

<u>ANXIETY/STRESS</u>	
AUTHOR	TITLE OF BOOK
BAKER, DR ROGER	UNDERSTANDING PANIC ATTACKS AND OVERCOMING FEAR
BANDLER, RICHARD GRINDLER, JOHN	REFRAMING
BENSON, HERBERT KLIPPER, MIRIAM	THE RELAXATION RESPONSE
BOURNE, EDMUND J	THE ANXIETY & PHOBIA WORKBOOK
BUTLER, GILLIAN HOPE, TONY	MANAGE YOUR MIND
CATALANO, ELLEN MOHR	GETTING TO SLEEP
COLCLOUGH, BEECHY & JOSEPHINE	A CHALLENGE TO CHANGE
COLEMAN, DR VERNON	OVERCOMING STRESS
COOPER, CAREY LEAKER, LYNN H	LIVING WITH STRESS
COZENS, JENNY	NERVOUS BREAKDOWN
CRAZE, RICHARD	TEACH YOURSELF RELAXATION
DAVIDSON, JEFF	MANAGING STRESS - IDIOT'S GUIDE
DAVIS, MARTHA ESHelman, ELIZABETH MCKAY, MATTHEW	THE RELAXATION & STRESS REDUCTION WORKBOOK
DE BOTTON, ALAIN	STATUS ANXIETY
FINE, CORDELIA	A MIND OF IT'S OWN
ENRIGHT, SIMON POWELL, TREVOR J	ANXIETY AND STRESS MANAGEMENT
GEORGE, SUE	STRESS RELIEF
HAMBLY, DR KENNETH	THE NERVOUS PERSON'S COMPANION
HAMBLY, DR KENNETH	OVERCOMING TENSION

HAUCH, DR PAUL	CALM DOWN
HEALTH & SAFETY EXECUTIVE	TACKLING WORK-RELATED STRESS
HEWITT, JAMES	TEACH YOURSELF RELAXATION
HOLDEN, ROBERT	STRESS BUSTERS
KRISHNAMURTI, J	ON FEAR
KENNERLEY, HELEN	OVERCOMING ANXIETY
MACDONALD, CAMERON	COULD IT BE STRESS
MACFARLAND, AIDAN	FRESHER PRESSURE
MCPHERSON, ANN	
MEREDEEN, SANDER	STUDY FOR SURVIVAL AND SUCCESS
MICHELL, LAURA	SIMPLE RELAXATION
PARKINSON, FRANK	POST-TRAUMA STRESS
PARRISH, DEE ANNA	ABUSED
PERRY, ANDREA	ISN'T IT ABOUT TIME?
TRICKETT, SHIRLEY	COPING SUCCESSFULLY WITH PANIC ATTACKS
WEEKES, DR CLAIRE	PEACE FROM NERVOUS SUFFERING
WHICH BOOKS	UNDERSTANDING CRISIS

BEREAVEMENT/LOSS

ABRAMS, REBECCA	WHEN PARENTS DIE (LEARNING TO LIVE WITH THE LOSS OF A PARENT)
BRIGHT, RUTH	GRIEF & POWERLESSNESS
GUNZBURG, JOHN C	UNRESOLVED GRIEF
LENDRUM, SUSAN SYME, GABRIELLE	GIFT OF TEARS
MCCLOUCHLIN, JANE	ON THE DEATH OF A PARENT
MARRIS, PETER	LOSS AND CHANGE
MARSHALL, FIONA	LOSING A PARENT
PARKES, COLIN MURRAY	BEREAVEMENT
ROWE, DOROTHY	THE COURAGE TO LIVE
SECUNDA, VICTORIA	LOSING YOUR PARENTS, FINDING YOURSELF
STAUDACHER, CAROL	MEN AND GRIEF
TATELBAUM, JUDY	THE COURAGE TO LIVE
WERTHEIMER, ALISON	A SPECIAL STAR

<u>BULLYING & VIOLENCE</u>	
BARD, MORTON	THE CRIME VICTIM'S BOOK
SANGREY, DAWN	
BRAITHWAITE, RAY	VIOLENCE
FIELD, TIM MARR, NEIL	BULLYCID: DEATH AT PLAYTIME
FIELD, TIM	BULLY IN SIGHT
LLOYD, ANN	DOUBLY DEVIANT, DOUBLY DAMNED
RANDALL, PETER	BULLYING IN ADULTHOOD
RODGERS, DETECTIVE JANET	KEEP YOURSELF SAFE

<u>CHILDHOOD ABUSE</u>	
AINSCLOUGH, CAROLYN TOON, KAY	BREAKING FREE (HELP FOR SURVIVORS OF CHILD SEXUAL ABUSE)
BASS, ELLEN	I NEVER TOLD ANYONE
BASS, ELLEN DAVIS, LAURA	THE COURAGE TO HEAL (A GUIDE FOR WOMEN SURVIVORS OF CHILD ABUSE)
BLUME, E. SUE	SECRET SURVIVORS
CASEY, JOAN FRANCIS	THE FLOCK
DANICA, ELLY	DON'T
DAVIS, LAURA	ALLIES IN HEALING
DAVIS, LAURA	THE COURAGE TO HEAL WORKBOOK
DOYLE, PADDY	THE GOD SQUAD
FORWARD, SUSAN	TOXIC PARENTS
HALL, LIZ LLOYD, SIOBHAN	SURVIVING CHILD ABUSE
HANCOCK, MAXINE MAINS, KAREN BURTON	CHILD SEXUAL ABUSE
LEW, MICHAEL	VICTIMS NO LONGER
LEWIS, KEVIN	THE KID
MCKAY, SUSAN	SOPHIA'S STORY
MASON-JOHN, VALIERIE	BORROWED BODY
MILLER, ALICE	THE DRAMA OF BEING A CHILD
NELSON, SARAH	INCEST

PARKES, PENNY	RESCUING THE INNER CHILD
PARRISH, DEE ANNA	ABUSED
PELZER, DAVE	A CHILD CALLED "IT"
PELZER, DAVE	HELP YOURSELF
PELZER, DAVE	THE LOST BOY
RATNER, ELLEN	THE OTHER SIDE OF THE FAMILY
REINHOLD, MARGARET	HOW TO SURVIVE IN SPITE OF YOUR PARENTS
WALKER, MOIRA	SURVIVING SECRETS
WHITFIELD, CHARLES	HEALING THE CHILD WITHIN
WISECHILD, LOUISE M	SHE WHO WAS LOST IS REMEMBERED
WOITITZ, JANET	ADULT CHILDRENT OF ALCHOLOICS X 2 COPIES

<u>COUPLE RELATIONSHIPS (MALE & FEMALE)</u>	
ALYSON PUBLICATIONS	YOUNG, GAY AND PROUD
BERZON, BETTY	POSITIVELY GAY
BIREDA, MARTHA	LOVE ADDICTION
CALMAN, MEL	IT'S ON YOU THAT'S INCOMPATIBLE
CLARE, ANTHONY	LOVELAW (LOVE, SEX AND MARRIAGE AROUND THE WORLD)
DRYDEN, WINDY	HOW TO UNTANGLE YOUR EMOTIONAL KNOTS
GORDON, JACK	
FADERMAN, LILLIAN	SURPASSING THE LOVE OF MEN
FAVAZZA, ARMANDO R	FEMINISM AND PSYCHOLOGY
FORWARD, SUSAN	OBSESSIVE LOVE
GOUGH, TONY	COUPLES IN COUNSELLING
HALL CARPENTER ARCHIVES	WALKING AFTER MIDNIGHT
HAUCK, DR PAUL	JEALOUSY
HODGKINSON, LIZ	OBSESSIVE LOVE (HOW TO FRE YOUR EMOTIONS AND LOVE AGAIN)
JEFFERS, SUSAN	LOSING A LOVE, FINDING A LIFE
KRAMER, PETER	SHOULD YOU LEAVE
LITVINOFF, SARAH	THE RELATE GUIDE TO BETTER RELATIONSHIPS
LITVINOFF, SARAH	THE RELATE GUIDE TO STARTING AGAIN
LITVINOFF, SARAH	THE RELATE GUIDE TO SEX IN LOVING RELATIONSHIPS
MACCOURT, ERIC	IT'S A CHOICE
NORWOOD, ROBIN	LETTERS FROM WOMEN WHO LOVE TOO MUCH
NORWOOD, ROBIN	WHY ME, WHY THIS, WHY NOW

NORWOOD, ROBIN	WOMEN WHO LOVE TOO MUCH
OBERG, BENTE & GUNNER	I'M LEAVING
QUILLIAM, SUSAN	STAYING TOGETHER
RENSHAW, BEN	TOGETHER BUT SOMETHING MISSING
RUTHERFORD, JONATHAN	I AM NOT LONGER MYSELF WITHOUT YOU
SANDERSON, TERRY	HOW TO BE A HAPPY HOMOSEXUAL
SCHNARCH, DAVID	PASSIONATE MARRIAGE
TANNEN, DEBORAH	YOU JUST DON'T UNDERSTAND

<u>DEPRESSION</u>	
ASHNER, LAURIE	UNDERSTANDING WOMEN IN DISTRESS
CATALANO, ELLEN MOHR	GETTING TO SLEEP
COCHRAN, SAM V RABINOWITZ, FREDERIC E	MEN AND DEPRESSION
GILBERT, PAUL	COUNSELLING FOR DEPRESSION
GILBERT, PAUL	DEPRESSION
GREENBERGER, DENNIS PADESKY, CHRISTINE A	MIND OVER MOOD: CHANGE HOW YOU FEEL BY CHANGING THE WAY YOU THINK
HORWOOD, JANET	COMFORT FOR DEPRESSION
JAMIESON, KAY REDFIELD	AN UNQUIET MIND
MANNING, MARTHA	UNDER CURRENTS: A LIFE BEYOND THE SURFACE
ROWE, DOROTHY	BREAKING THE BONDS
ROWE, DOROTHY	DEPRESSION
STYRON, WILLIAN	DARKNESS VISIBLE
THOMPSON, TRACY	THE BEAST (A RECKONING WITH DEPRESSION)
WURTZEL, ELIZABETH	PROZAC NATION

<u>DOMESTIC ABUSE (DATING ABUSE)</u>	
DUGAN, MEG KENNEDY HOCK, ROGER	IT'S MY LIFE NOW
EVANS, PATRICIA	THE VERBALLY ABUSIVE RELATIONSHIP
GLASS, DEE DEE	"ALL MY FAULT"
HORLEY, SANDRA	LOVE & PAIN (A SURVIVAL HANDBOOK FOR WOMEN)
JONES, ANN SCHECHTER, SUSAN	WHEN LOVE GOES WRONG
LEVY, BARRIE	DATING VIOLENCE
LORING, MARTI TAMM	EMOTIONAL ABUSE
WEISS, ELAINE	SURVIVING DOMESTIC ABUSE

<u>EATING DISORDERS</u>	
BOVEY, SHELLEY	THE FORBIDDEN BODY
BUCKROYD, JULIE	EATING YOUR HEART OUT
CLAUDE-PIERRE, PEGGY	THE SECRET LANGUAGE OF EATING DISORDERS
DALLY, PETER	ANOREXIA AND OBESITY: A SENSE OF PROPORTION
GOMEZ, JOAN	
DANA, MIRA LAWRENCE, MARILYN	WOMEN'S SECRET DISORDER
DUKER, MARILYN SLADE, ROGER	ANOREXIA NERVOSA AND BULIMIA
LATIMER, JANE E	LIVING BINGE FREE
LAWRENCE, MARILYN	THE ANOREXIC EXPERIENCE
PALMER, R. L.	ANOXERIA NERVOSA
SHELLEY, ROSEMARY	ANOREXICS ON ANOREXIA
WASKETT, CAROL	COUNSELLING PEOPLE IN EATING DISTRESS
WATERHOUSE, DEBRA	LIKE MOTHER, LIKE DAUGHTER

<u>FAMILY RELATIONSHIPS (SINGLE PARENTS)</u>	
ASHNER, LAURIE MEYERSON, MITCH	WHEN PARENTS LOVE TOO MUCH
CYNAUMON, GREG & DANA	EMPOWERING SINGLE PARENTS
ELLIOT, FAITH ROBERTSON	THE FAMILY: CHANGE OR CONTINUITY
GURIAN, MICHAEL	MOTHERS, SONS & LOVERS
MCWHINNIE, ALEXINA M	FAMILIES FOLLOWING ASSISTED CONCEPTION
SECUNDA, VICTORIA	WHEN YOU AND YOUR MOTHER CAN'T BE FRIENDS
SECUNDA, VICTORIA	WOMEN AND THEIR FATHERS
SKYNNER, ROBIN CLEESE, JOHN	FAMILIES AND HOW TO SURVIVE THEM
WOLLARD, JEAN	DAUGHTERS AND MOTHERS

<u>HARASSMENT</u>	
BOUMIL, MARCIA FRIEDMAN, JOEL TAYLOR, BARBARA	SEXUAL HARASSMENT
CURTIS, LIZ	MAKING ADVANCES
SUMRALL, AMBER TAYLOR, DENA	SEXUAL HARASSMENT

<u>HEALTH ISSUES</u>	
BRADFORD, NIKKE	MEN'S HEALTH MATTERS
CATALANO, ELLEN MOHR	GETTING TO SLEEP
COOPER, DR BARRINGTON GERLIS, DR LAURENCE	A CONSUMER'S GUIDE TO PRESCRIPTION MEDICINE
COOPER, WENDY	NO CHANGE
DALTON, KATHARINA	ONCE A MONTH
DICKSON, ANNE HENRIQUES, NIKKI	MENOPAUSE: A WOMAN'S VIEW
GRANT, ROSALIND	WHICH? MEDICINE
HARRISON, MICHELLE	SELF HELP WITH PMS
HAWDRIDGE, CAROLINE	UNDERSTANDING ENDOMETRIOSIS
HAY, LOUISE	YOU CAN HEAL YOUR LIFE
HAYMAN, SUSIE	ENDOMETRIOSIS
HEALTH PROMOTIONS	USEFUL CONTACTS
HEATON, PAT MITCHELL, GINA	DYSLEXIA -STUDENTS IN NEED
JACKSON, LUKE	FREAKS, GEEKS AND ASPERGER SYNDROME
JOHNSON, COLIN MELVILLE, ARABELLA	ALTERNATIVES TO DRUGS
KENTON, LESLIE	RAW ENERGY
LONSDALE, SUSAN	WOMEN AND DISABILITY
MARKHAM, URSULA	LIFE SCRIPTS

MARTIN, CLIVE POYNTER, RICHARD	RIGHTS GUIDE TO NON-MEANS TESTED BENEFITS
MISC	HIV AND AIDS
MISC	MEN'S HEALTH
NORTHRUP, DR CHRISTINE	WOMEN'S BODIES, WOMEN'S WISDOM
SHELMON, BARBARA LEAHY	HEALING THE HIDDEN SELF
SHREEVE, CAROLINE	PREMENSTRUAL SYNDROME
SKYNNER, ROBIN	LIFE AND HOW TO SURVIVE IT
JOHN CLEESE	
SMYTH, ANGELA	SAD: SEASONAL AFFECTIVE DISORDER
TATCHELL, PETER	AIDS: A GUIDE TO SURVIVAL

<u>ISOLATION/LONELINESS</u>	
JEFFERS, SUSAN	ISOLATION/LONELINESS
KUPSHIK, G.A. MURPHY, P.M.	LONELINESS, STRESS AND WELL-BEING
PALMER, PATRICIA	HOW TO BEAT LONELINESS FAST

<u>LIFE DIRECTION</u>	
BERKOWITZ, BERNARD	HOW TO BE YOUR BEST FRIEND
NEWMAN, MILDRED	
BRADSHAW, JOHN	HOMECOMING
BOYDELL, TOM	MANAGING YOURSELF
PEDLER, MIKE	
CLARKE, JEAN ILLSLEY	WHO, ME LEAD A GROUP
CANE, SHEILA	PUTTING REDUNDANCY BEHIND YOU
LOWMAN, PETER	
DRYDEN, WINDY	THINK YOUR WAY TO HAPPINESS
GORDON, JACK	
FORD, ARIELLE	MORE HOT CHOCOLATE FOR THE MYSTIC SOUL
GEORGE, MIKE	LEARN TO RELAX
HARRIS, PAUL	DIRECT YOUR SUBCONSCIOUS
HOOKER, DENNIS	I CAN MANAGE LIFE
LOWEN, ALEXANDER	FEAR OF LIFE
MCCORMICK, ELIZABETH WILDE	CHANGE FOR THE BETTER
MCMAHON, GLADEANA	COPING WITH LIFE'S TRAUMAS
OM. TOMOT	ON THE OTHER SIDE OF LIFE
ORBACH, SUSIE	WHAT'S REALLY GOING ON HERE
ROWE, DOROTHY	GUIDE TO LIFE
ROWE, DOROTHY	BEYOND FEAR
SCHULTZ, CHARLES M	SCHOOL'S OUT, CHARLIE BROWN

SHEENY, GAIL	PASSAGES
STEAD, BOB	BASIC RIGHTS
WOITITZ, JANET GERINGER	STRUGGLE FOR INTIMACY

<u>MENTAL HEALTH</u>	
BURNS, DAVID D	FEELING GOOD
CORNELL, ANN WEISER	THE POWER OF FOCUSING
COZENS, JENNY	NERVOUS BREAKDOWN
DEE, NERYS	YOUR DREAMS AND WHAT THEY MEAN
DICKSON, ANNE	TRUSTING THE TIDES
DREW, TONY	THE MENTAL HEALTH HANDBOOK
KING, MADELINE	
DRYDEN, WINDY	THE INCREDIBLE SULK
DRYDEN, WINDY	10 STEPS TO POSITIVE LIVING
DRYDEN, WINDY	THINK YOUR WAY TO HAPPINESS
GORDON, JACK	
DUMONT, RAEANN	THE SKY IS FALLING
FARMER, KEVIN	TRUE STORIES OF FALSE MEMORIES
GOLDSTEIN, ELEANOR	
FERRUCCI, PIERO	WHAT WE MAY BE
HELLER, TOM	MENTAL HEALTH MATTERS
REYNOLDS, JILL	
GOMM, RICHARD	
MUSTON, ROSEMARY	
PATTISON, STEPHEN	
HORNER, ALTHEA	THE WISH FOR POWER AND THE FEAR OF HAVING IT
MILLET, KATE	THE LOONEY BIN TRAP

PARKER, RUSS	HEALING DREAMS
ROWE, DOROTHY	THE SUCCESSFUL SELF
SMITH, ANN W	OVERCOMING PERFECTIONISM
STEKETEE, GAIL WHITE, KERRIN	WHEN ONCE IS NOT ENOUGH
TALLIS, FRANK	UNDERSTANDING OBSESSIONS & COMPULSIONS
TERR, LENORE	UNCHAINED MEMORIES
WHITEHEAD, TONY	OVERCOMING FEARS & PHOBIAS
WILLIAMS, STEPHEN	THE DREAMWORK MANUAL

PREGNANCY ISSUES

WINN, DENISE

EXPERIENCES OF ABORTION

<u>RELATIONSHIPS (SOCIAL SKILLS)</u>	
ARGYLE, MICHAEL	SOCIAL SKILLS AND WORK
AXTELL, ROGER	GESTURES
BEATTIE, MELODY	BEYOND CO-DEPENDENCY
BURGOON/SLAINE	THE UNSPOKEN DIALOGUE
BURNS, DAVID	INITIMATE CONNECTIONS
COLLETT, PETER	BOOK OF TELLS
CRUSE, JOSEPH R	UNDERSTANDING CO-DEPENDENCY
DICKSON, ANNE	DIFFICULT CONVERSATIONS
FROMM, ERICH	THE ART OF LOVING
LERNER, HARRIET GOLDHOR	DANCE OF ANGER
LERNER, HARRIET GOLDHOR	THE DANCE OF DECEPTION
LERNER, HARRIET GOLDHOR	THE DANCE OF INITMACY
LINDENFIELD, GAEL	MANAGING ANGER
MATTHEWS, ANDREW	MAKING FRIENDS
MUNRO, RONA	BOLD GIRLS
PEASE, ALLAN	BODY LANGUAGE
PECK, M SCOTT	THE ROAD LESS TRAVELLED
PECK, M SCOTT	THE ROAD LESS TRAVELLED AND BEYOND
ROBINSON, RITA	WHEN WOMEN CHOOSE TO BE SINGLE

<u>SELF-ESTEEM/ASSERTIVENESS</u>	
ALBERTI, ROBERT E EMMONS, MICHAEL L	STAND UP SPEAK OUT TALK BACK
BACK, KATE & KEN	ASSERTIVENESS AT WORK
BRADEN, NATHANIEL	THE SIX PILLARS OF SELF ESTEEM
DICKSON, ANNE	A WOMAN IN YOUR OWN RIGHT
DOUBTFIRE, DIANNE	OVERCOMING SHYNESS
FENNELL, MELANIE	OVERCOMING LOW SELF-ESTEEM
FIELD, LYNDA	CREATING SELF-ESTEEM
FIELD, LYNDA	SELF-ESTEEM WORKBOOK
FIELD, LYNDA	SELF-ESTEEM FOR WOMEN
HARDIN, KIMERON N	THE GAY & LESBIAN SELF-ESTEEM BOOK
HAUCK, DR PAUL	HOW TO STAND UP FOR YOURSELF
HAUCK, DR PAUL	HOLD YOUR HEAD UP HIGH
HAUCK, DR PAUL	WHY BE AFRAID
HILLMAN, CAROLYN	RECOVERY OF YOUR SELF-ESTEEM
HOLLAND, STEPHANIE WARD, CLARE	ASSERTIVENESS: A PRACTICAL APPROACH
HOUEL, ALAN GODEFROY, CHRISTINE	HOW TO COPE WITH DIFFICULT PEOPLE
JEFFERS, SUSAN	END THE STRUGGLE & DANCE WITH LIFE
KASL, CHARLOTTE DAVID	WOMEN, SEX & ADDICTION
LINDENFIELD, GAEL	ASSERT YOURSELF

LINDENFIELD, GAEL	SELF ESTEEM
LINDENFIELD, GAEL	MANAGING ANGER
LLOYD, SAM R	HOW TO DEVELOP ASSERTIVENESS
LOWEN, ALEXANDER	THE BETRAYAL OF THE BODY
MEREDEEN, SANDER	STUDY FOR SURVIVAL AND SUCCESS
MULLIGAN, JOHN	THE PERSONAL MANAGEMENT HANDBOOK
PLUMBER, DEBORAH	HELPING ADOLESCENTS & ADULTS TO BUILD SELF-ESTEEM
SMITH, MANUEL J	WHEN I SAY NO, I FEEL GUILTY
STUBBS, DAVID R	ASSERTIVENESS AT WORK

<u>SELF-HARM</u>	
BRISTOL CRISIS CENTRE FOR WOMEN	UNDERSTANDING SELF-INJURY
BRISTOL CRISIS CENTRE FOR WOMEN	SELF-HELP FOR SELF-INJURY
BRISTOL CRISIS CENTRE FOR WOMEN	FOR FRIENDS AND FAMILY
FAVAZZA, ARMANDO R	BODIES UNDER SIEGE
KETTLEWELL, CAROLINE	SKIN GAME: A MEMOIR
MCCORMICK, PATRICIA	CUT
PEMBROKE, LOUISE ROXANNE	SELF-HARM
ROSEN, PAUL WALSH, BARENT W	SELF-MUTILATION

<u>SEXUAL ABUSE/ASSAULT</u>	
ADAMS, CAREN FAY, JENNIFER LOREEN-MARTIN, JAN	NO IS NOT ENOUGH
BENEDICT, HELEN	RECOVERY
CASSESE, JAMES	GAY MEN & CHILDHOOD SEXUAL TRAUMA
CAIN, LINDA ROYSTON, ROBIN	OUT OF THE DARK
CROWDER, ADRIENNE	OPENING THE DOOR
FARTHING, LINDA MALONE, CAROLINE MARCE, LORRAINE	THE MEMORY BIRD
NUTTALL, MERLYN	IT COULD HAVE BEEN YOU

<u>SEXUALITY</u>	
ALYSON PUBLICATION	YOUNG, GAY AND PROUD
BERZON, BETTY	POSITIVELY GAY
CASSESE, JAMES	GAY MEN & CHILDHOOD SEXUAL TRAUMA
CHARTHAM, ROBERT	ADVICE TO MEN
COHEN, GREEN, MERRYFINCH	THE LAW AND SEXUALITY
HART, JACK	GAY SEX
JONES, SLADE & WALKER	
DICKSON, ANNE	THE MIRROR WITHIN
SIGNORILE, MICHELANGELO	OUTING YOURSELF
ZILBERGELD, BERNARD	MEN AND SEX

<u>STUDY/EXAM/COURSES/ISSUES</u>	
BERNSTEIN, DAVID	PUT IT TOGETHER, PUT IT ACROSS
BUZAN, TONY	THE MIND MAP BOOK
DAVIDSON, JEFF	MANAGING STRESS - IDIOT'S GUIDE
LOWES, RICKY PETERS, HELEN TURNER, MARIE	THE INTERNATIONAL STUDENT'S GUIDE
MEREDEEN, SANDER	STUDY FOR SURVIVAL AND SUCCESS
MISC	SOME HINTS ON HOW TO STUDY EFFECTIVELY
NORTHLEDGE, ANDREW	THE GOOD STUDY GUIDE
ROGERS, ALAN	TEACHING ADULTS
TAYLOR, GORDON	THE STUDENT'S WRITING GUIDE

<u>SUBSTANCE ABUSE (DRUGS/ALCOHOL)</u>	
ANONYMOUS	GO ASK ALICE
BETHUNE, HELEN	OFF THE HOOK
COLCLOUGH, BEECHY COLCLOUGH, JOSEPHINE	A CHALLENGE TO CHANGE
CRUSE, JOSEPH R	UNDERSTANDING CO-DEPENDENCY
DASH, LEON	ROSA LEE
HEATHER, NICK ROBERTSON, IAN	PROBLEM DRINKING, THE NEW APPROACH
HOROBIN, GORDON LISHMAN, JOYCE	APPROACHES TO ADDICTION
HUNT, LINDA	ALCOHOL RELATED PROBLEMS
KNAPP, CAROLINE	DRINKING: A LOVE STORY
MILLER, DR W MUNOZ, DR R	HOW TO CONTROL YOUR DRINKING
RAKUSEN, JILL	DRUGS IN PERSPECTIVE
SWEET, CORINNE	OFF THE HOOK
TETHER, PHILIP ROBINSON, DAVID	PREVENTING ALCOHOL PROBLEMS
WILSON, MARY	LIVING WITH A DRINKER

SUICIDE/EUTHANASIA

FINE, CARLA

NO TIME TO SAY GOODBYE
(SURVIVING THE SUICIDE OF A LOVED ONE

JAMIESON, KAY REDFIELD

NIGHT FALLS FAST

PECK, M SCOTT

DENIAL OF THE SOUL

SCOTT, DONALD

COPING WITH SUICIDE

<u>WORK ISSUES</u>	
ALTMAIER, ELIZABETH M ROSS, RANDAL R	INTERVENTION IN OCCUPATIONAL STRESS
ARGYLE, MICHAEL	SOCIAL SKILLS AND WORK
BACK, KATE & KEN	ASSERTIVENESS AT WORK
BIRTLE, JAN WHEELER, SUE	A HANDBOOK FOR PERSONAL TUTORS
CAVA, ROBERTA	DEALING WITH DIFFICULT PEOPLE
HEALTH & SAFETY EXECUTIVE	TACKLING WORK-RELATED STRESS
RAAHEIM, KJELL REDFORD, JOHN WANKOWSKI, JANEK	HELPING STUDENTS TO LEARN