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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
Puting Redundancy Behind You / Sheila Cane & Peter Lowman