

PROBLEM ISSUE	NO.	BOOK TITLE	AUTHOR(S)	YEAR	PUBLISHER	ISBN
Anger	1	Overcoming Irritability and Anger	Davies, Will	2000	Robinson	1854875957
	2	Managing Anger	Lindenfield, Gael	2000	Thorsons	0007100345
Anorexia Nervosa	3	Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers	Treasure, Janet	1997	Psychology Press	0863777600
	4	Overcoming Anorexia Nervosa	Freeman, Christopher and Cooper, Peter	2000	Robinson	1854879693
Anxiety	5	Overcoming Anxiety	Kennerley, Helen	1997	Robinson	1854874225
Assertiveness (Women)	6	Woman in Your Own Right	Dickson, Anne	1982	Quartet Books	0704334208
Bereavement	7	Living with Loss	McNeill Taylor, Liz	2000	Robinson	1841191051
Binge-Eating Disorder and Bulimia Nervosa	8	Bulimia Nervosa & Binge Eating	Cooper, Peter	1995	Robinson	1854871714
	9	Overcoming Binge Eating	Fairburn, Chris	1995	Guilford Press	0898621798
	10	Getter Better Bit(e) by Bit(e)	Schmidt, Ulrike & Treasure, Janet	1993	Erlbaum	0863773222
Depression	11	Overcoming Depression	Gilbert, Paul	2000	Robinson	1841191256
	12	Mind Over Mood	Greenberger, Dennis & Padesky, Christine	1995	Guilford	0898621283
	13	The Feeling Good Handbook	Burns, David	2000	Plume Books	0452281326
Gambling	14	Overcoming Compulsive Gambling	Blaszynski, Alex	2000	Robinson	1854874845
General	15	How to Cope When The Going Gets Tough	Dryden, Windy & Gordon, Jack	1994	Sheldon	0859697010
	16	Emotional Confidence	Lindenfield, Gael	2000	Thorsons	0007100361
Head Injuries	17	Head Injury. A Practical Guide	Powell, Trevor	2001	Speechmark	0863883257
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Health Anxiety	18	Stop Worrying About Your Health!	Zgourides, George	2002	New Harbinger	157724285X
Manic Depression	19	Overcoming Mood Swings	Scott, Jan	2001	Constable and Robinson	1841190179

Obsessions & Compulsions	20	Understanding Obsessions & Compulsions	Tallis, Frank	1992	Sheldon	0859696529
Panic	21	Overcoming Panic	Silove, Derrick	1997	Robinson	1854877011
	22	Panic Attacks	Ingham, Christine	1997	Thorsons	0722526989
PTSD/Trauma	23	Overcoming Traumatic Stress	Herbert, Claudia & Wetmore, Ann	1999	Robinson	1854877259
Self-Esteem	24	Overcoming Low Self-Esteem	Fennell, Melanie	1999	Robinson	1854877259
	25	The Feeling Good Handbook	Burns, David	2000	Plume Books	0452281326
	26	Self-Esteem For Women	Field, Lynda	2001	Vermilion	009187632X
	27	Self-Esteem	Lindenfield, Gael	2000	Thorsons	0722540078
	28	10 Days to Great Self-Esteem	Burns, David	2000	Vermilion	0091825628
Child Sexual Abuse (Adult Survivors)	29	Breaking Free	Ainscough, Carolyn & Toon, Kay	2000	Sheldon	0859698106
	31	The Courage to Heal	Bass, Ellen & Davies, Laura	2002	Vermilion	0091884209
Social Anxiety / Social Phobia	32	Overcoming Social Anxiety & Shyness	Butler, Gillian	1999	Robinson	1856877038
Stress	33	The Relaxation & Stress Reduction Workbook	Davis, Robbins, Eshelman & McKay	1995	New Harbinger	1879237822
	34	Managing Stress: Teach Yourself	Looker, Terry & Gregson, Olga	1997	Teach Yourself Books	0340663766
Worry	35	How to Stop Worrying	Tallis, Frank	1990	Sheldon	0859696103