

OHS 'Reading Well' Kindle books

*(All books recommended by a clinical psychologist from the Oxford Health NHS Trust at the Highfield Adolescent Unit)*

**Breaking Free from OCD: A CBT Guide for Young People and Their Families** » Jo Derisley, Isobel Heyman, Sarah Robinson, Cynthia Turner, Lisa Jo Robinson

**My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic** » Michael A. Tompkins, Katherine A. Martinez, Michael Sloan

**The Curious Incident of the Dog in the Night-time** » Mark Haddon, Suzanne Dean

**Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence** » Luke Jackson

**Am I Depressed and What Can I Do About it?: A CBT Self-Help Guide for Teenagers Experiencing Low Mood and Depression** » Shirley Reynolds, Monika Parkinson

**Recovery from Trauma using Compassion Focussed Therapy** Deborah Lee

**Mindfulness: A practical guide to finding peace in a frantic world** » J. Mark G. Williams, Dr. Danny Penman

**Mind Over Mood, Second Edition: Change How You Feel by Changing the Way You Think** » Dennis Greenberger, Christine A. Padesky

**Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders** » Ulrike Schmidt, Janet Treasure, June Alexander (Family Based Approach)

**Overcoming Binge Eating, Second Edition: The Proven Program to Learn Why You Binge and How You Can Stop** » Christopher G. Fairburn (CBTE approach)

**Overcoming Anxiety** Helen Kennerly

**Overcoming Depression** Paul Gilbert

**Overcoming depersonalisation and feelings of unreality** Elaine Hunter et al

**Overcoming mood swings** Jan Scott (Bipolar affective disorder)

**Overcoming OCD** Veale & Willson

**Overcoming body image problems and body dysmorphia**, Veale Willson & Clarke

**Overcoming panic** Manicavasigar

**Overcoming paranoid and suspicious thoughts** Freeman & Garety

**Overcoming perfectionism** Shafran et al

**Overcoming traumatic stress Herbert** (for more PTSD type presentations)

**Overcoming childhood trauma Helen Kennerly** (for more historical abuse and effect on personhood)

**Overcoming low self esteem Melaine Fennell**

**Overcoming insomnia and sleep problems Colin Espie**

**Overcoming social anxiety and shyness Gillina Butler**

**Overcoming distressing voices Haywood Strauss Kingdon**

**The complete CBT guide for anxiety Eds Shafran Brosan & Cooper**

**The completed CBT guide for depression and low mood Eds Westbrook & Brosan**

**The Happiness Trap Russ Harris**

**I had a black dog Mathew Johnstone**

**Overcoming health anxiety Willson & Veale**

**Overcoming grief Sue Morris**

**Overcoming worry and generalised anxiety Meares & Freeston**

**Overcoming Anger and irritability Davies**