

## *ABUSE (BULLYING, CHILDHOOD ABUSE, DOMESTIC ABUSE, SEXUAL ASSAULT/ABUSE, HARASSMENT)*

Top Secret: Sexual assault information for teenagers only

No Is Not Enough: Helping teenagers avoid sexual assault / Caren Adams, Jennifer Fay, Jan Loreen-Martin

Breaking Free: Help for survivors of child sexual abuse / Carolyn Ainsclough and Kay Toon (2 copies)

Out in the Open: A guide for young people who have been sexually abused / Ouaine Bain & Maureen Saunders

The Crime Victim's Book / Morton Barde and Dawn Sangrey

I Never Told Anyone: Writings by women survivors of childhood abuse / Ellen Bass & Louise Thornton

The Courage to Heal: A guide for women survivors / Ellen Bass & Laura Davis (2 copies)

Beginning to Heal: A first guide for female survivors of childhood abuse / Ellen Bass & Laura Davis (4 copies)

Recovery: How to survive sexual assault for women, men, teenagers and their families / Helen Benedict

Secret Survivors: Uncovering incest and it's after effects in women / Sue E Blume

Homecoming: Reclaiming and championing your inner child / John Bradshaw (3 copies)

Violence: Understanding, intervention and prevention / Ray Braithwaite

Sexual Abuse: The child's voice / Madge Bray

Out of the Dark / Linda Caine and Robin Royston (2 copies)

Recovery of your Inner Child / Lucia Capacchione

Gay Men and Childhood Sexual Trauma: Integrating the shattered self / James Cassese

The Flock: An autobiography of a multiple personality / Joan Frances Casey

Combating Sexual Harassment in the Workplace / Rohan Collier

Opening the Door: A treatment model for therapy with male survivors of sexual abuse / Adrienne Crowder

Making Advances: What you can do about sexual harassment at work / Liz Curtis

Adults Abused as Children: Experiences of counselling and psychotherapy / Peter Dale

Don't / Elly Danica

The Courage to Heal Workbook / Laura Davis

The God Squad / Paddy Doyle

It's My Life Now: Starting over after an abusive relationship or domestic violence / Meg Kennedy Dugan & Roger Hock

Listen! Hear! By one survivor of sexual abuse / Dundee Rape Crisis Centre

Hear! We Are!: By young survivors of sexual abuse / Dundee Rape Crisis Centre

The Verbally Abusive Relationship: How to recognise it and how to respond / Patricia Evans

When you're Ready: A woman's healing from childhood physical and sexual abuse by her mother / Kathy Evert & Inie Bijkerk

Bully in Sight: How to predict, resist, challenge and combat workplace bullying / Tim Field

Reach for the Rainbow: Advanced healing for survivors of sexual abuse / Lynne D Finney

Toxic Parents: Overcoming their hurtful legacy and reclaiming your life / Susan Forward (2 copies)

Repressed Memories: A journey to recovery from sexual abuse / Renee Fredrickson (2 copies)

Sexual Harassment: The complete handbook / Joel Friedman, Marcia Mobilia Boumil & Barbara Ewert Taylor

Soul Survivors: A new beginning for adults abused as children / Patrick Gannon

All My Fault: Why Women Don't Leave Abusive Men / Dee Dee Glass (2 copies)

True Stories of False Memories / Eleanor Goldstein and Kevin Farmer

Broken Boys/Mending Men: Recovery from childhood sexual abuse / Stephen Grubman-Black

Surviving Childhood Abuse: A handbook for helping women challenge their past / Liz Hall & Siobhan Lloyd

Child Sexual Abuse: A hope for healing / Maxine Hancock & Karen Burton Mains

Don't Tell Your Mother: A story of incest / Tom Hart

Just Another Kid / Torey Hayden

Love and Pain: A survival handbook for women / Sandra Horley

Empty Cradles / Margaret Humphreys

Abused Boys: The Neglected Victims of Sexual Abuse: Healing for the man molested as a child / Mic Hunter

When Love Goes Wrong: What to do when you can't do anything right / Ann Jones & Susan Schechter

It Could Happen To Anyone: Why battered women stay / Alyce D LaViolette & Ola W Barnett

Dating Violence: Young women in danger / Barrie Levy

Victims No Longer: The classic guide for men recovering from sexual child abuse / Mike Lew

The Kid: A true story / Kevin Lewis

Doubly Deviant, Doubly Damned: Society's treatment of violent women / Ann Lloyd

Emotional Abuse / Marti Tamm Loring

Sophia's Story / Susan McKay

The Memory Bird: Survivors of sexual abuse / Caroline Malone, Linda Farthing & Lorraine Marce

Incest and Sexuality: A guide to understanding and healing / Wendy Maltz & Beverley Holman

Bullycide: Death at playtime / Neil Marr & Tim Field

Borrowed Body / Valerie Mason-John

The Rape-Recovery Handbook: Step-by step help for survivors of sexual assault / Aphrodite Matsakis

Breaking through: No longer a victim of child abuse / Cathy Ann Matthews

The Drama of Being a Child / Alice Miller (2 copies)

Banished Knowledge: Facing childhood injuries / Alice Miller

The Untouched Key: Tracing childhood trauma in creativity and destructiveness / Alice Miller

The Body Never Lies: The lingering effects of cruel parenting / Alice Miller

Another Alice / Lia Mills

Sexual Abuse Sacred Wound: Transforming deep trauma / Stephanie Mines

Incest: Fact and myth / Sarah Nelson

Releasing the Scream: Coming to terms with childhood sexual abuse / Rebecca Newman

It Could Have Been You / Merlyn Nuttall

Rescuing the Inner Child: Therapy for adults sexually abused as children / Penny Parks (3 copies)

Abused: A guide to recovery for adult survivors of emotional/physical child abuse / Dee Anna Parrish (2 copies)

Inner Bonding: Becoming a loving adult to your inner child / Margaret Paul

A Child Called "It" / Dave Pelzer

Help Yourself / Dave Pelzer

The Lost Boy / Dave Pelzer

Dragon Slippers: This is what an abusive relationship looks like / Rosalind B Penfold

Under the House / Lesley Hall Pinder

This is About Incest / Margaret Randall

Bullying in Adulthood: Assessing the bullies from their victims / Peter Randall (2 copies)

The Other Side of the Family: A book for recovery from abuse, incest and neglect / Ellen Ratner (2 copies)

How to Survive in Spite of your Parents / Margaret Reinhold

Keep Yourself Safe: The complete guide to self-defence techniques for any situation / Det. Janet Rodgers

Behind Closed Doors in South Africa: Incest survivors tell their stories / Diana H Russell

Childhood Sexual Abuse, Sexuality, Pregnancy & Birthing: A life history study / Patricia Smith

Cry Hard and Swim: The story of an incest survivor / Jacqueline Spring

Sexual Harassment: Women speak out / Amber Coverdale Sumrall & Dena Taylor

Unchained Memories: True stories of traumatic memories, lost and found / Lenore Terr (2 copies)

God's Girl: One woman's incredible journey from the convent to the massage parlour / Cara Van Raay

On the Path: Affirmations for adults recovering from childhood sexual abuse / Nancy W

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Healing the Child Within / Charles Whitfield (2 copies)

"Who Cares?" Scotland: Suffer little children

Healing Hidden Memories: Recovery for adult survivors of childhood abuse / Mary Jane Williams

Moving on After Childhood Sexual Abuse: Understanding the effects and preparing for therapy / Jonathan Willows

She Who Was Lost is Remembered: Healing from incest through creativity / Louise M Wisechild

The Mother I Carry: A memoir of healing from emotional abuse / Louise M Wisechild

Adult Children of Alcoholics / Janet Woititz (2 copies)

## ACADEMIC

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Put it Together, Put it Across / David Bernstein

The Mind Map Book: Radiant thinking / Tony Burzan

The Good Research Guide for small-scale social research projects / Martyn Denscombe

Authoring a PhD: How to plan, draft, write and finish a Doctoral Thesis or Dissertation / Patrick Dunleavy

Problem to Solution: Brief therapy with individuals and families / Evan George, Chris Iveson & Harvey Ratner

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Dyslexia – Students in Need / Pat Heaton & Gina Mitchell

The International Student's Guide: Studying in English at University / Ricky Lowes, Helen Peters & Marie Turner

Fresher Pressure / Aidan MacFarland and Ann McPherson

Study for Survival and Success / Sander Meredeen

How to Write a Thesis / Rowena Murray

The Complete Guide to Referencing & Avoiding Plagiarism / Colin Neville

The Good Study Guide / Andrew Northledge

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Isn't It About Time? How to stop putting things off / Andrea Perry (3 copies)

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Helping Students to Learn: Teaching, counselling, research / Kjell Raaheim, Janek Wankowski & John Radford

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A Handbook for Personal Tutors / Sue Wheeler & Jan Birtle

## ADDICTIONS

Go Ask Alice / Anonymous

Beyond Codependency: And getting better all the time / Melody Beattie

Off the Hook: Coping with addiction / Helen Bethune

Love Addiction: A guide to emotional independence / Martha Bireda

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Out of the Shadows: Understanding sexual addiction / Patrick Carnes

Rosa Lee / Leon Dash

Problem Drinking: The new approach / Nick Heather & Ian Robertson (2 copies)

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Drinking: A love story / Caroline Knapp

Approaches to Addiction / Joyce Lishman & Gordon Horobin

How to Control your Drinking / Dr W Miller & Dr R Munoz

Drugs in Perspective / Martina Plant

Off the Hook: How to break free from addiction and enjoy a new way of life / Corinne Sweet

Preventing Alcohol Problems / Philip Tether & David Robinson

Understanding Co-dependency / Sharon Wegscheider-Cruse & Joseph Cruse

Living with a Drinker: How to change things / Mary Wilson

## ANGER

Overcoming Anger and Irritability: A self-help guide using cognitive behavioural techniques / William Davies

Dealing with Anger: Self-help solutions for men / Frank Donovan

Beating Anger: The eight point plan for coping with rage / Mike Fisher

Calm Down: How to cope with frustration and anger / Dr Paul Hauch

The Dance of Anger: A women's guide to changing the pattern of intimate relationships / Harriet Lerner

Managing Anger: Simple steps to dealing with frustration and threat / Gael Lindenfield

Anger, Rage and Relationship: An Empathic Approach to Anger Management / Sue Parker Hall

## ANXIETY

Understanding Panic Attacks and Overcoming Fear / Dr Roger Baker

The Anxiety and Phobia Workbook / Edmund J Bourne

How to Stop Worrying and Start Living / Dale Carnegie

A Challenge to Change / Beechy & Josephine Colclough

Nervous Breakdown / Jenny Cozens

Status Anxiety / Alain de Botton

Washing My Life Away: Surviving obsessive-compulsive disorder / Ruth Deane

The Sky is Falling: Understanding and coping with phobias, panic and obsessive-compulsive disorders / Raeann Dumont

A Mind of it's Own / Cordelia Fine

The Nervous Person's Companion / Dr Kenneth Hambly

Overcoming Tension / Dr Kenneth Hambly

This Book Will Make You Calm / Dr Jessamy Hibberd & Jo Usmar

Overcoming Anxiety: A self-help guide using cognitive behavioural techniques / Helen Kennerley

On Fear / J Krishnamurti

Overcoming Worry and Generalised Anxiety Disorder: A self-help guide using cognitive behavioural techniques / Keven Meares and Mark Freeston

The Mindful Way Through Anxiety: Break free from chronic worry & reclaim your life / Susan Orsillo & Lizabeth Roemer

Anxiety and Stress Management / Trevor J Powell and Simon Enright

When Once is Not Enough: Help for obsessive compulsives / Gail Steketee & Kerrin White

Understanding Obsessions and Compulsions: A self-help manual / Dr Frank Tallis

Coping Successfully with Panic Attacks / Shirley Trickett

Peace from Nervous Suffering / Dr Claire Weekes

Overcoming Fear and Phobias / Dr Tony Whitehead

Living on the Edge: Breaking up to breakdown to breakthrough / Elizabeth Wilde McCormick

## ASSERTIVENESS/SELF ESTEEM

Assertiveness at Work: A practical guide to handling awkward situations / Kate & Ken Back

People Skills: How to assert yourself, listen to others and resolve conflicts / Robert Bolton

The Six Pillars of Self Esteem: The definitive work on self-esteem by the leading pioneer in the field / Nathaniel Branden

How to Raise your Self-Esteem: The proven action-orientated approach to greater-self respect and self-confidence / Nathaniel Branden

A Woman in Your Own Right: Assertiveness and you / Anne Dickson (5 copies)

Overcoming Low Self-Esteem: A self-help guide using CBT / Melanie Fennell (3 copies)

Creating Self-Esteem: A practical guide to realising your true worth / Lynda Field

Self-Esteem for Women: A practical guide to love, intimacy and success / Lynda Field

The Gay and Lesbian Self-Esteem Book: A guide to loving ourselves / Kimeron N Hardin

Hold Your Head Up High / Dr Paul Hauck

Recovery of Your Self-Esteem: A guide for women – new techniques and understanding for women who want to feel better about themselves more of the time / Carolyn Hillman

Assertiveness: A practical approach / Stephanie Holland & Clare Ward

End the Struggle and Dance with Life: How to build yourself up when the world gets you down / Susan Jeffers (2 copies)

Assert Yourself: How to reprogramme your mind for positive action / Gael Lindenfield

Self Esteem: Simple steps to develop self-worth and heal emotional wounds / Gael Lindenfield

How to Develop Assertiveness: Practical techniques for personal success / Sam R Lloyd

Helping Adolescents and Adults to Build Self-Esteem / Deborah Plummer

When I Say No I Feel Guilty / Manuel J Smith

Assertiveness at Work: A necessary guide to an essential skill / David R Stubbs

## CONFIDENCE/HAPPINESS

The Highly Sensitive Person: How to thrive when the world overwhelms you / Elaine Aron

Overcoming Social Anxiety and Shyness: A self-help guide using cognitive behavioural techniques / Gillian Butler

The Shyness Workbook: 30 days to Dealing Effectively with Shyness / Bernardo Carducci

How to Win Friends and Influence People / Dale Carnegie x 2 copies

Overcoming Shyness: A women's guide / Dianne Doubtfire

Why Be Afraid / Dr Paul Hauck

This Book Will Make You Feel Confident / Dr Jessamy Hibberd & Jo Usmar

This Book Will Make You Happy / Dr Jessamy Hibberd & Jo Usmar

The Confidence Plan / Sarah Litvinoff

F\*\*k it: The ultimate spiritual way / John C Parkin

F\*\*k it Therapy: The profane way to profound happiness / John C Parkin

Shyness: what is it what to do about it / Philip Zimbardo

## DEPRESSION AND MOOD CHANGE OR DISORDERS

Understanding Women in Distress / Paula Ashurst & Zaida Hal

Feeling Good: The new mood therapy / David Burns

Men and Depression / Sam V Cochran and Frederic E Rabinowitz

The Incredible Sulk / Dr Windy Dryden

Depression / Paul Gilbert

Mind Over Mood: Change how you feel by changing the way you think / Dennis Greenberger & Christine Padesky (2 copies)

Comfort for Depression / Janet Horwood

An Unquiet Mind: A memoir of moods and madness / Kay Redfield Jamieson

I Had a Black Dog / Matthew Johnstone

Living with a Black Dog: How to take care of someone with depression while looking after yourself / Matthew & Ainsley Johnstone



Under Currents: A life below the surface / Martha Manning

Coping with SAD (Seasonal Affective Disorder) / Fiona Marshall and Peter Cheevers

Mood Mapping: Plot your way to emotional health and happiness / Dr Liz Miller x 2 copies

Why Do I Feel So Down...When my Faith Should Lift me Up? / Grant Mullen

Dealing with Depression / Kathy Nairne & Gerrilyn Smith

Semi-Perfect / James Pope

Depression: The way out of your prison / Dorothy Rowe

SAD (Seasonal Affective Order) Winter Depression: Who gets it, what causes it, how to cure it / Angela Smyth

Darkness Visible / William Styron

You Don't Have To Be Famous To Have a Manic Depression: The A-Z guide to good mental health / Jeremy Thomas & Dr Tony Hughes

The Beast: A reckoning with depression / Tracy Thompson

The Mindful Way Through Depression: Freeing yourself from chronic unhappiness / Mark Williams, John Teasdale, Zindel Segal & John Kabat-Zin

Malignant Sadness: The anatomy of depression / Lewis Wolpert

Prozac Nation / Elizabeth Wurtzel

## EATING DISORDERS/BODY IMAGE

Mindful Eating 101: A guide to healthy eating in college and beyond / Susan Albers

The Forbidden Body / Shelley Bovey

Being Fat is Not a Sin / Shelley Bovey

Eating your Heart Out / Julia Buckroyd

Understanding Your Eating / Julia Buckroyd x 3 copies

The Secret Language of Eating Disorders / Peggy Claude-Pierre

The Body Image Trap: Understanding and rejecting body image myths / Marion Crooks

Anorexia and Obesity: A sense of proportion / Peter Dally

Bodylove: Learning to like our looks and ourselves (a practical guide for women) / Rita Freedman & Joan Gomez

Women's Secret Disorder: A new understanding of bulimia / Mira Dana & Marilyn Lawrence

Overcoming Binge Eating: The proven program to learn why you binge & how you can stop/ Dr Christopher G Fairburn

Forget the Fear of Food: Harness the power of mind and body / Dr Christine Fenn

The Energy Advantage: Fuelling your body and mind for success / Dr Christine Fenn

The Compassionate Mind Approach to Eating: Using compassion focussed therapy / Ken Goss

The Compassionate Mind Guide to Ending Overeating: Using compassion-focussed therapy to overcome bingeing and disordered eating (self-help workbook) / Ken Goss

This Book Will Make You Feel Beautiful / Dr Jessamy Hibberd & Jo Usmar

Overcoming Overeating: Conquer your obsession with food / Jane R Hirschmann & Carol H Munter

Stop Bingeing!: Stay in control of your eating / Lee Jangoly

Beyond the Food Game / Jane E Latimer

Living Binge Free / Jane E Latimer

Self-Help Approaches for Obesity and Eating Disorders: Research and practice / Janet D Latner & Terence G Wilson

The Anorexic Experience / Marilyn Lawrence

Fed Up and Hungry: Women, oppression and food / Marilyn Lawrence

You Can't Quit 'Til You Know What's Eating You: Overcoming compulsive eating / Donna le Blanc

Eating Disorders and Magical Control of the Body: Treatment through art therapy / Mary Levens

The Invisible Man: A self-help guide for men with eating disorders, compulsive exercise and bigorexia / John F Morgan

Anorexia Nervosa: A guide for sufferers and their families / R L Palmer

Fit to Die: Men and eating disorders / Anna Paterson

Hunger Strike / Susie Orbach

Fat is a Feminist Issue 2: How to free yourself from feeling obsessive about food / Susie Orbach

On Eating: Change your eating change your life / Susie Orbach

Eating Less: Say Goodbye to Overeating / Gillian Riley

Feeding the Hungry Heart: The experience of compulsive eating / Geneen Roth

Getting Better Bit(e) by Bit(e): A survival guide for sufferers of bulimia nervosa and binge eating disorders / Ulrike Schmidt and Janet Treasure (2 copies)

Anorexics on Anorexia / Rosemary Shelley

Life-Size / Jenefer Shute

No Body's Perfect: Dealing with food problems / Jasminder Singh & Pat Rosier

Never Too Thin / Eva Szekely

The Time in Between: A memoir of hunger and hope / Nancy Tucker

Like Mother Like Daughter: How to break free from the female food trap / Debra Waterhouse

Feeling Good About the Way You Look: A program for overcoming body image problems / Sabine Wilhelm

## LOSS

When Parents Die: Learning to live with the loss of a parent / Rebecca Abrams

Living Through Grief / Harold Bauman

Grief and Powerlessness: Helping people regain control of their lives / Ruth Bright

Good Grief Rituals: Tools for healing / Elaine Childs-Gowell

Death, Dying and Bereavement / Donna Dickenson & Malcolm Johnson

No Time to Say Goodbye: Surviving the suicide of a loved one / Carla Fine

Unresolved Grief: A practical, multicultural approach for health professionals / John C Gunzburg

Dying / John Hinton

Night Falls Fast: Understanding suicide / Kay Redfield Jamieson

Secret Flowers: Mourning and the adaptation to loss / Mary Jones

When Your Parent Dies (Hope & Healing) / Ronald Klug

Grieving mindfully: A compassionate & spiritual guide to coping with loss / Sameet M Kumar

Gift of Tears: A practical approach to loss and bereavement counselling / Susan Lendrum & Gabrielle Syme

On the Death of a Parent / Jane McLoughlin

Loss and Change / Peter Marris

Losing a Parent / Fiona Marshall

Our Children: Coming to terms with the loss of a child: Parents own stories / Ena Mirren

Bereavement: Studies of grief in adult life / Colin Murray Parkes

Denial of the Soul: Spiritual and medical perspectives on euthanasia and mortality / Scott M Peck

The Courage to Live / Dorothy Rowe

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Men and Grief / Carol Staudacher

The Courage to Grieve / Judy Tatelbaum

Living with Loss: A book for the widowed / Liz McNeill Taylor

Facing Grief: Bereavement and the young adult / Susan Wallbank

A Special Star: The experiences of people bereaved by suicide / Alison Wertheimer

## OTHER MENTAL HEALTH CONDITIONS (COUNSELLING BOOKS)

Two Accounts of a Journey through Madness / Mary & Joseph Barnes

A Layman's Guide to Psychiatry and Psychoanalysis / Eric Berne

Brilliant Cognitive Behavioural Therapy: CBT – what it is, how it works and how to use it / Dr Stephen Briers

What is Counselling? A personal and practical guide / Philip Burnard

The Words to Say It / Marie Cardinal

The New Mental Health Workbook: The complete guide to treatment, care and resources / Tony Drew & Madeline King

Driven to Distraction: Recognising and coping with attention deficit disorder from childhood through adulthood / Edward M Hallowell & John Ratey

Freaks, Geeks and Asperger Syndrome / Luke Jackson

The Loony Bin Trap / Kate Millett

Three Psychologies: Perspectives from Freud, Skinner & Rogers (4<sup>th</sup> Edition) / Robert Nye

Beyond Fear / Dorothy Rowe

How to Survive Without Psychotherapy / David Small

Demystifying Therapy / Ernesto Spinelli

The Autistic Spectrum / Lorna Wing

Love's Executioner / Irvin D Yalom

## PHYSICAL HEALTH

Ginseng (The Divine Herb): The secrets of Chinese, Korean and Siberian ginseng / Frena Bloonfield

Men's Health Matters: The complete A-Z of male health / Nikke Bradford

Getting to Sleep / Ellen Mohr Catalano

A Consumer's Guide to Prescription Medicine / Dr Barrington Cooper & Dr Laurence Gerlis

No Change: A book which could alter the life of every woman in the 40-60 age group / Wendy Cooper

Once A Month / Katharina Dalton

Menopause: A women's view / Anne Dickson & Nikki Henriques

Which? Medicine / Rosalind Grant

Self-help with PMS / Michelle Harrison

Understanding Endometriosis / Caroline Hawdridge

You Can Heal Your Life / Louise Hay

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This Book Will Make You Sleep / Dr Jessamy Hibberd & Jo Usmar

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Raw Energy / Leslie & Susannah Kenton

Women and Disability / Susan Lonsdale

Life Scripts: How to talk to yourself for positive results / Ursula Markham

Women's Bodies. Women's Wisdom: The complete guide to women's health and wellbeing / Dr Christine Northrup

The New Our Bodies, Ourselves: A health book by and for women / Angela Phillips & Jill Rakusen (British edition)

Healing the Hidden Self / Barbara Leahy Shelmon

Premenstrual Syndrome: Curing the real curse / Caroline Shreeve

Life and How to Survive It / Robin Skynner & John Cleese

Theta Healing: Introducing an extraordinary energy-healing modality / Vianna Stibal

Aids: A guide to survival / Peter Tatchell

Experiences of Abortion / Denise Winn

Night School / Richard Wiseman

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Social Skills and Work / Michael Argyle

When Parents Love Too Much / Laurie Ashner & Mitch Meyerson

The Asperger Couple's Workbook: Practical Advice & Activities for Couples and Counsellors / Maxine Aston

Gestures / Roger Axtell

Codependent No More: How to stop controlling others and start caring for yourself / Melody Beattie

Love is Never Enough: How couples can overcome misunderstandings / Aaron T Beck

Games People Play: The psychology of human relationships / Eric Berne

What Do You Say After Hello? / Eric Berne

The Unspoken Dialogue: An introduction to nonverbal communication / Slain & Burgoon

Intimate Connections / David Burns

Overcoming Social Anxiety and Shyness: A self-help guide using CBT / Gillian Butler

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Empowering Single Parents / Greg & Dana Cynaumon

Women, Sex and Addiction: A search for love and power / Charlotte Davis Kasl

Step Parenting: A BMA Publication/ Erica De'Ath

Difficult Conversations / Anne Dickson

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How to Untangle Your Emotional Knots / Windy Dryden & Jack Gordon

The Family: Change or Continuity / Faith Robertson Elliot

Surpassing the Love of Men / Lillian Faderman

Body Language / Julius Fast

Obsessive Love: When it hurts too much to let go / Dr Susan Forward & Craig Buck

My Mother, My Self / Nancy Friday

The Art of Loving / Erich Fromm

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Dare to Connect: How to create confidence, trust and loving relationships / Susan Jeffers (2 copies)

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The Relate Guide to Starting Again / Sarah Litvinoff

The Relate Guide to Sex in Loving Relationships / Sarah Litvinoff

Is It a Choice: Answers to 300 of the most FAQ about gays and lesbians / Eric Marcus

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Families Following Assisted Conception: What do we tell our child / Alexina M McWhinnie

Bold Girls / Rona Munro

Loneliness, Stress and Well-being: A helper's guide / P M Murphy & G A Kupshik

Relating Skills / Richard Nelson-Jones

The Lost Art of Listening: How learning to listen can improve relationships / Michael P Nichols

Letters from Women Who Love Too Much / Robin Norwood

Why Me, Why This, Why Now / Robin Norwood

Women Who Love Too Much / Robin Norwood

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How to Beat Loneliness Fast / Patricia Palmer

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The Road Less Travelled / Scott M Peck

The Road Less Travelled and Beyond / Scott M Peck

Staying Together: From crisis to deeper commitment / Susan Quilliam

Together but Something Missing / Ben Renshaw

How to Survive in Spite of Your Parents / Dr Margaret Reinhold

When Women Choose to be Single / Rita Robinson

I Am No Longer Myself with You / Jonathan Rutherford

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Uncoupling: How and why relationships come apart / Diane Vaughn

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Talking to Parents / D W Winnicott

Struggle for Intimacy / Janet Geringer Woititz

Daughters and Mothers / Jean Woolard

## SELF DEVELOPMENT AND IDENTITY

Young, Gay and Proud / Sasha Alyson

Dibs: In search of self / Virginia M Axline

Jonathan Livingston Seagull: A story / Richard Bach

Women's Way of Knowing: The development of self, voice and mind / Mary Belenky, Blythe Clinchy, Nancy Goldberger, Jill Tarule

Positively Gay: A new approach to gay and lesbian life / Betty Berzon

For Crying Out Loud / Kay Carmichael

Dealing with Difficult People: Proven strategies for handling stressful and diffusing tensions / Roberta Cava

Making the Most of Yourself / Gill Cox

Be Your Own Counsellor: A step-by-step guide to understanding yourself better / Sheila Dainow

Your Dreams and What They Mean: How to understand the secret language of sleep / Nerys Dee

Put Your Mother on the Ceiling: Children's Imagination Games / Richard de Mille

Trusting the Tides: Self empowerment through our emotions / Anne Dickson

The Mirrors Within: A new look at sexuality / Anne Dickson

10 Steps to Positive Living / Dr Windy Dryden

Think Your Way to Happiness / Dr Windy Dryden & Jack Gordon

The Transgender Phenomenon / Richard Ekins & Dave King



In our Own Hands: A book of self-help therapy / Sheila Ernst & Lucy Goodison

Women Who Run with the Wolves: Contacting the power of the wild woman / Clarissa Pinkola Estes

What We May Be: Techniques for psychological and spiritual growth through psychosynthesis / Piero Ferrucci

More Hot Chocolate for the Mystical Soul: 101 true stories of miracles, angels and healing / Arielle Ford

Don't Let's Go to the Dogs Tonight: An African childhood / Alexandra Fuller

Focusing: How to gain direct access to your body's knowledge / Eugene Gendlin

Emotional Intelligence: Why it can matter more than IQ / Daniel Goleman

Coach Yourself / Anthony Grant & Jane Greene

The Complete Grimm's Fairy Tales / Grimm

Walking After Midnight: Gay Men's Life Stories / Hall Carpenter Archives

The Reluctant Adult: An exploration of choice / Jill Hall

I'm OK – You're OK / Thomas A Harris (2 copies)

Staying OK / Amy & Thomas Harris

Direct your Subconscious: And drive to success / Paul Harris

This Book Will Make You Mindful / Dr Jessamy Hibberd & Jo Usmar

I can Manage Life: Learning how to make major life choices and decisions / Dennis Hooker

How to Cope with Difficult People / Alan Houel & Christine Godefroy

The Wish for Power and the Fear of Having It / Althea Horner

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## 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

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## SEXUAL ISSUES

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Sex Therapy in Britain / Martine Cole & Windy Dryden

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The New Joy of Sex / Alex Comfort

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PE: How to overcome premature ejaculation / Helen Singer Kaplan

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Understanding Stress / Which Books

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## TRANSITIONS

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