

Unwind your mind

Read yourself well

'Reading is like going on holiday without packing your bag'

(Source: Debbie Hicks, Reading Agency report)



PHOTO: ALISTAIR WILLIAMSON

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Books Can Help

Many people struggle to cope with difficult times in their lives. They may feel vulnerable and experience distress.

Self-help books can be highly effective when used on their own, as can novels or poetry which reflect situations experienced by you – the reader.

- Stress
- Anxiety
- Eating Problems
- Panic
- Bereavement
- Obesity
- Depression
- Self-Esteem
- Worry

‘Unwind Your Mind’

The collections are available in the following libraries:

Abingdon	Banbury
Benson	Bicester
Blackbird Leys	Carterton
Cowley	Didcot
Henley	Kidlington
Oxford	Thame
Wantage	Witney

... however, you can request any title from the collections at any library.



PHOTO: ALESSANDRO PAIVA

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About the books

The Year of Magical Thinking – Joan Didion.

'... until I sat down and read this book I thought I was the only one who felt this way ... she acknowledges every emotion on the roller-coaster of acute grief.'



Surgically Enhanced – Pam Ayres.

'... these bite-sized reads ring with her Oxfordshire accent and are a fine reflection of the quirks of middle-aged life.'

Still Alice – Lisa Genova.

'... heart-wrenching, uplifting, poignant, perceptive ... Alzheimer's victims need family understanding ...'

The Bell Jar – Sylvia Plath.

'... powerful evocation of Plath's own mental health issues ...'

Freaks, Geeks and Asperger's Syndrome – Luke Jackson.

'... it made me laugh, cry and realise that AS is not such a bad thing to have after all ... thank you for making me realise I'm not a freak ...'



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Contact us for more information

Find your local library listed in the phone book or phone 01865 810240.

For details of libraries, their opening hours and villages visited by the mobile library service visit the website www.oxfordshire.gov.uk/libraries

Other Useful Contacts

NHS Direct: 0845 4647
www.nhsdirect.nhs.uk

www.oxfordshire-mind.org.uk

www.restore.org.uk

www.samaritans.org.uk

www.mendprogramme.org

www.nhs.uk/change4life



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Unwind Your Mind Booklist

• Alcoholism

Susan Nolen-Hoeksema. Eating, drinking, overthinking: women's destructive relationship with food, alcohol and depression, and how to break free. Piatkus, 2006.

Edmund Tirbutt. Beat the booze: a comprehensive guide to combating drink problems in all walks of life: reclaim your life. Harriman House, 2008.

• Alzheimer's Disease

Joanne K. Coste. Learn to speak Alzheimer's: a new approach to living positively with Alzheimer's disease. Vermilion, 2003.

Lisa Genova. Still Alice. Simon & Schuster, 2009.

Andrea Gillies. Keeper: living with Nancy: a journey into Alzheimer's. Short, 2009.

• Anger

William Davies. Overcoming anger and irritability: a self-help guide using cognitive behavioural techniques. Robinson, 2000.

Mike Fisher. Beating anger: the eight-point plan for coping with rage. Rider, 2005.

H.G. Lerner. The dance of anger: a guide to changing the pattern of intimate relationships. Element, 1999.

Gael Lindenfield. Managing anger: simple steps to handling your temper. Thorsons, 2000.

• Anxiety

Helen Kennerley. Overcoming anxiety: a self-help guide using cognitive behavioural techniques. Robinson, 2009.

Jane A. Plant. Beating stress, anxiety and depression: groundbreaking ways to help you feel better. Piatkus, 2008.

David Servan-Schreiber. Healing without Freud or Prozac: natural approaches to curing stress, anxiety and depression. Rodale, 2005.

• Asperger's Syndrome

Mark Haddon. The curious incident of the dog in the night-time. Vintage, 2005.

Luke Jackson. Freaks, geeks and asperger syndrome. Jessica Kingsley, 2002.

- **Bipolar**

Lesley Berk (et al.) Living with bipolar: a practical guide for those with the disorder, their family and friends. Vermilion, 2009.

Marya Hornbacher. Madness: a bipolar life. Harper Perennial, 2009.

Sarah Owen. Bipolar disorder: the ultimate guide. Oneworld,2008.

- **Body Image**

David Veale. Overcoming body image problems including body dysmorphic disorder: a self-help guide using cognitive behavioural techniques. Robinson, 2009.

- **Coping with disabilities**

J. D. Bauby. The diving-bell and the butterfly. Harper Perennial, 2002.

- **Depression**

Sue Atkinson. Climbing out of depression. Lion, 2005.

Barbara Baker. When someone you love has depression. Sheldon, 2003.

Windy Dryden. Overcoming depression. Sheldon, 2003.

Sally Brampton. Shoot the damn dog: a memoir of depression. Bloomsbury,2009.

Paul Gilbert. Overcoming depression: a self-help guide using cognitive behavioural techniques. Robinson, 2009.

Dennis Greenberger. Mind over mood: change how you feel by changing the way you think. Guilford, 1995.

Matthew Johnstone. Living with a black dog. Robinson, 2008.

Alexandra Massey. Beat depression and reclaim your life. Virgin, 2005.

Susan Nolen-Hoeksema. Eating, drinking, overthinking: women's destructive relationship with food, alcohol and depression, and how to break free. Piatkus, 2006

Jane A. Plant. Beating stress, anxiety and depression: groundbreaking ways to help you feel better. Piatkus, 2008.

Dorothy Rowe. Depression: the way out of your prison. Brunner-Routledge, 2003.

David Servan-Schreiber. Healing without Freud or Prozac: natural approaches to curing stress, anxiety and depression. Rodale, 2005.

- **Diet and Nutrition**

Derrick Cutting. Dump your toxic waist! Lose inches, beat diabetes and stop that heart attack! Class, 2008.

Christopher G. Fairburn. Overcoming binge eating. Guilford, 1995.

Gill Holcombe. How to feed your whole family: a healthy, balanced diet, with very little money and hardly any time... How to Books, 2007.

Susan Nolen-Hoeksema. Eating, drinking, overthinking: women's destructive relationship with food, alcohol and depression, and how to break free. Piatkus, 2006.

- **Grief**

Joan Didion. The year of magical thinking. Harper Perennial, 2006.

NHS. Help is at hand: a resource for people bereaved by suicide and other sudden, traumatic death. Department of Health, 2008.

Liz McNeill Taylor. Living with loss: a guide for the recently widowed. Right Way, 2009.

- **Mental Health**

Gillian Butler. Manage your mind: the mental fitness guide. OUP, 2007.

Dennis Greenberger. Mind over mood; change how you feel by changing the way you think. Guilford, 1995.

Elizabeth Kuipers. Living with mental illness: a book for relatives and friends. Souvenir Press, 2005.

Jan Scott. Overcoming mood swings: a self-help guide using cognitive behavioural techniques. Robinson, 2001.

- **Obsessive Compulsive Disorder**

David Veale. Overcoming obsessive compulsive disorder. Robinson, 2009.

- **Post-natal depression**

Elaine A. Hanzak. Eyes without sparkle: a journey through postnatal illness. Radcliffe Publishing, 2005.

Lucy Jolin. Coping with birth trauma and postnatal depression. Sheldon, 2008.

- **Relationships**

Nick Baylis. The rough guide to happiness. Rough Guides, 2009.

Alastair Campbell. All in the mind. Arrow, 2009.

Gary Chapman. Love as a way of life: the seven secrets to transform every aspect of your life. Hodder & Stoughton, 2009.

Denise Cullington. Breaking up blues: a guide to survival and growth. Routledge, 2008.

Clare Morrall. The language of others. Sceptre 2009.

Robin Skynner. Families and how to survive them. Vermilion, 1993.

Colm Toibin. The blackwater lightship. Picador, 2006.

- **Self-Esteem**

Nick Baylis. The rough guide to happiness. Rough Guides, 2009.

Melanie J. V. Fennell. Overcoming low self-esteem: a self-help guide using cognitive behavioural techniques. Robinson, 2009.

Lynda Field. Self-esteem for women: a practical guide to love, intimacy and success. Vermilion, 2001.

Gael Lindenfield. Self-esteem bible: build your confidence day by day. Thorsons, 2000.

- **Self-Harm**

Jan Sutton. Healing the hurt within: understand self-injury and self-harm and heal the emotional wounds. How To Books, 2009.

- **Sexual Abuse**

Alice Sebold. Lucky. Picador, 1999.

- **Sleep**

Glenn Harrold. Sleep well every night: the hypnosis solution for deeper, longer sleep. Orion, 2008.

Sammy Margo. The good sleep guide: increase your energy levels and banish fatigue from your life forever. Vermilion, 2008.

- **Stress and Worry**

Robert L. Leahy. The worry cure: stop worrying and start living. Piatkus, 2006.

Stephen Palmer and Cary Cooper. How to deal with stress. Kogan Page, 2007.

Jane A. Plant. Beating stress, anxiety and depression: groundbreaking ways to help you feel better. Piatkus, 2008.

David Servan-Schreiber. Healing without Freud or Prozac: natural approaches to curing stress, anxiety and depression. Rodale, 2005.

Frank Tallis. How to stop worrying. Sheldon, 2009.

- **Suicide**

NHS. Help is at hand: a resource for people bereaved by suicide and other sudden, traumatic death. Department of Health, 2008.

Christophe Lukas. Silent grief: living in the wake of suicide. Jessica Kingsley, 2007.

Sylvia Plath. The Bell Jar. Faber & Faber, 2005.

- **Wellbeing**

Pam Ayres. Surgically enhanced. Hodder & Stoughton, 2007.

Baylis, Nick. The Rough Guide to Happiness. Rough Guide, 2009.

Angela Hicks. 77 Ways to Improve your Wellbeing; how to use ancient Chinese wisdom to enhance your physical, mental and spiritual health. Spring Hill, 2009.



Children's and Young People's books

• Bullying

- David Almond. Clay. Hodder, 2006.
- Claire Alexander. Lucy and The Bully. Gullane Children's Books, 2008.
- Chris Ashley. Wasim The Wanderer. Frances Lincoln, 2007.
- Adam Hibbert. Why Do People Bully? Hodder Wayland, 2006.

• Exercise

- Jackie Gaff. Why Must I Take Exercise? Cherrytree Press, 2009.
- Sylvia Goulding. Keeping Fit. Cherrytree Press, 2006.

• Grief

- Alan Durant. Always and Forever. Picture Corgi, 2004.
- Addy Farmer. Grandad's Bench. Walker Books, 2008.

• Relationships

- Berlie Doherty. Holly Starcross. Anderson Press, 2009.
- Sally Grindley. Saving Finnegan. Bloomsbury, 2007.