

Books on Prescription: Tameside local scheme.

Additional recommended titles for adults

Key: Audio book on CD Short/Easy Read Book Community language DVD Website

Tameside has joined the national **Reading Well Books on Prescription** scheme. The titles on this list were part of a local scheme and chosen by medical professionals working in Tameside. They are not included on the Reading Well booklist of 30 titles, but you can still prescribe them to your patients using the new prescription leaflets or online form.

READING WELL

Alcohol

Overcoming problem drinking

Spada, Marcantonio

Anger

Are you strong enough to keep your temper?

Williams, Chris 30 pages

Managing anger: simple steps to dealing with frustration and threat

Lindenfield, Gael

Overcoming anger and irritability: talks with your therapist

Davies, William

CD

Anxiety & Phobia

1,2,3 Chill: anxiety control training

Williams, Chris CD

Anxiety and phobia workbook

Bourne, Edmund J

Feel the fear and do it anyway

Jeffers, Susan CD

Getting through anxiety with CBT: a young person's guide

Gurney-Smith, Ben 28 pages

Bereavement

Coping with bereavement

Talking Life (RCPsych) CD

Living with loss: a guide for the recently widowed

McNeill Taylor, Liz

Overcoming Grief

Morris, Sue

Carers' Perspective

Living with a black dog

Johnstone, Matthew 80 pages

Mental illness: a handbook for carers

Ramsay, Rosalind

Change Process

How to fix almost everything: in 4 easy steps

Williams, Chris 30 pages

The things you do that mess you up: and how to stop doing them

Williams, Chris 18 pages

Who moved my cheese?

Johnson, Spencer

Depression

10 things you can do to feel happier straight away

Williams, Chris

30 pages

Coping with depression

Talking Life (RCPsych)

CD

Getting through depression with CBT: a young person's guide

Dalton, Louise

26 pages

I can't be bothered doing anything

Williams, Chris

22 pages

I had a black dog

Johnstone, Matthew

48 pages

Living life to the full

Williams, Chris

DVD

Living life to the full online

www.livinglifetothefull.co.uk/

Overcoming depression: talks with your therapist

Gilbert, Paul

CD

Overcoming mood swings Scott, Jan

Self help: depression and low mood
Pennine Care CD
(CD available in Bangla, Urdu and English)

Why do I feel so bad?
Williams, Chris 18 pages

Why does everything always go wrong?
Williams, Chris 22 pages

Eating Disorders

Overcoming anorexia nervosa
Freeman, Christopher

General Mental Health

Getting through it with CBT: a young person's
guide Holdaway, Claire 32 pages

Mind over mood Greenberger, Dennis

Healthy Living

Superfoods to boost your mood: foods that fight
depression Massey, Alexandra

Physical activity and mental health leaflet
<http://www.rcpsych.ac.uk/expertadvice/treatmentswellbeing/physicalactivity.aspx>

Life Coaching

Life coaching: a cognitive behavioural approach
Neenan, Michael

Postnatal Depression

Coping with birth trauma and postnatal
depression Jolin, Lucy

Overcoming postnatal depression: five areas
approach Williams, Chris

PTSD/Trauma

Overcoming traumatic stress
Herbert, Claudia

Self Esteem / Assertiveness

10 Days to great self-esteem
Burns, David

Assertiveness: step by step
Dryden, Windy

I'm not good enough: how to overcome low
confidence Williams, Chris 26 pages

Self Esteem
Lindenfield, Gael

A woman in your own right
Dickson, Anne

Sexual Abuse

The courage to heal: a guide for women
survivors of child sexual abuse
Bass, Ellen

Overcoming childhood trauma
Kennerley, Helen

Sleep & Fatigue

Coping with sleep problems
Talking Life (RCPsych) CD

Getting a good night's sleep
Johnston, Fiona

Learn to sleep well
Idzikowski, Chris

Stress/Panic/Worry

Coping with stress at work
Talking Life (RCPsych) CD

Facing fear mountain: a CBT approach to
overcoming panic attacks
Chadwick, Keith CD

Overcoming panic and agoraphobia: talks with
your therapist Manicavasagar, Vijaya CD

Self help: stress and anxiety
Pennine Care CD
(CD available in Bangla, Urdu and English)

Sound of calm: a CBT approach to stress
management Chadwick, Keith CD

More mental health information in community languages can be found at the Royal College of Psychiatrists website: www.rcpsych.ac.uk/mentalhealthinfoforall/translations.aspx