



BOOKLIST - POOLE BOOK PRESCRIPTION SCHEME - 2005

PROBLEM ISSUE	No.	BOOK TITLE	AUTHOR(S)	YEAR	PUBLISHER	ISBN	PRICE
Anger	W1	Overcoming Anger and Irritability	Davies, Will	2000	Constable & Robinson	1854875957	£ 7.99
	W2	Managing Anger	Lindenfield, Gael	2000	HarperCollins	0007100345	£ 7.99
Anorexia Nervosa	W3	Breaking Free from Anorexia Nervosa	Treasure, Janet	1997	Psychology Press	0863777600	£11.95
	W4	Overcoming Anorexia Nervosa	Freeman, Christopher and Cooper, Peter	2002	Constable & Robinson	1854879693	£ 7.99
Anxiety	W5	Overcoming Anxiety	Kennerley, Helen	2004	Constable & Robinson	1854874225	£ 7.99
Assertiveness (Women)	W6	Woman in Your Own Right	Dickson, Anne	1982	Quartet Books	0704334208	£ 6.00
Bereavement	W7	You'll Get Over It: Rage of Bereavement	Ironside, Virginia	1997	Penguin Books	0140236082	£ 8.99
Binge-Eating Disorder and Bulimia Nervosa	W8	Bulimia Nervosa & Binge Eating	Cooper, Peter	1993	Constable & Robinson	1854871714	£ 7.99
	W9	Overcoming Binge Eating	Fairburn, Christopher	1995	Guilford Press	0898621798	£13.50
	W10	Getting Better Bit(e) By Bit(e)	Schmidt, Ulrike & Treasure, Janet	1993	Psychology Press	0863773222	£11.95
Depression	W11	Overcoming Depression	Gilbert, Paul	2000	Constable & Robinson	1841191256	£ 7.99
	W12	Mind Over Mood	Greenberger, Dennis. & Padesky, Christine	1995	Guilford	0898621283	£16.95
	W13	The Feeling Good Handbook	Burns, David	2000	Plume Books	0452281326	£12.99
Head Injuries	W14	Head Injury: A Practical Guide	Powell, Trevor. J	2004	Speechmark Publishing	0863884512	£19.95
Health Anxiety	W15	Stop Worrying about your Health	Zgourides, George. D	2002	New Harbinger Publications	157224285X	£11.99

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Manic Depression	W16	Overcoming Mood Swings	Scott, Jan	2001	Constable & Robinson	1841190179	£ 7.99
Obsessions & Compulsions	W17	Overcoming Obsessive Compulsive Disorder	Veale, David and Willson, Rob	2005	Constable & Robinson	1841199362	£ 9.99
	W18	Obsessive Compulsive Disorder	Toates, Frederick and Coshug-Toates, Olga	2002	Class Publishing	1859590691	£14.99
	W19	Understanding Obsessions and Complusions	Tallis, Frank	1992	Sheldon Press	0859696529	£ 7.99
Panic	W20	Overcoming Panic	Silove, Derrick	2003	Constable & Robinson	1854877011	£ 7.99
	W21	Panic Attacks	Ingham, Christine	2000	HarperCollins	0007106904	£ 7.99
PTSD/Trauma	W22	Overcoming Traumatic Stress	Herbert, Claudia & Wetmore, Ann	2002	Constable & Robinson	1841190160	£ 7.99
Low Self-Esteem	W23	Overcoming Low Self-Esteem	Fennell, Melanie	2004	Constable & Robinson	1854877259	£ 7.99
	W24	The Feeling Good Handbook	Burns, David	2000	Plume Books	0452281326	£12.99
	W25	Self-Esteem For Women	Field, Lynda	2001	Vermilion	009187632X	£ 6.99
	W26	Self-Esteem	Lindenfield, Gael	2000	HarperCollins	0722540078	£ 7.99
	W27	10 Days to Great Self-Esteem	Burns, David	2000	Vermilion	0091825628	£ 9.99
Child Sexual Abuse (Adult Survivors)	W28	Breaking Free	Ainscough, Carolyn & Toon, Kay	2000	Sheldon Press	0859698106	£14.99
	W29	The Courage to Heal	Bass, Ellen & Davies, Laura	2002	Vermilion	0091884209	£12.99
Social Anxiety/ Social Phobia	W30	Overcoming Social Anxiety & Shyness	Butler, Gillian	2003	Constable & Robinson	1856877038	£ 7.99
Stress	W31	The Relaxation & Stress Reduction Workbook	Davis, Martha, Robbins Eshelman, Elizabeth & Mackay, Matthew	2000	New Harbinger	1572242140	£16.99
	W32	Managing Stress: (Teach Yourself)	Looker, Terry & Gregson, Olga	2003	Hodder Arnold	0340860073	£ 8.99
Worry	W33	How to Stop Worrying	Tallis, Frank	1990	Sheldon Press	0859696103	£ 6.99