

Books on Prescription

The following titles are currently available through the Hackney Books on Prescription Service.

Mary Burgess	Overcoming chronic fatigue
David Burns	Ten days to great self-esteem
David Burns	The feeling good handbook
Gillian Butler	Overcoming social anxiety and shyness
Gillian Butler	Overcoming social anxiety and shyness self-help course
Peter J. Cooper	Bulimia nervosa & binge-eating
William Davies	Overcoming anger and irritability
Martha Davis	The relaxation & stress reduction workbook
Colin A. Espie	Overcoming insomnia and sleep problems
Melanie Fennell	Overcoming low self-esteem
Christopher Freeman	Overcoming anorexia nervosa
Paul Gilbert	Overcoming depression
Dennis Greenberger	Mind over mood

Claudia Herbert	Overcoming traumatic stress
Brenda Hogan	An introduction to coping with phobias
Bruce M. Hyman	The OCD workbook
Helen Kennerley	Overcoming anxiety
Helen Kennerley	Overcoming childhood trauma
Tony Lak	Living with grief
Robert L. Leahy	The worry cure
Gael Lindenfield	Assert yourself
Gael Lindenfield	Managing anger
Gael Lindenfield	Self esteem
Overcoming...	Overcoming chronic pain
Katharine A. Phillips	The broken mirror
Jan Scott	Overcoming mood swings
Derrick Silove	Overcoming panic
Marcantonio Spada	Overcoming problem drinking
Frank Tallis	How to stop worrying
David Veale	Overcoming obsessive compulsive disorder
Sandra L. Wheatley	Coping with postnatal depression

For general information on the service, please ask at your local library. You can obtain a prescription from a Self-Help Facilitator at City & Hackney PCT Psychology Service. Please contact your GP about how to see a Self-Help Facilitator.