PROBLEM ISSUE	NO	BOOK TITLE	AUTHOR(S)	YEAR	PUBLISHER	ISBN
Anger	1	Overcoming Irritability and Anger (CBT)	Davies, Will	2000	Robinson	1854875957
Anger	2	Mangaging Anger	Lindenfield, Gael	2000	Thorsons	0007100345
Anorexia Nervosa	3	Anorexia Nervosa: A Survival Guide For Families , Friend and Sufferers	Treasure, Janet	1997	Psychology Press	0863777600
Anorexia Nervosa	4	Overcoming Anorexia (CBT)	Freeman, Christopher & Cooper, Peter	2000	Robinson	1854879693
Anxiety	5	Overcoming Anxiety (CBT)	Kennerly, Helen	1997	Robinson	1854874225
Assertiveness (Women)	6	Woman In Your Own Right	Dickson, Anne	1982	Quartet Books	0704334208
Bereavement	7	You'll Get Over It: Rage Of Bereavement	Ironside, Virginia	1997	Penguin Books	0140236082
Binge-Eating Disorder and Bulimia Nervosa	8	Bulimia Nervosa and Binge Eating (CBT)	Cooper, Peter	1995	Robinson	1854871714
Binge-Eating Disorder and Bulimia Nervosa	9	Overcoming Binge Eating	Fairburn, Chris	1995	Guildford Press	0898621798
Binge-Eating Disorder and Bulimia Nervosa	10	Getting Better Bit(e) By Bit(e)	Schmidt, Ulrike & Treasure, Janet	1993	Erlbaum	0863773222
Depression	11	Overcoming Depression (CBT)	Gilbert, Paul	2000	Plume Books	0452281326

Depression	12	Mind Over Mood (CBT)	Greenberger, Dennis & Pdesky, Christine	1995	Guildford Press	0898621283
Depression	13	The Feeling Good Handbook (CBT)	Burns, David	2000	Plume Books	0452281326
Eating Disorder		Skills-based Learning for Caring For A Loved One With An Eating Disorder: The New Maudsley Method	Treasure, Janet & Smith, Grinne & Crane, Anne	2007	Routledge	0415431581
Eating Disorder		Life Without ED: How One Woman Declared Independence From Her Eating Disorder And How You Can Too	Schaefer, Jenni	2004	McGraw-Hill	0071422986
Eating Disorder		Eating Disorders (The Facts) Sixth Edition	Suzanne Abraham	2008	Oxford University Press	0199551019
General		Mindfullness: A Practical Guide To Finding Peace In A Frantic World	Williams, Mark &Penman, Danny	2011	Piatkus	074995308X
General		Families And How To Survive THem	Robin Skynner & John Cleese	1993	Cedar Books	0749314109
General	14	How To Cope When The Going Gets Tough	Dryden, Windy &Gordon, Jack	1994	Sheldon	0859697010
General	15	Emotional Confidence	Lindenfield, Gael	2000	Thorsons	0007100361
Head Injuries	16	Head Injury. A practical Guide	Powell, Trevor	2001	Speechmark	0863883257
Manic Depression	17	Overcoming Mood Swings (CBT)	Scott, Jan	2001	Constable and Robinson	1841190179

Obsessions & Compulsions	18	Overcoming Obsessive Compulsive Disorder (CBT)	Veale, David & Willson, Rob	2005	Constable and Robinson	1841199362
Obsessions & Compulsions	19	Obsessive Compulsice Disorder	Toates, Frederick & Coshug-Toates, Olga	2002	Class Pubishing	1859590691
Obsessions & Compulsions	20	Understanding Obsessions and Compulsions	Tallis, Frank	1992	Sheldon	0859696529
Panic	21	Overcoming Panic (CBT)	Silove, Derrick	1997	Robinson	1854877011
Panic	22	Panic Attacks	Ingham, Christine	1997	Thorsons	0722526989
PTSD/Trauma	23	Overcoming Traumatic Distress (CBT)	Herbert, Claudia &Wetmore, Ann	1999	Robinson	1854877259
Self-Esteem	24	Overcoming Low Self-Esteem (CBT)	Fennell, Melanie	1999	Robinson	1854877259
Self-Esteem	25	The Feeling Good Handbook (CBT)	Burns, David	2000	Plume Books	0452281326
Self-Esteem	26	Self-Esteem For Women	Field, Lynda	2001	Vermilion	009187632X
Self-Esteem	27	Self-Esteem	Lindenfield, Gael	2000	Thorsons	0722540078
Self-Esteem	28	10 Days To Great Self-Esteem	Burns, David	2000	Vermilion	0091825628
Child Sexual Abuse (Adult Survivors)	29	Breaking Free	Ainscough, Ellen & Toon, Kay	2000	Sheldon	0859698106
Child Sexual Abuse (Adult Survivors)	30	The Courage To Heal	Bass, Ellen & Davies, Laura	2002	Constable and Robinson	1845290704
Sleep Problems	31	Overcoming Insomnia And Sleep Problems (CBT)	Espie, Colin	2006	Constable and Robinson	1845877038

Social Anxiety / Social Phobia	32	Overcoming Social Anxiety & Shyness (CBT)	Butler, Gillian	1999	Robinson	1856877038
Stress	33	The Relaxation And Stress Reduction Workbook	Davis, Robbins, Eshelman & McKay	1995	New Harbinger	1879237822
Stress	34	Managing Stress: Teach Youself	Looker, Terry & Gregson, Olga	1997	Teach Tourself Books	0340663766
TA (for beginners)		I'm Okay, You're Okay	Thomas Harris	2012	Arrow	009955755X
Weight Problems	35	Overcoming Weight Problems (CBT)	Gauntlett-Gilbert, Jenermy & Grace, Clare	2005	Constable and Robinson	1845290682
Worry	36	How To Stop Worrying	Tallis, Frank	1990	Sheldon	0859696103