



**Books on
Prescription**

Find self-help books
at your local library

readingagency.org.uk/readingwell

Recommended and endorsed
by health professionals



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



Also available in your local library

**Reading Well
Mood-boosting Books**

Reading Well Mood-boosting Books is a national promotion of uplifting titles, including novels, poetry and non-fiction. The books are recommended by readers.

Libraries are the ideal places to find mood-boosting books. For more information, go to www.readingagency.org.uk/readingwell

Join a reading group

Reading groups can be a good way of bringing people together, promoting well-being and reducing isolation. They cater for all sorts of people and all kinds of reading tastes and abilities.

To find a reading group near you, visit www.readinggroups.org

Ask in your local library for more information about reading groups and other relevant services.

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Reading Well Books on Prescription has been developed by The Reading Agency in partnership with the Society of Chief Librarians.
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Tell us what you think

We would like to hear your views on *Reading Well Books on Prescription*. You will find a simple and confidential online form at www.readingagency.org.uk/readingwell

readingagency.org.uk/readingwell

Recommended reading

Title	Author	Publisher
Anger		
<input type="radio"/> Overcoming Anger and Irritability	William Davies	Constable & Robinson
Anxiety		
<input type="radio"/> Overcoming Anxiety	Helen Kennerley	Constable & Robinson
<input type="radio"/> Overcoming Anxiety, Stress and Panic: A Five Areas Approach	Chris Williams	CRC Press
<input type="radio"/> Feel the Fear and Do it Anyway	Susan Jeffers	Vermilion
Binge eating/Bulimia Nervosa		
<input type="radio"/> Overcoming Binge Eating	Christopher G. Fairburn	Guilford Press
<input type="radio"/> Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders	Ulrike Schmidt and Janet Treasure	Routledge
<input type="radio"/> Overcoming Bulimia Nervosa and Binge Eating	Peter J. Cooper	Constable & Robinson
Chronic fatigue		
<input type="radio"/> Chronic Fatigue Syndrome (second edition)	Frankie Campling and Michael Sharpe	Oxford University Press
<input type="radio"/> Overcoming Chronic Fatigue	Mary Burgess with Trudie Chalder	Constable & Robinson
Chronic pain		
<input type="radio"/> Overcoming Chronic Pain	Frances Cole, Catherine Carus, Hazel Howden-Leach and Helen Macdonald	Constable & Robinson
Depression		
<input type="radio"/> Overcoming Depression and Low Mood: A Five Areas Approach (third edition)	Chris Williams	CRC Press
<input type="radio"/> Mind Over Mood: Change How You Feel by Changing the Way You Think	Dennis Greenberger and Christine Padesky	Guilford Press
<input type="radio"/> Overcoming Depression	Paul Gilbert	Constable & Robinson
Health anxiety		
<input type="radio"/> Overcoming Health Anxiety	David Veale and Rob Willson	Constable & Robinson
<input type="radio"/> An Introduction to Coping with Health Anxiety	Brenda Hogan and Charles Young	Constable & Robinson
Obsessions and compulsions		
<input type="radio"/> Overcoming Obsessive Compulsive Disorder	David Veale and Rob Willson	Constable & Robinson
<input type="radio"/> Understanding Obsessions and Compulsions	Frank Tallis	Sheldon Press
<input type="radio"/> Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT	Fiona Challacombe, Victoria Bream Oldfield and Paul M. Salkovskis	Vermilion

What is Reading Well Books on Prescription?

Reading Well Books on Prescription helps you manage your well-being using self-help reading. The scheme is endorsed by health professionals and supported by public libraries.

The books provide helpful information and step-by-step self-help techniques for managing common conditions, including depression and anxiety.

How does it work?

As part of your treatment, you may have been recommended a self-help book by your GP, psychological well-being practitioner or another health professional.

The self-help books are also available for anyone to borrow from the local library.

What do I do now?

- Go to your local library where you can borrow the book for free.
- If the book is not available, you can reserve it. Free reservations are available in most libraries.
- Read the book carefully and follow the practical exercises and activities suggested.
- Some books are available in different formats. See www.readingagency.org.uk/readingwell for more information.

Joining the library

It is easy to join your local library. In most libraries the book recommendation form will act as suitable ID if it has been signed by a health professional. Library book loans and borrower details are treated as strictly confidential.

Can books really help?

There is good evidence from the National Institute for Health and Clinical Excellence (NICE) that self-help books can help people understand and manage common conditions, including depression and anxiety.

Although books can sometimes work on their own, research has shown that self-help approaches work best when there is support from a health professional. If you have been referred to an Improving Access to Psychological Therapies (IAPT) service, you might be seen by a psychological well-being practitioner, who can guide you through the information.

The books have all been recommended by experts. They have been tried and tested and found to be useful.

What if the book doesn't help?

If you find that the book you are reading is not helping, you should contact your GP or another health professional.

You can also visit www.iapt.nhs.uk/services and www.nhs.uk/moodzone

The following organisations also offer help and/or information:

The Samaritans

www.samaritans.org

Call 08457 90 90 90
24 hours a day, 7 days a week

Mind

www.mind.org.uk

Info line: 0300 123 3393

Mental Health Helplines Partnership

www.mhhp.org.uk

The Royal College of Psychiatrists

www.rcpsych.ac.uk/info

Reading Well Books on Prescription is supported by

Department of Health (IAPT), Royal College of General Practitioners, Royal College of Psychiatrists, Royal College of Nursing, British Association for Behavioural and Cognitive Psychotherapies, The British Psychological Society and Mind.

Panic		
<input type="radio"/> Overcoming Panic and Agoraphobia	Derrick Silove and Vijaya Manicavasagar	Constable & Robinson
<input type="radio"/> Panic Attacks: What They Are, Why They Happen and What You Can Do About Them	Christine Ingham	HarperCollins
Phobias		
<input type="radio"/> An Introduction to Coping with Phobias	Brenda Hogan	Constable & Robinson
Relationship problems		
<input type="radio"/> Overcoming Relationship Problems	Michael Crowe	Constable & Robinson
Self-esteem		
<input type="radio"/> Overcoming Low Self-esteem	Melanie Fennell	Constable & Robinson
<input type="radio"/> The Feeling Good Handbook	David Burns	Penguin
Sleep problems		
<input type="radio"/> Overcoming Insomnia and Sleep Problems	Colin A. Espie	Constable & Robinson
Social phobia		
<input type="radio"/> Overcoming Social Anxiety and Shyness	Gillian Butler	Constable & Robinson
Stress		
<input type="radio"/> The Relaxation and Stress Reduction Workbook	Martha Davis	New Harbinger
<input type="radio"/> Manage Your Stress for a Happier Life	Terry Looker and Olga Gregson	Hodder
Worry		
<input type="radio"/> The Worry Cure: Stop Worrying and Start Living	Robert L. Leahy	Piatkus Books
<input type="radio"/> How to Stop Worrying	Frank Tallis	Sheldon Press

Prescriber's further information or additional recommendations:

Prescriber's signature:

The *Reading Well Books on Prescription* core reading list is only available for use as part of the *Reading Well Books on Prescription* scheme. Permission to use this resource by agencies not subscribing to this scheme should be sought from The Reading Agency.

Joining the library

If you are not yet a member of your local library and would like to join, please insert your name and address and hand the form to a member of the library staff:

Name: _____

Address: _____
