

| Problem Addressed | No. | Book Title | Author(s) | Year | Publisher | ISBN |
|--|------------|---|--------------------------------------|-------------|----------------------|-------------|
| Anger | W1 | Overcoming Irritability and Anger | Davies, Will | 2000 | Robinson | 1854875957 |
| | W2 | Managing Anger | Linderfield, Gael | 2000 | Harper Collins | 0007100345 |
| Anorexia Nervosa | W3 | Breaking Free from Anorexia Nervosa: A Survival Guide for Families and Friends and Sufferers | Treasure, Janet | 1997 | Psychology Press | 0863777600 |
| | W4 | Overcoming Anorexia Nervosa | Freeman, Christopher & Cooper, Peter | 2002 | Constable & Robinson | 1854879693 |
| Anxiety | W5 | Overcoming Anxiety | Kennerly, Helen | 2004 | Constable & Robinson | 1854874225 |
| Assertiveness (Women) | W6 | Woman in your Own Right | Dickson, Anne | 1982 | Quartet Books | 0704334208 |
| Bereavement | W7 | You'll Get Over It: Rage of Bereavement | Ironside, Virginia | 1997 | Penguin | 0140236082 |
| Binge-Eating Disorder and Bulimia Nervosa | W8 | Bulimia Nervosa and Binge Eating | Cooper, Peter | 1993 | Constable & Robinson | 1854871714 |
| | W9 | Overcoming Binge Eating | Fairburn, Christopher | 1995 | Guilford Press | 0898621798 |
| | W10 | Getting Better Bit(e) By Bit(e): A survival Guide for Sufferers of Bulimia Nervosa and Binge Eating Disorders | Schmidt, Ulrike and Treasure, Janet | 1993 | Psychology Press | 0863773222 |

| Problem Addressed | No. | Book Title | Author(s) | Year | Publisher | ISBN |
|--|------------|--|---|-------------|----------------------------|-------------|
| Depression | W11 | Overcoming Depression | Gilbert, Paul | 2000 | Constable & Robinson | 1841191256 |
| | W12 | Mind Over Mood | Greenberger, Dennis & Padesky, Christine | 1995 | Guilford Press | 0898621283 |
| | W13 | The Feeling Good Handbook | Burns, David | 2000 | Plume Books | 0452281326 |
| Head Injuries | W14 | Head Injury : A Practical Guide | Powell, Trevor. J | 2004 | Speech mark Publishing | 0898621283 |
| Health Anxiety | W15 | Stop Worrying about your Health | Zgourides, George.D | 2002 | New Harbinger Publications | 157224285X |
| Manic Depression | W16 | Overcoming Mood Swings | Scott, Jan | 2004 | Constable & Robinson | 1847790179 |
| Obsessions & Compulsions | W17 | Overcoming Obsessive Compulsive Disorder | Veale, David and Willson, Robert | 2005 | Constable & Robinson | 1841199362 |
| | W18 | Obsessive Compulsive Disorder | Toates, Fredrick and Coschug-Toates, Olga | 2002 | Class Publishing | 1859590691 |
| | W19 | Understanding Obsessions and Compulsions | Tallis, Frank | 1992 | Sheldon Press | 0859698106 |
| Panic | W20 | Overcoming Panic | Silove, Derrick | 2003 | Constable & Robinson | 1854877011 |
| | W21 | Panic Attacks | Ingham, Christine | 2000 | HarperCollins | 0007106904 |
| Post Traumatic Stress Disorder (PTSD) /Trauma | W22 | Overcoming Traumatic Stress | Herbert, Claudia & Wetmore, Ann | 2002 | Constable & Robinson | 1841190160 |

| Problem Addressed | No. | Book Title | Author(s) | Year | Publisher | ISBN |
|---|------------|--|---|-------------|----------------------|-------------|
| Self-Esteem | W23 | Overcoming Low Self Esteem | Fennell, Melanie | 2004 | Constable & Robinson | 1854877259 |
| | W24 | The Feeling Good Handbook | Burns, David | 2000 | Pulme Books | 0452281326 |
| | W25 | Self Esteem for Women | Field, Lynda | 2001 | Vermilion | 0091825628 |
| | W26 | Self Esteem: Simple Steps to Develop Self Reliance and Perseverance | Linderfield, Gael | 2000 | HarperCollins | 0722540078 |
| | W27 | 10 Days to Great Self Esteem | Burns, David | 2000 | Vermilion | 0091825628 |
| Child Sexual Abuse (Adult Survivors) | W28 | Breaking Free: Help for Survivors of Child Sexual Abuse | Ainscough, Carolyn & Toon, Kay | 2000 | Sheldon Press | 0859698106 |
| | W29 | The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse | Bass, Ellen & Davis, Laura | 2002 | Vermilion | 0091884209 |
| Social Anxiety | W30 | Overcoming Social Anxiety and Shyness | Butler, Gillian | 2003 | Constable & Robinson | 1854877038 |
| Stress | W31 | The Relaxation and Stress Reduction Workbook (5 th Ed) | Davis, Martha, Robbins Eshelman, Elizabeth & McKay, Matthew | 2000 | New Harbinger | 1572242140 |
| | W32 | Managing Stress (Teach Yourself) | Looker, Terry & Gregson, Olga | 2003 | Hodder Arnold | 0340860073 |
| Worry | W33 | How to Stop Worrying | Tallis, Frank | 1990 | Sheldon Press | 0859696103 |