Dawson	301	DAW
We have always been here: A queer Muslim memoir	S Habib	301	HAB

Sleep

4 Pillar Plan. How to relax, eat, move, sleep your way to a longer, healthier life	R Chatterjee	158.1	CHA
Overcoming insomnia and sleep problems: A self help guide using cognitive behavioural techniques	C A Espie	158.1	ESP
Sleep	T Biram	613	ISS BIR
The Sleep Book: How to sleep well every night	G Meadows	158.1	MEA