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Discover your Subpersonalities: Our inner world and the people in it / John Rowan
The Successful Self: Freeing our hidden inner strengths / Dorothy Rowe
Guide to Life / Dorothy Rowe
How to be a Happy Homosexual / Terry Sanderson
Self-Therapy: Techniques for personal growth / Muriel Schiffman
School’s Out Charlie Brown! Selected cartoons from talk is cheap / Charles M Schulz
Joy, 20 Years Later: Expanding human awareness / Will C Schutz
Passages: Predictable crises of adult life / Gail Sheehy
Outing Yourself: How to come out as gay or lesbian to your family, friends and colleagues / Michaelangelo Signorile (2 copies)
The Story Factor: Inspiration, influence and persuasion through the art of storytelling / Annette Simmons
Overcoming Perfectionism: A key to a balanced recovery / Ann W Smith
Don’t Push the River / Barry Stevens
Funny Trouble: A book of cartoons / Fanny Tribble
Love Yourself and Love is a Feeling to be Learned / Walter Trobisch
Feelings: Buried alive never die / Karol K Truman
Resilience / Liggy Webb
The Dreamwork Manual: A step-by-step introduction to working with dreams / Strephon Kaplan Williams
Love's Executioner and Other Tales of Psychotherapy / Irvin D Yalo

**SELF-HARM**
Women and Self-Injury: Information booklet No 1 – Understanding self-injury / Bristol Crisis Centre for Women
Women and Self-Injury: Information booklet No 2 – Self-help for self-injury / Bristol Crisis Centre for Women
Women and Self-Injury: Information booklet No 3 – For friends and family / Bristol Crisis Centre for Women
Bodies Under Siege: Self-mutilation in culture and psychiatry / Armando R Favazza
Skin Game: A memoir / Caroline Kettlewell
Cut / Patricia McCormick
Women who Hurt Themselves: A book of hope and understanding / Dusty Miller
Self-Harm: Perspectives from personal experience / Louise Roxanne Pembroke

**SEXUAL ISSUES**
Advice to Men / Robert Chartham
The Law and Sexuality: How to cope with the law if you're not conventionally heterosexual / Steve Cohen, Stephen Green, Lesley Merryfinch, Gay Jones, Janet Slade & Maggie Walker
Sex Therapy in Britain / Martine Cole & Windy Dryden
The Joy of Sex: A gourmet guide to lovemaking / Alex Comfort
The New Joy of Sex / Alex Comfort
The Mirror Within: A new look at sexuality / Anne Dickson
Gay Sex: A manual for men who love men / Jack Hart
PE: How to overcome premature ejaculation / Helen Singer Kaplan
How can We Help You? Information, advice and counselling for gay men and lesbians / Malcolm MacCourt
Men and Sex / Bernard Zilbergeld
The New Male Sexuality: The truth about men, sex and pleasure / Bernard Zilbergeld

STRESS AND RELAXATION
Reframing: Neuro-linguistic programming and the transformation of meaning / Richard Bandler & John Grindler

The Relaxation Response / Herbert Benson & Miriam Klipper

Overcoming Stress / Dr Vernon Coleman

Living with Stress / Carey L Cooper, Rachel D Cooper & Lynn H Leaker

Teach yourself Relaxation / Richard Craze

The Complete Idiot's Guide to Managing Stress / Jeff Davidson

The Relaxation and Stress Reduction Workbook / Martha Davis, Elizabeth Eshelman & Matthew McKay

Stress Busters / Robert Holden

Could it be Stress: Reflection on psychodynamic illness / Cameron MacDonald

Women under Pressure: A practical guide for today's woman / Ursula Markham

Coping with Life's Traumas / Gladeana McMahon

Simple Relaxation: The physiologist method for easing tension / Laura Mitchell

Post-Trauma Stress / Frank Parkinson

Stress in your Life / Ken Powell

Intervention in Occupational Stress / Randall R Ross & Elizabeth M Altmaier

The TM Technique / Peter Russell

Understanding Stress / Which Books

The Good Retreat Guide: Over 200 places to find peace and spiritual renewal in the UK, Ireland and France / Stafford Whiteaker

Arriving at your Own Door: 108 lessons in mindfulness / Jon Kabat-Zinn

TRANSITIONS
Putting Redundancy Behind You / Sheila Cane & Peter Lowman