

LAMBETH PRIMARY CARE SELF-HELP BOOK PRESCRIPTION SCHEME.

PROBLEM	No.	BOOK TITLE	AUTHOR
ANGER	1	'Overcoming Anger and Irritability'	Will Davies
	2	'Managing Anger'	Gael Lindenfield
ANXIETY	3	'Overcoming Anxiety'	Helen Kennerley
ASSERTIVENESS (Women)	4	'A Woman in Your Own Right'	Anne Dickson
BEREAVEMENT	5	'On Grief and Grieving'	Elizabeth Kubler-Ross & David Kessler
CHILDLESSNESS	6	'Beyond Childlessness'	Rachel Black and Louise Skull
DEPRESSION	7	'Overcoming Depression'	Paul Gilbert
	8	'Mind over Mood'	D. Greenberger & C. A. Padesky
	9	'Depression: The Way Out of Your Prison'	Dorothy Rowe
	10	'Dealing with Depression'	Gerrilyn Smith & Kathy Nairne
DEPRESSION (Bi-Polar)	11	'Overcoming Mood Swings'	Jan Scott
EATING DISORDERS (Anorexia Nervosa)	12	'Overcoming Anorexia Nervosa'	Christopher Freeman & Peter Cooper
	13	'Anorexia Nervosa: A Survival Guide For Families, Friends & Sufferers'	Janet Treasure
EATING DISORDER (Binge-Eating Disorder & Bulimia Nervosa)	14	'Bulimia Nervosa & Binge Eating'	Peter Cooper
	15	'Overcoming Binge Eating'	Dr Christopher G. Fairburn
	16	'Getting Better Bit(e) by Bit(e)'	Ulrike Schmidt & Janet Treasure
GAMBLING	17	'Overcoming Compulsive Gambling'	Alex Blaszczynski
HEAD INJURIES	18	'Head Injury: A Practical Guide'	Trevor Powell
HEALTH	19	'Overcoming Chronic Fatigue'	Mary Burgess & Trudie Chalder
OBSESSIONS AND COMPULSIONS	20	'Understanding Obsessions & Compulsions'	Dr Frank Tallis

PANIC	21	'Panic Attacks'	Christine Ingham
	22	'Overcoming Panic'	Derrick Silove & Vijaya Manicavasagar
PARENTING	23	'Toddler Taming; A Parents' Guide to the First Four Years'	Dr Christopher Green
PTSD/TRAUMA	24	'Overcoming Traumatic Stress'	Claudia Herbert & Ann Wetmore
SELF-ESTEEM	25	'10 Days to Great Self-Esteem'	David Burns
	26	'The Feeling Good Handbook'	David Burns
	27	'Overcoming Low Self-Esteem'	Melanie Fennell
	28	'Self-Esteem for Woman'	Lynda Field
	29	'Self-Esteem'	Gael Lindenfield
CHILD SEXUAL ABUSE	30	'Breaking Free'	Carolyn Ainscough & Kay Toon
	31	'The Courage to Heal'	Ellen Bass & Laura Davies
SOCIAL ANXIETY/SOCIAL PHOBIA	32	'Overcoming Social Anxiety & Shyness'	Gillian Butler
STRESS	33	'The Relaxation & Stress Reduction Workbook'	Davis, Robbins Eshelman & McKay
	34	'Managing Stress: Teach Yourself'	Terry Looker & Olga Gregson
WORRY	35	'How to stop worrying'	Frank Tallis