

Book Title	Author	ISBN/EAN
Your six week plan	Rocca, Lucy	9781783752058 (178375205X)
Overcoming baby blues	Parker, Gordon	9781743316771 (1743316771)
Recovering from multiple sclerosis	Jelinek, George	9781743313817 (1743313810)
Cancer in our family	Heiney, Sue P.	9780944235959 (0944235956)
Breast cancer		9781604430301 (1604430303)
Lung cancer		9781604430615 (1604430613)
You can stop smoking	Carr, Allen	9781784043308 (1784043303)
Understanding stroke	Sassoon, Rosemary	9781846248436 (1846248434)
The twelve-step programme to kick your habit	Lefever, Robert	9781780974569 (1780974566)
Overcoming compulsive gambling	Blaszczynski, Alex	9781849011334 (1849011338)
An introduction to coping with eating disorders	Todd, Gillian	9781849014533 (1849014531)
All in the End is Harvest		9780232516241 (0232516243)
Nourish	Bailey, Christine	9781848990760 (1848990766)
A grief observed	Lewis, C. S.	9780571290680 (057129068X)
Mind over mood	Greenberger, Dennis	9780898621280 (0898621283)
Beyond fear	Rowe, Dorothy	9780007246595 (0007246595)
CBT for work	Garratt, Gill	9781848314191 (1848314191)
Understanding depression		9781861686800 (1861686803)
Eating disorders		9781861686558 (1861686552)
Can I tell you about dementia?	Welton, Jude	9781849052979 (1849052972)
Dementia	Pulsford, Dave	9781849052436 (1849052433)
Parenting a teen or young adult with Asperger syndrome (auti	Boyd, Brenda	9781849052825 (1849052824)
Cancer nutrition and recipes for dummies	Loguidice, Christina T.	9781118592052 (1118592050)
Overcoming binge eating for dummies	Cohn, Marjorie Nolan	9781118550878 (1118550870)
First steps out of smoking	Atkins, Simon	9780745956213 (0745956211)
First steps to living with dementia	Atkins, Simon	9780745955568 (0745955568)
Dementia positive	Killick, John	9781908373571 (1908373571)
Facing grief	Wallbank, Susan	9780718828073 (0718828070)
Chemo cookery club	Ericson, Penny	9781782193623 (1782193626)
Testicular cancer	Shah, Priya	9781861442659 (1861442653)
Bowel cancer	Eustace, Ian	9781861441348 (1861441347)
Prostate cancer	Loshak, David	9781861440921 (1861440928)
Postnatal depression	Burrows, Catherine	9781861441072 (186144107X)
The feeling good handbook	Burns, David D.	9780452281325 (0452281326)
The cognitive behavioral therapy workbook for menopause	Green, Sheryl M.	9781608821105 (1608821102)
'You'll get over it'	Ironside, Virginia	9780140236088 (0140236082)
The worry cure	Leahy, Robert L.	9780749927240 (0749927240)
B is for breast cancer	Hamill, Christine	9780349401348 (0349401349)

The cancer survivor's companion	Goodhart, Frances	9780749954901 (0749954906)
Brave girl eating	Brown, Harriet	9780749955236 (0749955236)
Beating chronic fatigue	Downing-Orr, Kristina	9780749940935 (074994093X)
Living with loss	Taylor, Liz McNeill	9780716022039 (0716022036)
Overcoming anxiety	Kennerley, Helen	9781849018784 (1849018782)
Overcoming chronic pain		9781841199702 (1841199702)
Overcoming health anxiety	Willson, Rob	9781845298241 (1845298241)
Take care, son	Husband, Tony	9781472115560 (1472115562)
Overcoming low self-esteem	Fennell, Melanie J. V.	9781849010689 (1849010684)
Overcoming insomnia and sleep problems	Espie, Colin A.	9781845290702 (1845290704)
Beating depression	Gilbert, Paul	9781849014021 (1849014027)
A special scar	Wertheimer, Alison	9780415824682 (0415824680)
Overcoming anger	Dryden, Windy	9780859697132 (0859697134)
Breast cancer	Priestman, Terry J.	9781847092687 (1847092683)
How to eat well when you have cancer	Freeman, Jane	9781847091413 (1847091415)
How to stop worrying	Tallis, Frank	9781847090898 (1847090893)
Breaking free workbook	Ainscough, Carolyn	9780859698047 (0859698041)
Coping with memory problems	Baxendale, Sallie	9781847092748 (1847092748)
Bulimia, binge-eating and their treatment	Lacey, J. Hubert	9781847090355 (1847090354)
Coping with birth trauma and postnatal depression	Jolin, Lucy	9781847090393 (1847090397)
Anni's cancer companion	Matthews, Anni	9781848190672 (1848190670)
The mindful way through depression		9781591796657 (1591796652)
Understanding and dealing with stroke	Souter, Keith M.	9781849533904 (1849533903)
50 things you can do today to manage fibromyalgia	Green, Wendy	9781849532037 (1849532036)
Self esteem	Lindenfield, Gael	9780722540077 (0722540078)
Essential help for your nerves	Weekes, Claire	9780722540138 (0722540132)
Feel the fear and do it anyway	Jeffers, Susan J.	9780091907075 (0091907071)
Break free from OCD	Challacombe, Fiona	9780091939694 (0091939690)
Self-esteem for women	Field, Lynda	9780091876326 (009187632X)
Beat cancer	Djamgoz, M. B. A.	9780091947958 (0091947952)
Dementia essentials	Hall, Jan	9780091948160 (0091948169)
Antenatal and postnatal depression	Curham, Siobhan	9780091856076 (0091856078)
When panic attacks	Burns, David D.	9780091929602 (0091929601)
The self-esteem coach	Field, Lynda	9781780281162 (1780281161)
Beat depression fast	Massey, Alexandra	9781780286051 (1780286058)
Mind over mood: change how you feel by changing the way you think	Beck, Aaron T	
Managing your mind	Butler, Gillian	
Overcoming social anxiety & shyness	Butler, Gillian	
Chronic fatigue syndrome (the facts)	Campling, Frankie	

Allen Carr's easy way to stop smoking: be a happy non-smoker for the rest of your life
Easy way to control alcohol
Alcohol and drinking problems (understanding) (family doctor books)
Overcoming chronic pain: a self-help guide using cognitive behavioral techniques
Overcoming bulimia self-help course: a self-help practical manual using cognitive behavioral techniques (3book set)
Overcoming anger and irritability
Relaxation and stress reduction workbook (new Harbinger self-help workbook)
Overcoming binge eating, second edition: the proven program to learn why you binge and how you can stop
Overcoming anorexia nervosa: a self-help guide using cognitive behavioral techniques (large pring 16pt)
Overcoming depression: a self-help guide using cognitive behavioral techniques
Overcoming traumatic stress: a self-help guide using cognitive behavioral techniques
An introduction to coping with phobias
Panic attacks: what they are, why thy happen and what you can do about them
Head injury: a practical guide (speechmark editions)
Getting better bite by bite: a survival kit for sufferers of bulimia nervosa and binge eating disorders
Overcoming mood swings
Overcoming panic and agoraphobia
Understanding obsessions and compulsions (overcoming common problems)
Anorexia nervosa: a recovery guide for sufferers, families and friends
Overcoming obsessive compulsive disorder
Overcoming depression and low mood, 3rd edition: a five areas approach
Overcoming anxiety, stress and panic: a five areas approach, third edition
Overcoming health anxiety: a self-help guide using cognitive behavioral techniques (large pring 16pt)
An introduction to coping with health anxiety

Carr, Allen
Carr, Allen
Chick, Jonathan
Cole, Frances
Cooper, Peter J
Davies, William, Dr
Davis, Martha
Fairburn, Christopher
Freeman, Chris
Gilbert, Paul
Herbert, Claudia
Hogan, Brenda
Ingham, Christine
Powell, Trevor
Schmidt, Ulrike
Scott, Jan
Silove, Derrick, Prof
Tallis, Frank
Treasure, Janet
Veale, David
Williams, Christopher
Williams, Christopher
Wilson, Rob
Young, Charles