

BOOK LIST 2007

NORTH INNER CITY BOOK PRESCRIPTION SCHEME

Dublin City Public Libraries
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Problem	No	Book Title	Author(s)	Year	Comment / see Prescriber Information Booklet for summaries
Anger	W1	Managing Anger	Gael Lindenfield	2000	A positive, optimistic book. Attractive, easy read.
	W2	Overcoming Anger and Irritability	William Davies	2000	Based on Cognitive Behavioural Therapy (CBT). Manageable.
Anorexia	W3	Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers	Janet Treasure	2000	A clearly written educational book containing practical advice. Not a step-by-step treatment guide. Good start.
	W4	Overcoming Anorexia Nervosa	Christopher Freeman & Peter Cooper	2002	A complete self-help recovery programme based on CBT. Easy read.
Anxiety	W5	Overcoming Anxiety	Helen Kennerley	2004	A complete recovery programme based on CBT. Easy read.
Assertiveness	W6	Assert Yourself	Gael Lindenfield	2001	Attractive book which builds awareness and skills.
Bereavement	W7	'You'll Get Over It': The Rage of Bereavement	Virginia Ironside	1997	Frank, honest, angry, tapping the complexity of bereavement.
	W8	Living With Loss: A Book for the Widowed	Liz McNeill Taylor	2000	Down to earth examination of the emotional and practical effects of being widowed. Shows the possibility of building a new life.
Binge-Eating and Bulimia	W9	Getting Better Bit(e) By Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders	Ulrike Schmidt & Janet Treasure	1999	Easy to read, engaging, motivating. Has demonstrated effectiveness in clinical trials. Comprehensive treatment programme.
	W10	Bulimia Nervosa and Binge Eating	Peter Cooper	1995	Comprehensive CBT-based treatment programme
Child Abuse (Adult Survivors)	W11	Overcoming Childhood Trauma	Helen Kennerley	2000	Sensitive. Links past and present difficulties. Practical strategies for managing specific problems linked to abuse.
Child Sexual Abuse (Adult Survivors)	W12	Breaking Free: Help for Survivors of Child Sexual Abuse	Carolyn Ainscough & Kay Toon	2000	Sensitively written. Demonstrates the range of experience and feelings involved. Optimistic. Strategies for coping.
Depression	W13	Depression: The Common Sense Approach	Tony Bates	1999	Accessible, slim book. Compassionate and practical. CBT strategies and more. Good first book.
	W14	Overcoming Depression	Paul Gilbert	2000	Bigger, more detailed book yet readable and sympathetic. Comprehensive CBT programme.
	W15	Depression: The Way Out Of Your Prison	Dorothy Rowe	2003	A deeper exploration of beliefs about self and others that maintain depression. Links past experience to depression.
Depression / Anxiety	W16	The Feeling Good Handbook	David Burns	1999	Large but easy to read CBT book. Also covers panic, phobias, guilt, inferiority. Has demonstrated effectiveness in clinical trials.
Mood Swings	W17	Overcoming Mood Swings	Jan Scott	2004	An easy to read complete CBT programme. Includes information on depression and mania.
Obsessions and Compulsions	W18	Overcoming Obsessive Compulsive Disorder	David Veale and Rob Willson	2005	Promotes readiness to change then delivers a CBT plan. For people who meet the criteria for OCD. Manageable.
	W19	Obsessive Compulsive Disorder	Frederick Toates & Olga Coschug-Toates	2005	Autobiographical account of life with OCD. May help people to feel that they are not alone. Discusses treatment options. Manageable.

Panic	W20	When Panic Attacks	Aine Tubridy	2003	Engaging, clear, comprehensive. Educates and offers techniques. Accompanying CD.
	W21	Panic Attacks	Christine Ingham	2000	Smaller, simpler, supportive. Offers guidance. Easy read.
Parenting	W22	Parent Power – Bringing up Responsible Children and Teenagers	John Sharry	2002	Good general guide covering key principles of parenting 4 – 18 year olds. Easy to read.
	W23	The Incredible Years – A Troubleshooting Guide for Parents of Children Aged 2 – 8 Years	Carolyn Webster-Stratton	2006	More comprehensive but manageable. For parenting 2 – around 10 year olds. Particularly good where parent-child relationship may have suffered.
	W24	The Incredible Years Parent and Child Series (audio CDs)	Carolyn Webster-Stratton		3 audio-CDs based on above book. Covers relationship-building, discipline, managing one's own feelings, common behaviour problems.
	W25	STEP: Parenting Young Children	D. Dinkmeyer, G.D. McKay et al	1997	Very simple, attractive book. Holds parents by the hand providing systematic training. Parenting 0 – 5 year olds.
	W26	STEP: Parent Handbook	D. Dinkmeyer, G.D. McKay et al	1997	Very simple, attractive book. Holds parents by the hand providing systematic training. Parenting 6 - 12 year olds
	W27	STEP: Parenting Teenagers	D. Dinkmeyer, G.D. McKay et al	1998	Very simple, attractive book. Holds parents by the hand providing systematic training. Parenting teenagers.
	W28	When Parents Separate: Helping Your Children Cope	John Sharry, Peter Reid & Eugene Donohoe	2001	Slim, easy-to-read book. Covers what reactions to expect and how to communicate and respond and manage one's own stress.
Post Traumatic Stress	W29	Overcoming Traumatic Stress	Claudia Herbert & Ann Wetmore	2002	CBT strategies to help reader understand and manage their reactions. Easy to read.
Psychotherapy	W30	Change for the Better: Self-help Through Practical Psychotherapy	Elizabeth Wilde McCormick	2002	Structured personal exploration based on Cognitive Analytic Therapy (CAT). Links past with present. Accessible.
Relationship Problems	W31	Overcoming Relationship Problems	Michael Crowe	2005	Very accessible. Focuses on communication and negotiation skills. Uses CBT.
Self-Esteem	W32	Self Esteem: Simple Steps to Develop Self Reliance and Perseverance	Gael Lindenfield	2000	Attractive easy-to-read book. Explores origin and impact of low self-esteem. Provides practical programme for increasing self-esteem.
	W33	10 Days to Great Self Esteem	David Burns	2000	Larger structured book using CBT. Contains information and practical exercises. Positive tone.
Sexual Problems	W34	Overcoming Sexual Problems	Vicki Ford	2005	Sensitive and practical. Explores nature of problems and provides self-help manual based on CBT.
Social Anxiety	W35	Overcoming Social Anxiety And Shyness	Gillian Butler	2003	Very readable. Detailed CBT instruction. Suitable for both mild and intense anxiety
Stress	W36	The Relaxation and Stress Reduction Workbook (5th Ed)	Martha Davis, Elizabeth Robbins Eshelman & Matthew McKay	2000	Offers a broad range of techniques for relaxation and stress management. Attractive, easy-to-read book.
	W37	Managing Stress (Teach Yourself)	Terry Looker & Olga Gregson	2003	Educative and offers comprehensive stress management plan. Views self-esteem as the key to stress management.
Worry	W38	How to Stop Worrying	Frank Tallis	1990	A slim, very easy-to-read book. Transforming worry into problem-solving.