Overcoming Low Self-esteem by Fennell, M
Aims to assist the reader with overcoming low self-esteem, based on CBT techniques.
Shelved at WLM 310 FEN

An Introduction to Coping with Insomnia & Sleep Problems by Espie, C
Explains the causes of insomnia and why it is so difficult to break bad habits. It uses cognitive behavioural therapy techniques to assist in improving the quality of your sleep.
Shelved at WL 724 ESP

Overcoming Social Anxiety & Shyness: A Self-help Guide... by Butler, G
Aims to help those suffering from all degrees of social anxiety, using therapeutic techniques to treat both psychological and physical conditions.
Shelved at WLM 225 BUT

The worry cure : stop worrying and start living by Leahy, R
Advises how to identify productive and unproductive worry; accept reality and commit to change; turn 'failure' into opportunity and use your emotions rather than worry about them.
Shelved at WLM 172 LEA

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## Self-help books

### Anger

**Overcoming Anger and Irritability by Davies, W.**
Aims to address anger and irritability and takes a positive approach for which the long-term goal is a lasting good temper.

Shelved at WM 172 DAV

### Anxiety

**Overcoming Anxiety by Kennerley, H.**
Aims to overcome problem fears and anxieties of all kinds, from panic attacks and phobias to executive "burn out".

Shelved at WM 172 KEN

**Feel the Fear & Do It Anyway by Jeffers, S.**
Looks at how fear stops you from being the person you want to be and living your life the way you want to live it.

Shelved at WM 172 JEF

### Binge eating

**Overcoming Binge Eating by Fairburn, C.**
Examines why people binge, and contains a programme to assist the reader to stop.

Shelved at WM 178 FAI

### Chronic fatigue

**Overcoming Chronic Fatigue by Burgess and Chalder.**
Includes practical strategies for balancing activity and rest, dealing with blocks to recovery and ways of coping.

Shelved at WC 505 BUR

### Depression

**Overcoming Depression And Low Mood: A five areas approach by Williams, C**
<presents a series of self-help workbooks for use in self-assessing and managing depression and periods of low mood.</p>

Shelved at WLM 215 WIL

**Overcoming Depression: A self-help guide using Cognitive Behavioural Techniques by Gilbert, P.**
Explains the causes of depression, step-by-step strategies and related issues such as shame, anger, approval, perfectionism and guilt.

Shelved at WM 171 GIL

**Mind Over Mood: Change How You Feel... by Greenberger, D and Padesky, C**
Guides readers through simple steps to help them to overcome emotional distress, with the goal of feeling happier, calmer and more confident.

Shelved at WLM 200 GRE

### Health anxiety

**Overcoming Health Anxiety : A self-help guide... by Willson, R and Veale, D.**
Uses a step-by-step approach to explain how health anxiety develops, how to recognize what feeds it and how to develop effective methods of dealing with it.

Shelved at WM 97 WIL

**Chronic Fatigue Syndrome (The Facts) by Campling, F and Sharpe, M.**
<presents a compassionate guide to this illness, providing sufferers and their families with practical advice.</p>

Shelved at WC 505 CAM