

Wellbeing and Self-Help Books

A selection of the wellbeing and self-help books and e-books available from the Healthcare Library.



[The anti-anxiety cookbook : calming plant-based recipes to combat chronic anxiety](#) / Jennifer Browne

[The art of breathing](#) / Danny Penman

[Beating stress in the NHS](#) / Ruth Chambers, Anthony Schwartz and Elizabeth Boath

[Brilliant stress management : how to manage stress in any situation](#) / Mike Clayton

[Calm : 50 mindfulness exercises to de-stress wherever you are](#) / Arlene Unger

[Challenging stress, burnout and rust-out : finding balance in busy lives](#) / Teena J. Clouston

[Combatting burnout : a guide for medical students and junior doctors](#) / edited by Adam Staten

[Coping and thriving in nursing : an essential guide for practice](#) / [edited by] Peter J. Martin

[Coping with caring : a nurse's guide to better health and job satisfaction](#) / Meredith Mealer

[Critical resilience for nurses : an evidence-based guide to survival and change in the modern NHS](#) / Michael Traynor

[Deconstructing anxiety : the journey from fear to fulfillment](#) / Todd E. Pressman

[Facing the storm : using CBT, mindfulness and acceptance to build resilience when your world's falling apart](#) / Ray Owen

[Grief works : stories of life, death and surviving](#) / Julia Samuel

[Help for the helper : the psychophysiology of compassion fatigue and vicarious trauma](#) / Babette Rothschild

[Hope with depression : a self-help guide for those affected and their families, friends and carers](#) / Lynn Crilly

[Live more think less : overcoming depression and sadness](#) / Dr Pia Callesen in collaboration with Anne Mette Futtrup ; translated by Anna George

[Man down : a guide for men on mental health](#) / Charlie Hoare

[Manage your stress for a happier life](#) / Terry Looker and Olga Gregson



[Mind over mood : change how you feel by changing the way you think](#) / Dennis Greenberger, Christine A. Padesky

[A mindfulness guide for the frazzled](#) / Ruby Wax

[Notes on a nervous planet](#) / Matt Haig

[Overcoming anxiety : a self-help guide using cognitive behavioral techniques](#) / Helen Kennerley

[Overcoming bulimia nervosa and binge-eating : a self-help guide using cognitive behavioral techniques](#) / Peter J. Cooper

[Overcoming chronic fatigue : a self-help guide using cognitive behavioral techniques](#) / Mary Burgess with Trudie Chalder

[Overcoming depression : a self-help guide using cognitive behavioral techniques](#) / Paul Gilbert

[Overcoming everyday racism : building resilience and wellbeing in the face of discrimination and microaggressions](#) / Susan Cousins with Cheryl Hill

[Overcoming health anxiety : a self-help guide using cognitive behavioral techniques](#) / Rob Willson and David Veale

[Overcoming low self-esteem : a self-help guide using cognitive behavioral techniques](#) / Melanie J. V. Fennell

[Overcoming obsessive compulsive disorder : a self-help guide using cognitive behavioral techniques](#) / David Veale and Rob Willson

[Overcoming panic and agoraphobia : a self-help guide using cognitive behavioural techniques](#) / D. Silove and V. Manicavasgar

[Overcoming social anxiety and shyness : a self-help guide using cognitive behavioral techniques](#) / Gillian Butler

[Overcoming traumatic stress : a self-help guide to using cognitive behavioral techniques](#) / Claudia Herbert and Ann Wetmore

[Overcoming your workplace stress : a CBT-based self-help guide](#) / Martin R. Bamber

[The relaxation and stress reduction workbook](#) / Martha Davis, Elizabeth Robbins Eshelman, Matthew McKay

[Surviving fears in health and social care : the terrors of night and the arrows of day](#) / Martin Smith

[Unlock your resilience : strategies for dealing with life's challenges](#) / Stephanie Azri

[Using mindfulness skills in everyday life a practical guide](#) / Christine Dunkley and Maggie Stanton

[Your wellbeing garden : how to make your garden good for you - science, design, practice](#) / Alastair Griffiths, Matthew Keightley

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