

Healthy Reading Collection



All the items listed are available through any library in County Tipperary. The libraries in Clonmel, Carrick On Suir, Thurles and Nenagh stock full collections of the items listed.

www.tipperaryllibraries.ie

Is Healthy Reading for me?

If you or someone close to you is having difficulty coping with life and is keen to increase their well being then this collection of books is for you.

Where will I find the books on this list?

All the titles on this list are shelved in the Medicine/Health area in the library. Ask a staff member for help.

How can I borrow these books?

Yes, all these titles are available for loan for a period of 3 weeks. You can have this period extended if required. You must be a member of any library in Co Tipperary to borrow books. Joining the library is easy; you just need to bring I.D which confirms your name and address. Adult Membership costs €7.00 and Senior Citizen €1.50 for 12 months from date of joining.

Anger

Managing Anger - Lindenfield, G

Overcoming Anger and Irritability - Davies, W

Anorexia

Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers - Treasure, J

Overcoming Anorexia Nervosa - Freeman, C

Anxiety

Overcoming Anxiety - Kennerley, H

Assertiveness

Assert Yourself - Lindenfield, G

Feel the Fear and Do it Anyway - Jeffers, S.

Bereavement

'You'll get over it': The Rage of Bereavement. Living With Loss - McNeill Taylor, L

Binge-Eating and Bulimia

Getting Better Bit(e) by Bit(e): A survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders.

Bulimia Nervosa and Binge Eating - Cooper, P

Depression

Depression: The Common Sense Approach - Bates, T

Overcoming Depression - Gilbert, P

Depression: The Way Out of Your Prison - Rowe, D

Depression/Anxiety

The Feeling Good Handbook - Burns, D

Mood Swings

Overcoming Mood Swings - Scott, J

Obsessions and Compulsions

Overcoming Obsessive Compulsive Disorder - Veale, D

Obsessive Compulsive Disorder - Toates, F

Panic

When Panic Attacks - Tubridy, A

Panic Attacks - Ingham, C

Parenting

Parent Power-Bringing up Responsible Children and Teens - Sharry, J

The Incredible Years - A Troubleshooting Guide for Parents of

Children Aged 2 – 8 Years - Webster-Stratton, C

Post Traumatic Stress

Overcoming Traumatic Stress - Herbert, C

Relationships

Overcoming Relationship Problems - Crowe, M

Self – Esteem

Self-esteem: Simple Steps to Develop Self Reliance and Perseverance

- Lindenfield, G

10 Days to Great Self Esteem - Burns, D

Social Anxiety

Overcoming Social Anxiety and Shyness - Butler, G

Stress

The Relaxation and Stress Reduction Workbook - Davis, M

Managing Stress (Teach Yourself) - Looker, T

Trauma

Overcoming Childhood Trauma - Kennerley, H

Breaking Free:Help for Survivors of Child Sexual Abuse -

Ainscough, C

Worry

How to Stop Worrying - Tallis, F

You may also find these CD`s very useful.

Feel The Fear and Do It Anyway. Jeffers, S

You Can Heal Your Life. Hay, L

Mindful Way Through Depression. Williams, M

Self Esteem For Adults. Humphreys, T

How to Change Your Life in 7 Steps. Bird, J