

## Books on Prescription books available from Darlington Libraries

Stocklist July 2015

152.46	Kennerley, Helen	Overcoming anxiety
152.46	Tallis, Frank	How to stop worrying
152.47	Davies, William	Overcoming anger and irritability
152.47	Lindenfield, Gael	Managing anger
155.232	Butler, Gillian	Overcoming social anxiety and shyness
155.232	Fennell, Melanie	Overcoming low self-esteem
155.6	Stuart-Hamilton, Ian	Introduction to the psychology of ageing for non-specialists
155.9	Looker, Terry	Manage your stress for a happier life
155.9	Williams, Chris	Overcoming anxiety, stress and panic
155.937	Taylor, Liz McNeill	Living with loss
158.1	Jeffers, Susan	Feel the fear and do it anyway
158.2	Crowe, Michael	Overcoming relationship problems
362.19683	Andrews, June	10 helpful hints for carers (dementia)
362.19683	Beaumont, Helen	Losing Clive to younger onset dementia: one family's story
362.19683	Carling, Chris	But then something happened: a story of everyday dementia
362.19683	Dodd, Karen	About dementia: for people with learning disabilities
362.19683	Donaghy, Ian	Dear dementia: the laughter and the tears
362.19683	McCarthy, Bernie	Hearing the person with dementia
362.19683	Pulsford, Dave	Dementia: support for family and friends
362.19683	Salomon, Rita	Seeing beyond dementia
362.19683	Zoutewelle-Morris, Sarah	Chocolate rain: activities in demential care
362.2	Bryden, Christine	Dancing with dementia
612.821	Espie, Colin A.	Overcoming insomnia and sleep problems
616.0427	Cole, Frances	Overcoming chronic pain
616.0478	Burgess, Mary	Overcoming chronic fatigue
616.0478	Campling, Frankie	Chronic fatigue syndrome (CFS/ME)
616.8	Davis, Martha	The relaxation & stress reduction workbook
616.8	Looker, Terry	Managing stress
616.83	Atkins, Simon	First steps to living with dementia
616.83	Killick, John	Dementia positive
616.831	Bailey, Alex	Alzheimer's and other dementias
616.831	Graham, Nori	Understanding alzheimer's disease & other dementias
616.831	Stokes, Graham	And still the music plays (stories of people with dementia)
616.831	Welton, Jude	Can I tell you about dementia?
616.831	Whitman, Lucy ed.	Telling tales about dementia
616.85	Cooper, Peter	Overcoming bulimia nervosa and binge-eating
616.85	Fairburn, Christopher G.	Overcoming binge eating
616.85	Schmidt, Ulrike	Getting better bit   ( e) by bit( e)
616.8522	Hogan, Brenda	An introduction to coping with health anxiety
616.8522	Hogan, Brenda	An introduction to coping with phobias
616.8522	Ingham, Christine	Panic attacks
616.8522	Silove, Derrick	Overcoming panic and agoraphobia
616.85227	Challacombe, Fiona	Break free from OCD
616.85227	Tallis, Frank	Understanding obsessions and compulsions
616.85227	Veale, David	Overcoming obsessive compulsive disorder
616.8523	Baxendale, Sallie	Coping with memory problems
616.8525	Willson, Rob	Overcoming health anxiety
616.8527	Elverton, Patrick	Taming the black dog
616.8527	Gilbert, Paul	Overcoming depression
616.8527	Williams, Chris	Overcoming depressions and low mood
616.8914	Burns, David D.	The feeling good handbook
616.8914	Greenberger, Dennis	Mind over mood