Find helpful books at your local library

Recommended by health professionals and people with long term conditions
How can books help?
Some of the recommended books provide helpful information and self-management techniques. There are also personal stories about other people’s experiences which may help you to understand your own. You can use the books on your own or with the support of a health professional. The health professionals involved in your treatment can also advise you on other help and support available.

How are the books chosen?
The books have all been recommended by health experts and people living with long term conditions. They have been selected using guidelines and quality standards from NICE (National Institute for Health and Care Excellence) with advice from a range of professional organisations and support from the Coalition for Collaborative Care.

About the scheme
Reading Well has been developed by The Reading Agency in partnership with the Society of Chief Librarians. The programme is funded by Arts Council England and the Wellcome Trust.

Reading Well recommends books you might find helpful if you have, or are caring for someone with a long term physical health condition.

Long term conditions impact on a person’s life and require ongoing care and support. Examples of long term conditions include diabetes, heart disease, arthritis and chronic obstructive pulmonary disease (COPD).

Common symptoms associated with many long term conditions include pain, fatigue, sleep problems and low and anxious feelings.

Reading Well offers practical support to help you live well with a long term condition. The books provide information and advice to help you understand and manage selected conditions and common symptoms. They also tell personal stories and provide practical support for family, friends and carers.

You may be recommended a title by a health professional. Look out for the books in your local library. They are free for anyone to borrow – take one home today.

Joining the library
It is easy and free to join your local library. Library book loans and borrower details are treated as strictly confidential. Some libraries may need proof of your name and address.

Also at your local library
Other Reading Well lists
You will find other Reading Well lists to help adults with common mental health conditions, people with dementia and their carers, and young people with their health and wellbeing.

Other services
You will also find information about local services and support groups as well as social and recreational activities such as reading groups. Make friends and enjoy yourself while sharing a good book. Ask about local reading groups in the library or visit readinggroups.org.
Recommended reading list

General

- How to Feel Better: Practical Ways to Recover Well from Illness and Injury
  - Frances Goodhart & Lucy Atkins
  - Piatkus

- Self-Management of Long-term Health Conditions
  - Kate Lorig
  - Bull Publishing

Common symptoms

Fatigue

- Fighting Fatigue: A Practical Guide to Managing the Symptoms of CFS/ME
  - Sue Pemberton & Catherine Berry
  - Hammersmith Books

- Overcoming Chronic Fatigue
  - Mary Burgess & Trudie Chalder
  - Robinson

- Overcoming Chronic Pain
  - Frances Cole, Helen Macdonald, Catherine Carus & Hazel Howden-Leach
  - Constable & Robinson

- Pain is Really Strange
  - Steve Haines & Sophie Standing
  - Singing Dragon

Pain

- Manage Your Pain
  - Michael Nicholas, Allan Molloy, Lee Beeston & Lois Tonkin
  - Souvenir Press

- Overcoming Chronic Pain
  - Frances Cole, Helen Macdonald, Catherine Carus & Hazel Howden-Leach
  - Constable & Robinson

- Pain is Really Strange
  - Steve Haines & Sophie Standing
  - Singing Dragon

Mental health and wellbeing

- Coping with the Psychological Effects of Illness: Strategies to Manage Anxiety and Depression
  - Fran Smith, Robert Bor & Karina Eriksen
  - Sheldon Press

- Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing Stress and Restoring Wellbeing
  - Vidyamala Burch & Danny Penman
  - Piatkus

Support for relatives and carers

- The Carer’s Handbook: Essential Information and Support for All Those in a Caring Role
  - Jane Matthews
  - Robinson

- The Selfish Pig’s Guide to Caring: How to Cope With the Emotional and Practical Aspects of Caring for Someone
  - Hugh Marriott
  - Piatkus

Selected long term conditions

Arthritis

- Arthritis: Exercise Your Way to Health
  - Paula Coates
  - Bloomsbury

- Arthritis: A Practical Guide to Getting On With Your Life
  - Chris Jenner
  - Robinson

- Arthritis: Exercise Your Way to Health
  - Paula Coates
  - Bloomsbury

- Arthritis: A Practical Guide to Getting On With Your Life
  - Chris Jenner
  - Robinson

Diabetes

- Diabetes for Dummies
  - Alan L. Rubin
  - Wiley

- Diabetes: The Facts
  - David Matthews, Niki Meston, Pam Dyson, Jenny Shaw, Laurie King & Aparna Pal
  - Oxford University Press

- Type 2 Diabetes in Adults of All Ages
  - Charles Fox & Anne Kilvert
  - Class Health

Bowel conditions

Irritable bowel syndrome

- Irritable Bowel Syndrome: Answers at Your Fingertips
  - Udi Shmueli
  - Robinson

- Irritable Bowel Syndrome: Navigating Your Way to Recovery
  - Megan Arroll & Christine Dancey
  - Hammersmith Books

Inflammatory bowel disease

- Go Your Crohn Way: A Gutsy Guide to Living with Crohn's Disease
  - Kathleen Nicolls
  - Singing Dragon

Stress

- Overcoming Chronic Pain
  - Frances Cole, Helen Macdonald, Catherine Carus & Hazel Howden-Leach
  - Constable & Robinson

- Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing Stress and Restoring Wellbeing
  - Vidyamala Burch & Danny Penman
  - Piatkus

Heart disease

- Heart Attack Survival Guide
  - Mark Greener
  - Sheldon Press

- Living with Angina
  - Tom Smith
  - Sheldon Press

- Understanding and Dealing with Heart Disease
  - Keith Souter
  - Summersdale

- Chronic Obstructive Pulmonary Disease (COPD): The Facts
  - Graeme P. Currie
  - Oxford University Press

- How I Rescued My Brain: A Psychologist’s Remarkable Recovery from Stroke and Trauma
  - David Roland
  - Scribe UK

Overcoming Sleep Problems

- Coping with the Psychological Effects of Illness: Strategies to Manage Anxiety and Depression
  - Fran Smith, Robert Bor & Karina Eriksen
  - Sheldon Press

- Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing Stress and Restoring Wellbeing
  - Vidyamala Burch & Danny Penman
  - Piatkus

- Overcoming Chronic Pain
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  - Hugh Marriott
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The Reading Well for long term conditions list is only available for use as part of the Reading Well Books on Prescription scheme. Permission to use this resource by agencies not subscribing to this scheme should be sought from The Reading Agency.
Where to get help

**NHS Choices** helps you to make the best choices about your health and lifestyle
☞ [www.nhs.uk](http://www.nhs.uk)

**Self Management UK** helps people living with long term health conditions to live better lives
☞ [www.selfmanagementuk.org.uk](http://www.selfmanagementuk.org.uk)

**Citizens Advice Bureau** provides information about your rights at work and in education, and when using the health service
☞ [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

**Being a carer**

**Carers Trust:**
☞ [www.carerstrust.org.uk](http://www.carerstrust.org.uk)

**Carers UK:**
☞ [www.carersuk.org](http://www.carersuk.org)
☞ Helpline 0808 808 7777

Support for selected conditions and common symptoms

**Asthma UK**
☞ [www.asthma.org.uk](http://www.asthma.org.uk)
☞ Helpline 0300 222 5800

**Arthritis Care**
☞ [www.arthritisicare.org.uk](http://www.arthritisicare.org.uk)
☞ Helpline 0808 800 4050

**British Heart Foundation**
☞ [www.bhf.org.uk](http://www.bhf.org.uk)
☞ Helpline 0300 330 3311

**British Lung Foundation**
☞ [www.blf.org.uk](http://www.blf.org.uk)
☞ Helpline 03000 030 555

**Diabetes UK**
☞ [www.diabetes.org.uk](http://www.diabetes.org.uk)
☞ Helpline 0345 123 2399

**The IBS Network**
☞ [www.theibsnetwork.org](http://www.theibsnetwork.org)

**Mental Health Foundation**
☞ [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

**Mind**
☞ [www.mind.org.uk](http://www.mind.org.uk)
☞ Helpline 0300 123 3393

**Pain UK**
☞ [www.painuk.org.uk](http://www.painuk.org.uk)

**Stroke Association**
☞ [www.stroke.org.uk](http://www.stroke.org.uk)
☞ Helpline 0303 3033 100

Visit [reading-well.org.uk](http://reading-well.org.uk) for more information about organisations that support people with long term conditions.

Tell us what you think

Find out more about individual books or tell us what you think about the book you have read at [www.reading-well.org.uk](http://www.reading-well.org.uk)