Reading Well Mood-boosting Books is a national promotion of uplifting titles, including novels, poetry and non-fiction. The books are recommended by readers. Libraries are the ideal places to find mood-boosting books. For more information, go to www.readingagency.org.uk/readingwell

Join a reading group
Reading groups can be a good way of bringing people together, promoting well-being and reducing isolation. They cater for all sorts of people and all kinds of reading tastes and abilities. To find a reading group near you, visit www.readinggroups.org
Ask in your local library for more information about reading groups and other relevant services.

Tell us what you think
We would like to hear your views on Reading Well Books on Prescription. You will find a simple and confidential online form at www.readingagency.org.uk/readingwell

Also available in your local library

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Recommended reading

<table>
<thead>
<tr>
<th>Title</th>
<th>Author</th>
<th>Publisher</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anger</td>
<td>Overcoming Anger and Irritability</td>
<td>William Davies</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Overcoming Anxiety</td>
<td>Helen Kennerley</td>
</tr>
<tr>
<td>Overcoming Anxiety, Stress and Panic: A Five Areas Approach</td>
<td>Chris Williams</td>
<td>CRC Press</td>
</tr>
<tr>
<td>Feel the Fear and Do it Anyway</td>
<td>Susan Jeffers</td>
<td>Vermilion</td>
</tr>
<tr>
<td>Binge eating/Bulimia Nervosa</td>
<td>Overcoming Binge Eating</td>
<td>Christopher G. Fairburn</td>
</tr>
<tr>
<td>Getting Better Bit by Bit: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders</td>
<td>Ulrike Schmidt and Janet Treasure</td>
<td>Routledge</td>
</tr>
<tr>
<td>Overcoming Bulimia Nervosa and Binge Eating</td>
<td>Peter J. Cooper</td>
<td>Constable &amp; Robinson</td>
</tr>
<tr>
<td>Chronic Fatigue Syndrome (second edition)</td>
<td>Frankie Campion and Michael Sharpe</td>
<td>Oxford University Press</td>
</tr>
<tr>
<td>Overcoming Chronic Fatigue</td>
<td>Mary Burgess with Trudie Chalder</td>
<td>Constable &amp; Robinson</td>
</tr>
<tr>
<td>Chronic pain</td>
<td>Overcoming Chronic Pain</td>
<td>Frances Cole, Catherine Carus, Hazel Rowden-Leach and Helen Macdonald</td>
</tr>
<tr>
<td>Depression</td>
<td>Overcoming Depression and Low Mood: A Five Areas Approach (third edition)</td>
<td>Chris Williams</td>
</tr>
<tr>
<td>Mind Over Mood: Change How You Feel by Changing the Way You Think</td>
<td>Dennis Greenberger and Christine Padesky</td>
<td>Guilford Press</td>
</tr>
<tr>
<td>Overcoming Depression</td>
<td>Paul Gilbert</td>
<td>Constable &amp; Robinson</td>
</tr>
<tr>
<td>Health anxiety</td>
<td>Overcoming Health Anxiety</td>
<td>David Veale and Rob Wilson</td>
</tr>
<tr>
<td>An Introduction to Coping with Health Anxiety</td>
<td>Brenda Hogan and Charles Young</td>
<td>Constable &amp; Robinson</td>
</tr>
<tr>
<td>Obsessions and compulsions</td>
<td>Overcoming Obsessive Compulsive Disorder</td>
<td>David Veale and Rob Wilson</td>
</tr>
<tr>
<td>Understanding Obsessions and Compulsions</td>
<td>Frank Tallis</td>
<td>Sheldon Press</td>
</tr>
<tr>
<td>Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT</td>
<td>Fiona Challacombe, Victoria Bream Oldfield and Paul M. Salkovskis</td>
<td>Vermilion</td>
</tr>
</tbody>
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Recommended and endorsed by health professionals

Reading Well Books on Prescription has been developed by The Reading Agency in partnership with the Society of Chief Librarians.

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readingagency.org.uk/readingwell

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Can books really help?
There is good evidence from the National Institute for Health and Clinical Excellence (NICE) that self-help books can help people understand and manage common conditions, including depression and anxiety. Although books can sometimes work on their own, research has shown that self-help approaches work best when there is support from a health professional. If you have been referred to an Improving Access to Psychological Therapies (IAPT) service, you might be seen by a psychological well-being practitioner, who can guide you through the information. The books have all been recommended by experts. They have been tried and tested and found to be useful.

What if the book doesn’t help?
If you find that the book you are reading is not helping, you should contact your GP or another health professional. You can also visit www.iapt.nhs.uk/services and www.nhs.uk/moodzone

The following organisations also offer help and/or information:

- The Samaritans
  www.samaritans.org
  Call 08457 90 90 90 24 hours a day, 7 days a week
- Mind
  www.mind.org.uk
  Info line: 0300 123 3393
- The Royal College of Psychiatrists
  www.rcpsych.ac.uk/info

Joining the library

It is easy to join your local library. In most libraries the book recommendation form will act as suitable ID if it has been signed by a health professional. Library book loans and borrower details are treated as strictly confidential.

Reading Well Books on Prescription is supported by

Department of Health (IAPT), Royal College of General Practitioners, Royal College of Psychiatrists, Royal College of Nursing, British Association for Behavioural and Cognitive Psychotherapies, The British Psychological Society and Mind.

Panic
- Overcoming Panic and Agoraphobia
  Derrick Silove and Vijaya Mancavasagar
  Constable & Robinson
- Panic Attacks: What They Are, Why They Happen and What You Can Do About Them
  Christine Ingham
  HarperCollins

Phobias
- An Introduction to Coping with Phobias
  Brenda Hogan
  Constable & Robinson

Relationship problems
- Overcoming Relationship Problems
  Michael Crowe
  Constable & Robinson

Self-esteem
- Overcoming Low Self-esteem
  Melanie Fennell
  Constable & Robinson
- The Feeling Good Handbook
  David Burns
  Penguin

Sleep problems
- Overcoming Insomnia and Sleep Problems
  Colin A. Espie
  Constable & Robinson

Social phobia
- Overcoming Social Anxiety and Shyness
  Gillian Butler
  Constable & Robinson

Stress
- The Relaxation and Stress Reduction Workbook
  Martha Davis
  New Harbinger
- Manage Your Stress for a Happier Life
  Terry Liker and Olga Gregson
  Hodder

Worry
- The Worry Cure: Stop Worrying and Start Living
  Robert L. Leahy
  Piatkus Books
- How to Stop Worrying
  Frank Tallis
  Sheldon Press

Prescriber’s further information or additional recommendations:

Joining the library
If you are not yet a member of your local library and would like to join, please insert your name and address and hand the form to a member of the library staff:

Name: ___________________________
Address: _________________________

Prescriber’s signature: ___________________________

The Reading Well Books on Prescription core reading 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.