Books Currently Available in our Resource Library

**Abuse/Trauma**

Banished Knowledge: Facing Childhood Injuries, Miller, A

Breaking Free: Help for Survivors, Ainscough, C., Toon, K.

For Your Own Good: The Roots of Violence in Child-Rearing, Miller, A.

Healing the Shame that Binds You, Bradshaw, J

My Father's House: A Memoir of Incest and of Healing, Fraser, S.

Out of the Shadows: Help for Men Who Have Been Sexually Assaulted, Fraser, S.

Recovering from Post-Traumatic Stress Disorder, Mueller, M.

Surviving Child Sexual Abuse, Ainscough, C., Toon, K.


The Untouched Key: Tracing Childhood Trauma in Creativity and Destructiveness, Miller, A.

Understanding Your Reactions to Trauma, Herbert, C.

Overcoming Childhood Trauma, Kennerley, H
Addiction
Addiction, This Being Human, Aaronson, Ronnie
Eight Step Recovery Guide; Using the Buddha’s teachings to overcome addiction, Mason-John, V., Dr Groves, P
Let’s Drink to Your Health, Heather, N., Robertson, I

Anger
Managing Anger: Simple Steps to Dealing with Frustration and Threat..., Lindenfield, G
Overcoming Anger and Irritability, Davies, Dr W
The Dance of Anger, Lerner, H.

Anxiety
Controlling Anxiety, Butler, G., Fennel, M.
How to Master Anxiety: All You Need to Know to Overcome Stress, Panic Attacks, Trauma, Phobias, Obsessions and More, Griffin, J., Tyrrell, I.
Managing Anxiety, Butler, G.
Overcoming Anxiety, Kennerley, H
Overcoming Panic and Agoraphobia, Silove, Prof D.
Overcoming Phobias, Sanders, D
Overcoming Social Anxiety, Butler, G.
Overcoming Social Anxiety and Shyness Butler, G.
Panic Attacks: What They Are, Why They Happen, and What You Can Do About Them, Ingham, C
Stress, Cox, T.
The Dance of Fear, Lerner, H.
Understanding Health Anxiety, Kudemann, C., Saunders, D.
Understanding Panic, Westbrook, D., Rouf, K.

**Bereavement**
A Silent Sorrow: Pregnancy Loss, Kohn, I., Moffitt, P-L
Facing Grief: Bereavement and the Young Adult, Wallbank, S.
Living with Grief, Lake, Dr T.
The Courage To Grieve: Creative Living, Recovery and Growth Through Grief, Tatelbaum, J
You'll Get Over It: The Rage of Bereavement, Ironside, V.

**Nature/Bringing the Outside In**
The Cloudspotter's Guide, Pretor-Pinney, G.
Bright Wings: An Illustrated Anthology of Poems About Birds, Collin, B. (Ed)
How to Connect with Nature, Goooley, T.
What a Plant Knows: A Field Guide to the Senses of Your Garden and Beyond, Chamowitz, D.
Ten Poems About Gardens, Various
Footpaths for Fitness: Bristol and Bath, Vile, N.
Bristol and Bath OS Map, OS Map
Bristol West and Portishead OS Map, OS Map
The Wisdom of Trees, Adams, M.
Birds: Learn to Draw an Amazing Variety of Birds Step by Step, Aaseng, M.
Drawing Mentor Volumes 7 - 10: Sketching Land, Water, Sky, Plants, People, Animals, Buildings, Bowles, S.
Learn to Draw Flowers, Edgerton, C.
Photographing Trees, Parker, E.
Success with House Plants, Reader's Digest
The House Plant Expert, Hessayon, Dr. D. G.
The House Plant Expert, Hessayon, Dr. D. G.
Insect Watching, Thomson, R. and Stephens, M
A Boot Up Bristol, Legg, R.
Stars, Collins Gem
Butterflies, Collins Gem
Mushrooms, Collins Gem
Insects, Collins Gem
Wild Animals, Collins Gem
Trees, Collins Gem
Garden Birds, Collins Gem
Wild Flowers, Collins Gem
Weather, Collins Gem
Kiddiwalks Near Bristol and Bath, Vile, N.
Pocket Nature: Trees, Dorling Kindersley
Bird Watching With Your Eyes Closed, Barnes, S.
Met Office Pocket Cloud Book, Hamblyn, R.
Drinking from the Stream: Women’s Prose and Poetry About Nature, Greenwood, P.
Bird Watching For Beginners, Roberston, C. T.
Drawing Insects for Beginners, Davidson, J. and Sanqui, A.
Mammal Watching, Clark, M.
RSPB Pocket Guide to British Birds, Harrap, S.
Trees: Usborne Spotter’s Guides, Harris, E.
Chi Walking, Dreyer, D.
Walking History: 13 Fascinating Walks in Central Bristol, Drummond, B.
RSPB Handbook of British Birds, Holden, P. and Cleeves, T.
The Complete Book of Trees, Russell, T.
Caught by the River: A Collection of Words on Water, Barrett, J., Turner, R., Walsh, A. (Eds)
Waterside Walks Near Bristol and Bath, Vile, N.
The Bristol Downs: a natural history year, Taylor, Geraldine
Creativity
The Artist's Way, Cameron, J.
The New Drawing on the Right Side of the Brain, Edwards, B.
The Stress Factor, Reader's Digest
Write Yourself: Creative Writing and Personal Development, Bolton, G
Writing Down The Bones: Freeing the Writer Within, Goldberg, N.
Painting Your Way Out of a Corner, Barry, B

Cultural Diversity
A Concise Chinese-English Dictionary for Lovers, Guo, Xialu
If You Don't Know Me By Now, Sanghera, S.
One Minority at a Time: Being Black and Gay, Runnymede/Stonewall

Depression
Beat Your Depression, Robertson, D (This Morning)
Depression and How to Survive It, Milligan, S., Clare, A.
Depression: The Way Out of Your Prison, Rowe, D
Depression: What is it? How do we cope?, Dominian, J.
I Had a Black Dog, Johnstone, M
Living with a Black Dog, Johnstone, M
Managing Depression, Westbrook, D.

Mindfulness Based Cognitive Therapy for Depression, Segal, Z, Williams, M, Teasdale, J.
The Mindful Way Through Depression, Williams, M., Teasdale, Z.S., Kabat-Zinn, J.
Understanding Depression, McKenzie, Dr K.

**Bi-Polar Disorder**

Managing Bipolar Disorder, OCTC
Managing Bipolar Disorder OCTC

**Eating Disorders**

Anorexia Nervosa, Whitehead, L.
Anorexia Nervosa: a survival guide for families, friends and sufferers, Treasure, J.
Anorexia Nervosa and Bulimia: How to Help, Duker, M., Slade, R.
A shape of my own: A memoir of anorexia and recovery, Bowman, G.
Binge Eating Disorder: A Guide for Patients and Their Families, Whitehead, L
Breaking Free from Emotional Eating, Roth, G.
Bulimia Nervosa: A Guide for Patients and Their Families, Whitehead, L., Clinton, V.
Eight Keys to Recovery from An Eating Disorder, Costin, C., Grabb, G.S.
Eight Keys to Recovery from an Eating Disorder, Costin, C., Grabb, G.S.
Fed up and Hungry: Women, Oppression and Food, Lawrence, M. (ed.)
Getting Better Bit(e) by Bit(e), Schmidt, U.
Lighter Than My Shadow, Green, K
Overcoming Anorexia Nervosa, Freeman, Dr C.
Overcoming Bulimia Nervosa and Binge-Eating, Cooper, Prof. P.
Overcoming Eating Disorders, Whitehead, L.
Skills-based Learning for Caring for a Loved One with an Eating Disorder, Treasure, J., Smith, G., Crane, A.
The Anorexia Diaries, Rio, L.M.
The Compassionate Mind Approach to Beating Overeating, Gilbert, P.
To die for:A young woman's battle with anorexia, Lee, C.

**General Wellbeing**

Beyond Stress: Growing into Serenity, Minney, J.
Care of the Soul, Moore, T.
Changing Perfectionism, OCTC
Emotional Intelligence and Working with Emotional Intelligence, Goleman, D
Feel the Fear and Do It Anyway, Jeffers, S
Managing Stress
Mind Over Mood, Beck, A., Greenberger, D., Padesky, C.
Overcoming Perfectionism, Shafran, R., Egan, S., Wade, T.

Quiet: The Power of Introverts in a World That Can't Stop Talking, Cain, S

Relaxation and Stress Reduction Workbook, Davis, M., Robbins Eshelman, E., McKay, M

Solitude, Storr, A.

The Art of Happiness, Dalai Lama

The Call: Discovering Why You are Here, Orian Mountain Dreamer

The Dance, Orian Mountain Dreamer

The Road Less Travelled, Scott Peck, M.

The Wonders of Solitude, Salwak, D.

You Can Heal Your Life, Hay, L.

Sane new world, Wax, R.

When Things Fall Apart, Chodron, P.

Self Compassion: Stop Beating Yourself Up and Leave Insecurity Behind, Steinem, Gloria
Health
Living with M.E. Shepherd, Dr. C.
Overcoming Chronic Fatigue, Burgess, M., Chalder, Prof T.
Overcoming Insomnia and Sleep Problems, Espie, C.
Recovery from CFS, Barton, A
Wise Before Their Time: People With AIDS and HIV talk about Their Lives, McKellan, I., Bolle, D., Richardson, A.
Coping with Chronic Fatigue, Chalder, T
SIRPA: CD proven approach for the removal of persistent pain, SIRPA
Living Well with Pain & Illness; Using Mindfulness to free yourself from suffering, Burch, Vidyamala

Life Skills
Talk Works 2: How to Get More Out of Life Through Better Conversations, BT
Talk Works: How to Get More Out of Life Through Better Conversations  BT, Bailey, A., Egan, G  Life Skills
Transitions: Making Sense of Life's Changes, Bridges, W.

Meditation/Mindfulness
Guided Mindfulness Meditation CD, Kabat-Zinn, J.
Meditation in a Changing World, Bloom, W.
Mindfulness for Beginners CD, Kabat-Zinn, J.
Teach Yourself: Beat Stress With Meditation, Ozaniec, N
The Power of Meditation: A 28-Day Programme for Real Happiness, Salzberg, S.

Mindfulness: a practical guide to finding peace in a frantic world Williams, M, Penman D.

Mindfulness for Dummies, Alidina, S

Wherever You Go, There You Are: Mindfulness Meditation for Everyday Life, Kabat-Zinn, J.

Life with Full Attention: A Practical Course in Mindfulness, Maitreyabandhu

Mindfulness-Based Cognitive Therapy for Dummies, Collard, P

Body Scan; Guided Mindfulness Meditations for Managing Pain, Stress and Illness, Breath Works

How to Relax, OCTC (CD)

**Mental Health**

An Unquiet Mind: A Memoir of Moods and Madness, Redfield Jamison, K

Managing Obsessive Compulsive Disorder, Westbrook, D., Morrison, N.

Obsessive Compulsive Disorder, Toates, F

Overcoming Body Image Problems, Veale, D., Clarke, A.

Overcoming Mood Swings, Scott, J.

Overcoming Obsessive Compulsive Disorder, Veale, D.

The broken mirror: Understanding and treating body Dysmorphic Disorder, Phillips, K.A.

Understanding Obsessions and Compulsions, Tallis, F.

Understanding Paranoia: A Guide for Professionals, Families and Sufferers, Kantor, M.

Mindfulness for Borderline Personality Disorder, Aguirre, B., Galen, G.
Loving Someone with Borderline Personality Disorder, Manning, S.
The Buddha and the Borderline. A Memoir, van Gelder, K.
Getting Past Your Past: Take Control of your Life with Self-help Techniques from EMDR Therapy, Shapiro, Francine

**Relationships**
Families and How to Survive Them, Skynner, R., Cleese, J.
Hold Me Tight: Your Guide to the Most Successful Approach to Building Loving Relationships, Johnson, Dr S.
Home Coming: Reclaiming and Championing Your Inner Child, Bradshaw, J
I'm OK-You're Ok, Harris, T.
Overcoming Loneliness and Making Friends, Csot, M
Secrets in The Family, Pincus, L., Dare, C.
The Drama of Being A Child, Miller, A.
The Granta Book of the Family, Granta
The Primal Wound: Understanding the Adopted Child, Verrier, N.W.
What's really going on here?: Making Sense of our emotional lives, Orbach, S
You Just Don't Understand: Women and Men in Conversation, Tannen, D.
**Self-Esteem/Assertiveness**

A Woman in Your Own Right: Assertiveness and You, Dickson, A

Building Self-Esteem, Jenkins, H., Fennell, M.

How to Stand Up For Yourself, Hauk, Dr. P.

Instant Confidence, McKenna, P.

Overcoming Low Self-Esteem, Fennel, Dr. M.

Ten Days to Great Self-Esteem, Burns, Dr D., Burns, Dr R.

The Little Book of Confidence, Jeffers, S

**Suicide/Self-Harm**

How I Stayed Alive When My Brain Was Trying to Kill Me: One Person's Guide to Suicide Prevention, Blauner, S. R

Keep Safe and Carry On: Coping with Suicidal Feelings, Rouf, Dr K.

Our Encounters with Self-Harm, Baker C., Shaw C., Biley F.

**Sexuality/Gender**

Becoming Drusilla: One Life, Two Friends, Three Genders, Beard, R.

How to Be a Happy Homosexual: A Guide for Gay Men, Sanderson, T.

One Teacher in Ten, Jennings, K. (ed).

Sex, Love and Homophobia, Baird, V.

She's Not the Man I Married, Boyd, H.
Starting Out: Lesbian, Gay and Bisexual Careers Guide: 2012/13, Stonewall
The Rights and Wrongs of Women, Mitchell, J., Oakley, A.
The Testosterone Files: My Hormonal and Social Transformation from Female to Male, Valerio, M. W.
Time and Place, Sheridan, A.
Pink Therapy, Davies D., Neal, C.
Sexual Orientation: A guide for the NHS, Stonewall
Sexual Orientation: The Equality Act Made Simple, Stonewall
Women Who Run With The Wolves, Pinkola, C.E.

**Study Skills/University Life**
Do It Tomorrow: And Other Secrets of Time Management, Forster, M.
Fresher Pressure: How to Survive as a Student, Macfarlane, A., McPherson, A.
Improving Study Skills, Lashley, C.
Manage Your Mind: The Mental Fitness Guide, Butler, B., Hope, T.
Study Skills Book, Cottrell, Dr S.
The Student's Guide to Exam Success, Tracy, E.
Getting Things Done, Allen, D.