Anger


- This book is a self-help manual for people who acknowledge that they have problems of irritability and anger. It explains how anger arises and what can be done to avoid an aggressive over-reaction. Following a cognitive-behavioural approach, the book aims to help people to control their temper and to handle potentially dangerous situations effectively and non-aggressively. With the help of real-life case studies, the author describes what happens when people get angry and why some people become angry more easily than others. The book encourages the reader to keep an ‘anger diary’ and then to analyse any angry incidents that occur. It shows the reader how to look at situations differently so that anger occurs less frequently, and it also explains how anger can be controlled so that it does not lead to aggression or violence.

Anorexia

Overcoming Anorexia Nervosa (Christopher Freeman)

- This book aims to provide a complete self-help recovery programme (based on cognitive behaviour therapy) for overcoming anorexia nervosa. The eating habits and the underlying psychological and social problems that may result in anorexia are described and the authors then suggest a number of treatment strategies for reducing symptoms by changing negative beliefs and thought patterns. There are practical guidelines for uncovering and changing faulty thinking patterns. This self-help guide is written expressly for those who want to tackle their problem on their own and who want to take control of their own recovery without formal treatment. However, the author is also careful to guide the reader towards additional sources of professional help, and duly emphasised the physical dangers associated with the condition.

Anxiety

Overcoming Anxiety (Helen Kennerley)

- This book explains why anxiety is a major problem for some people and not for others. It describes the various forms that anxiety problems may take, including panic attacks and phobias, and then guides the reader through a series of steps to enable them to overcome problem fears and anxieties of all kinds. The step by step plan follows the cognitive behavioural approach. The book includes many illustrative quotes from people who have had anxiety problems, allowing readers to realise that many others have shared similar experiences and have overcome their difficulties.

ACT

The happiness trap (Russ Harris)

- This book explains why anxiety is a major problem for some people and not for others. It describes the various forms that anxiety problems may take, including panic attacks and phobias, and then guides the reader through a series of steps to enable them to overcome problem fears and anxieties of all kinds. The step by step plan follows the cognitive behavioural approach. The book includes many illustrative quotes from people who have had anxiety problems, allowing readers to realise that many others have shared
Assertiveness

The assertiveness workbook: how to express your ideas and stand up for yourself at work and in relationships (Randy Paterson)

- This book contains effective, cognitive behavioural techniques to help you readers to become more assertive. It teaches readers how to set and maintain personal boundaries without becoming inaccessible, how to become more genuine and open in relationships without fearing attack and how to defend yourself when you are criticized or asked to submit to unreasonable requests. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioural therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties.

Bereavement

Living With Loss: a guide for the recently widowed (Liz McNeill Taylor)

- Described as a ‘survival handbook for the widowed’, this book examines the practical and emotional effects of bereavement. McNeill uses her personal experience of the sudden loss of her husband to discuss common subjects of the traumatic after-effects of loss. Topics raised include sex, money and the residual responsibility after the loss. She explains the progressive emotional stages from initial grief through to despair, anger and finally adjustment. The book aims to provide explanation and reassurance to people suffering loss that the feelings and thoughts they are experiencing is normal and a healthy part of the healing process. While this book is recommended for somebody who has lost their husband, it may be less relevant to those who have lost other family members or friends.

No time to say goodbye: surviving the suicide of a loved one (Carla Fine)

- In this book, author draws on her personal experience of losing her husband to suicide. She brings suicide survival from the darkness into light, speaking frankly about the overwhelming feelings of confusion, guilt, shame, anger, and loneliness that are shared by all survivors. Fine draws on her own experience and on conversations with many other survivors—as well as on the knowledge of counsellors and mental health professionals. She offers a strong helping hand and invaluable guidance to the vast numbers of family and friends who are left behind by the more than thirty thousand people who commit suicide each year, struggling to make sense of an act that seems to them senseless, and to pick up the pieces of their own shattered lives. And, perhaps most important, for the first time in any book, she allows survivors to see that they are not alone in their feelings of grief and despair.

www.subiaco.wa.gov.au
Stroke Survivor: a personal guide to coping and recovery (Andy McCann)

- At the age of 37, Andy McCann was physically fit, strong and in good health. Then, mid-way through instructing his weekly martial arts class, he experienced a stroke and was rushed to hospital. Until then, the word 'stroke' had meant little to Andy, and in this book he recounts the many difficulties in learning to live with his new situation. Funny, poignant and informative, the book is not just a personal story, but also offers a wealth of advice and information for anyone who wants to know more about strokes. He explores a broad range of issues experienced by stroke survivors, from the very practical considerations of managing financial security and understanding medical approaches and terminology to the more personal challenges of coming to terms with a new sense of vulnerability and dealing with the attitudes of friends and family. The common thread throughout is Andy's insistence that he will not be a 'stroke victim' but a 'stroke survivor', determined to live with his new set of circumstances in a positive way. This book is a compelling yet practical source of information that will be valued by professionals and patients alike - whether a fellow stroke survivor, a concerned family member or a health or social care professional working with stroke victims.

Chronic Fatigue

Chronic Fatigue (the facts) (Frankie Campling & Michael Sharpe)

- Chronic fatigue is one of the most controversial medical conditions, in terms of both its causes and its treatment. People with the condition have often had to deal with considerable scepticism from their families, employers, and even health care professionals. This book presents a compassionate guide to this illness, providing sufferers and their families with practical advice based firmly on the available research evidence. It is written jointly by a person suffering from CFS and a physician, both of whom have extensive experience of talking to and helping patients. As well as providing a detailed guide to self-help strategies, the book also advises on choosing therapies and therapists. There is an overview of the history of the illness, a consideration of the various debates about the nature and causes of CFS, and a discussion of potential future developments. The book will be informative and helpful not only to those who suffer from CFS, but also to their friends and families, and also to health professionals who come into contact with people afflicted by this illness.

Change your thinking (Sarah Edelman)

- This book is a guide to managing upsetting emotions by learning to think in a healthy and balanced way. It provides practical strategies for overcoming negative thoughts and behaviours, and taking control of emotions such as anxiety, depression, frustration, anger and guilt. It also describes techniques for enhancing self-esteem, improving communication skills and developing greater personal happiness. Change Your Thinking is based on the principles of cognitive behaviour therapy (CBT), the psychological approach used by therapists all over the world. Sarah Edelman explains CBT in a clear and compassionate way. This edition also contains a brand new chapter on mindfulness, demonstrating how mindfulness techniques can be integrated with CBT strategies.
Dementia

A personal guide to living with progressive memory loss (Sandy Burgener & Prudence Twigg)

- This is a book for people who are in the early stages of a condition causing progressive memory loss, as well as those who care for such people. This book provides practical guidance for coping with progressive memory loss, and includes many case examples of people who have faced the challenge of losing memory function. These stories point out some maladaptive ways of dealing with the problem, which are clearly to be avoided, and then highlight a number of effective and positive ways of dealing with memory loss. These stories also illustrate the wide range of friends’ and family members’ reactions to people with declining cognitive functioning. The authors suggest practical ways in which people can maintain their physical and mental health by staying active and engaged in society. They also offer techniques for improving communication, preserving self-esteem and overcoming the stigma associated with memory loss. As well as offering inspiration and advice for anyone in the early stages of dementia, this book also provides useful insights for family and friends who might otherwise feel uncertain about how to support a loved one affected by progressive memory loss.

Simplicity of dementia: a guide for family and carers (Huub Buijsen)

- This book is principally for families and other people who are caring for a person with dementia. This book offers an accessible and sympathetic introduction for relatives, carers and professionals looking after or training to work with people with dementia. Positing the question “where is the balance between caring and worrying?”, the book draws on the author’s two ‘laws of dementia’ (“disturbed encoding” and “rollback memory”) to explain the nature of the communication problems, the mood disturbances and the ‘deviant’ behaviours that are characteristic of people with dementia. There is a particular emphasis on how these phenomena are experienced by dementia sufferers themselves, and the author takes pains to reveal the hidden logic behind unpredictable and apparently contradictory behaviours. Case examples demonstrate the typical symptoms and progression of dementia, and clear guidance is provided on how to support dementia sufferers at every stage and how to help them deal with the challenges posed by their condition. Relatives and carers are likely to find this book encouraging and useful in helping them to deal confidently with the difficulties faced when caring for a person with dementia.

Depression

Overcoming Depression and Low Mood: A Five Areas Approach (Chris Williams)

- A self-help workbook for use by people experiencing low mood and/or depression, the course provides access to the Cognitive Behavioural Therapy (CBT) approach. It provides a practical and effective way of aiming essentially to improve how the reader feels. Readers learn how to: discover why they feel as they do; develop better problem solving skills; rebalance relationships by becoming more assertive; become more active and rediscover the fun in their life; build helpful responses to life stresses; improve sleeping patterns and quality; learn how to change unhelpful, biased negative thinking; make choices that encourage and support a healthy lifestyle; and plan for the future in order to maintain the newly emerging wellness.
I had a Black Dog: His Name was Depression (Matthew Johnstone)

- Since Winston Churchill coined the phrase Black Dog to describe his own struggle with depression, the term has been a popular metaphor for the affliction. Clinical depression affects one in four women and one in six men during their lifetime. It affected author Matthew Johnstone and inspired him to write a book about it. He uses large, cartoon style illustrations and limited text to explore the effects of depression and the ways it can be overcome. It aims to help sufferers recognise their depression, that they are not to blame and that they are not alone.

The Mindful Way through Depression: Freeing Yourself From Chronic Unhappiness (Mark Williams, John Teasdale, Zindel Segal & Jon Kabat-Zinn)

- This book is written for people who have experienced moderate to severe depression and has the principal aim of preventing a recurrence of this condition. Research studies have shown that the approach followed in this book is highly effective in preventing such recurrences. The book does not claim to provide an effective treatment for people who are currently experiencing acute depression. This book draws on a considerable body of research and on the collective wisdom of four internationally renowned mindfulness experts to provide an effective way of preventing a recurrence of depression. The mindfulness approach was created as an attempt to discover a way to tackle the tendency for depression to recur when a person has suffered it once. The approach taken - that of Mindfulness-based CBT - merges ancient Eastern meditative practices with cognitive therapy to produce a sensible, accessible life-changing approach to preventing depressive relapse. This book brings together the contemplative practices of both science and insight meditation to create an intervention that has been shown to be a highly effective self-help programme for achieving emotional balance.

Obsessions and Compulsions

Overcoming obsessive compulsive disorder (David Veale & Robert Willson)

- This CBT-based self-treatment manual provides clear, focused and practical strategies for people with Obsessive-Compulsive Disorder (OCD). The authors, a psychiatrist and a clinical psychologist, have worked with people with severe OCD for many years and believe that it is important for patients to ‘know the enemy’ - to understand the nature and origins of OCD. Several standard assessment questionnaires are included to enable the person to identify the nature, severity and consequences of their own condition. Considerable emphasis is placed on the process of getting ‘ready to change’ so that the person defines the problem accurately and sets clear time-based goals. The book presents a 10-step plan involving a number of cognitive and behavioural strategies. These are presented in detail, clear guidance being given on achieving each step, on maintaining progress and on the prevention of relapse. There is also an extensive chapter on how friends and family can help. OCD can be a very severe problem and the authors are realistic in acknowledging that the book will not provide a complete solution for every reader. They therefore provide details of further resources that might be able to offer additional help.

Panic

Overcoming Panic and Agoraphobia (Professor Derrick Silove & Vijaya Manicavasager)

- This guide contains a step by step management programme, providing the necessary skills for overcoming and preventing panic attacks and associated agoraphobia. It explains the many forms and causes of panic and contains a complete self help programme and monitoring sheets, based on clinically proven cognitive behavioural therapy techniques.

www.subiaco.wa.gov.au
Living with IT: Survivors Guide to Panic Attacks (Bev Aisbett)

• This guide to coping with and surviving panic syndrome is by someone who has done the same. With the aid of cartoon, it tells readers how panic disorders develop, and covers topics such as “Changing negative thoughts” and “Seeking professional help”. The book provides reassurance and comfort for sufferers of this condition.

Post Natal

Beyond the Baby blues: the complete perinatal depression and anxiety handbook (Catherine Knox, Benison O’Rielly & Seana Smith)

• This book is a comprehensive Australian resource guide to perinatal depression and anxiety (PND). Readers will receive solid scientific advice combined with the experiences of individuals and families affected and the professionals who treat them. The book includes the scientific explanation for PND that will come as a relief to many and an exploration of perinatal screening, the ideals and the realities, which also addresses how Australia compares with the rest of world in this area. Caring professionals, family members and friends explain how they helped PND sufferers, as well as how their involvement affected their own lives, while self-care strategies will help parents take care of themselves and their families throughout life.

Relationships

Coming Apart: Why relationships end and how to live through the ending of yours (Daphne Rose Kingma)

• Next to the death of a loved one, the ending of a relationship is the most painful experience most people will ever go through. Coming apart is a first-aid kit for getting through the ending. It is a tool that will enable you to live through the end of your relationship with your self-esteem intact. This book explores the critical facets of relationship breakdowns: love myths: why we are really in relationships, the life span of love, the emotional and unconscious processes of parting.

Self-Esteem

Overcoming Low Self – Esteem (Dr Melanie Fennell)

• This is a highly readable and useful book for those who are oppressed by self doubt, self-criticism, social anxiety and other problems associated with low self esteem. It enables those with low self esteem to understand their condition, and break the habit of thinking about themselves in negative ways by applying cognitive therapy techniques in a simple and logical programme for change. Many real life examples are used to illustrate the nature and consequences of self destructive thinking. The book aims to help the reader to understand how a negative view of oneself can be changed to a view that is more positive and self accepting. An initial self assessment enables readers to measure their own self esteem and to identify triggers to bouts of self criticism. Strategies for overcoming these triggers are then described. The book provides a complete self help programme for combating negativity and moving towards greater self esteem and a more positive mental attitude.
Sexual Abuse

Breaking Free: Help for Survivors of Child Sexual Abuse (Carolyn Ainscough & Kay Toon)

- This is a practical self-help book for adult survivors of child sexual abuse. It investigates the lasting effects of child sexual abuse, which may include guilt and shame, depression and anxiety, eating disorders, fear of relationships and sexual problems. The book includes frank and moving accounts by survivors to demonstrate the range of experiences and the feelings that are often associated with these. The authors are two British clinical psychologists with many years of experience in the field and they address the full range of sensitive issues in a highly sympathetic manner. The book offers a positive and optimistic approach and provides survivors with strategies for coping with the potentially very upsetting and painful process of breaking free from their past. Many abuse survivors have reported this book to be extremely valuable.

Social Phobia

Overcoming social anxiety and shyness (Gillian Butler)

- This accessible book contains numerous real-life examples and provides detailed instructions on the use of effective CBT techniques for overcoming social phobia and shyness. It is helpful for people who experience mild social anxiety and lack confidence when meeting new people and also for those with more severe forms of social discomfort, including those whose problems are severely disabling. The first part of the book explains the origins and impact of social anxiety. The second part provides a complete practical guide to overcoming socially-triggered feelings of anxiety. Instructions are given on effective ways of changing thinking patterns, reducing self-consciousness and building confidence. The author explains how to deal with upsetting thoughts, how to overcome avoidance and how to reduce anxiety symptoms using relaxation, distraction and panic management strategies. The final part of the book provides a number of "optional extras" including an explanation of the long-term effects of being bullied and a guide to relaxation techniques.

Stress

The Relaxation & Stress Reduction Workbook (Martha Davis, Elizabeth Eshelman & Matthew McKay)

- This accessible workbook gives step by step techniques for calming the body and mind. Each chapter features a different method for relaxation and stress reduction, explains why the method works, and provides on the spot exercises which can be applied when the reader feels stressed.

Worry

How to Stop Worrying (Frank Tallis)

- This book explains what worry is both in terms of its purpose and the role it plays in stress and anxiety. Approaches to develop a problem solving package and put this into action are covered, along with strategies to cope with setbacks. Simply written, hypothetical situations are used throughout to illustrate the points made.