

Booklist – Devon Book Prescription Scheme

Problem/Issue	Title	Author(s)
Anger	Overcoming Irritability and Anger Managing Anger	Davies, Will Lindenfield, Gael
Anorexia Nervosa	Breaking free from Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers	Treasure, Janet
	Overcoming Anorexia Nervosa	Freeman, Christopher & Cooper, Peter
Anxiety	Overcoming Anxiety Anxiety: A Five Areas Approach	Kennerley, Helen Overcoming Williams, Chris
Assertiveness (Women)	Woman in Your Own Right	Dickson, Anne
Bereavement	Living with Loss	McNeill Taylor, Liz
Binge-Eating Disorder & Bulimia Nervosa	Overcoming Binge Eating Getting Better Bit(e) by Bit(e)	Fairburn, Chris Schmidt, Ulrike and Treasure, Janet
	Bulimia Nervosa and Binge Eating: a guide to recovery	Cooper, Peter
Depression	Overcoming Depression Mind Over Mood	Gilbert, Paul Greenberger, Dennis and Padesky, Christine
	The Feeling Good Handbook Overcoming Depression: A Five Areas Approach	Burns, David Williams, Chris
Gambling	Overcoming Compulsive Gambling	Blaszczynski, A
General	How to cope when the going gets tough	Dryden, W and Gordon, J
	Emotional Confidence	Lindenfield, G
Head Injuries	Head Injury: A Practical Guide	Powell, T
Health Anxiety	Stop Worrying About Your Health!	Zgourides, George
Manic Depression	Overcoming Mood Swings	Scott, Jan

**Obsessions
& Compulsions**

Understanding Obsessions
and Compulsion

Tallis, Frank

Panic

Overcoming Panic
Panic Attacks

Silove, Derrick
Ingham, Christine

PTSD/Trauma

Overcoming Traumatic Stress

Herbert, Claudia &
Wetmore, Ann

Self-Esteem

Overcoming Low Self-Esteem
The Feeling Good Handbook
Self-Esteem for Women
Self-Esteem
10 Days to Great Self-Esteem

Fennell, Melanie
Burns, David
Field, Lynda
Lindenfield, Gael
Burns, David

**Social Anxiety/
Social Phobia**

Overcoming Social Anxiety
and Shyness

Butler, Gillian

Stress

The Relaxation and Stress
Reduction Workshop

Managing Stress: Teach Yourself

Davis, Robbins,
Eshelman & McKay
Looker, Terry and
Gregson, Olga

Worry

How to Stop Worrying
The Worry Cure

Tallis, Frank
Leahy, Robert