

Cork City Libraries Book Prescription Scheme

Problem	Book Title	Author	Comment
Anger	Managing Anger	Gael Lindenfield	A positive, optimistic book, Attractive, easy read.
	Overcoming Anger and Irritability.	William Davies	Based on Cognitive Behavioural Therapy (CBT). Manageable
Anorexia	Anorexia Nervosa: A Survival Guide for Families, friends and Sufferers	Janet Treasure	A clearly written educational book containing practical advice. Not a step- to- step treatment guide. Good start.
	Overcoming Anorexia Nervosa	Christopher Freeman & Peter Cooper	A complete self-help recovery programme based on CBT. Easy read.
Anxiety	Overcoming Anxiety	Helen Kennerley	A complete recovery programme based on CBT. Easy read.
Assertiveness	Assert Yourself	Gael Lindenfield	Attractive Book which builds awareness and skills.
Bereavement	"You'll get over it"; The Rage of Bereavement	Virginia Ironside	Frank, honest, angry, tapping the complexity of bereavement
	Living with Loss: A book for the Widowed	Liz McNeill Taylor	Down to earth examination of the emotional and practical effects of being widowed. Shows the possibility of building a new life
Binge –Eating and Bulimia	Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders	Ulrike Schmidt & Janet Treasure	Easy to read, engaging, motivating. Has demonstrated effectiveness in clinical trials. Comprehensive treatment programme
	Bulimia Nervosa and Binge Eating	Peter Cooper	Comprehensive CBT-based treatment programme
Child Abuse (Adult Survivors)	Overcoming Childhood Trauma	Helen Kennerley	Sensitive. Links past and present difficulties. Practical strategies for managing specific problems linked to abuse.
Child Sexual Abuse ((Adult Survivors)	Breaking Free: Help for Survivors of Child Sexual Abuse	Carolyn Ainscough& Kay Toon	Sensitively written. Demonstrates the range of experience and feelings involved. Optimistic. Strategies for coping
Depression	Depression: The Common Sense Approach	Tony Bates	Accessible, slim book. Compassionate and practical. CBT strategies and more. Good first book.

	Overcoming Depression	Paul Gilbert	Bigger more detailed book yet readable and sympathetic. Comprehensive CBT programme.
	Depression: The way out of your Prison	Dorothy Rowe	A deeper exploration of beliefs about self and others that maintain depression. Links past experience to depression.
Depression/ Anxiety	The feeling Good Handbook	David Burns	Large but easy to read CBT book. Also covers panic, phobias, guilt, and inferiority. Has demonstrated effectiveness in clinical trials.
Mood Swings	Overcoming Mood swings	Jan Scott	An easy to read complete CBT programme. Includes information on depression and mania.
Obsessions and Compulsions	Overcoming Obsessive Compulsive Disorder Obsessive compulsive disorder	David Veale & Rob Willson Frederick Toates & Olga Coschug-Toates	Promotes readiness to change then delivers a CBT plan. For People who meet the criteria for OCD. Manageable. Autobiographical account of life with OCD. May help people to feel that they are not alone. Discuss treatment options. Manageable.
Panic	When Panic Attacks Panic attacks: what they are, why they happen and what you can do about them	Aine Tubridy Christine Ingham	Engaging, clear, comprehensive, Educates and offers techniques,. Accompanying CD Smaller, simpler, supportive. Offers guidance. Easy to read
Parenting	Parent Power – Bringing up Responsible Children and Teenagers The Incredible Years- A Troubleshooting Guide for parents of Children Aged 2-8 Years STEP: Parent Handbook When Parents Separate: Helping Your Children to cope	John Sharry Carolyn Webster- Stratton D. dinkmeyer, G. D. McKay Et al John Sharry, Peter Reid & Eugene Donohoe	Good general guide covering key principles of parenting 4-18 year olds. Easy to read More comprehensive but manageable. For parenting 2 – around 10 year olds. Particularly good where parent – child relationships have suffered. Very simple, attractive book. Holds parents by the hand providing systematic training. Parenting 6-12 year olds Slim, easy-to –read book. Covers what reactions to expect and how to communicate and respond and manage one’s own stress.
Post Traumatic Stress	Overcoming Traumatic Stress	Claudia Herbert & Ann Wetmore	CBT strategies to help reader understand and manage their reactions. Easy to read.
Relationship	Overcoming Relationship Problems	Michael Crowe	Very accessible. Focuses on communication and negotiation skills. Uses CBT.

Problems			
Self- Esteem	Self Esteem: Simple Steps to develop Self Reliance and Perseverance	Gael Lindenfield	Attractive easy –to –read book. Explores origin and impact of low self-esteem. Provides practical programme for increasing self- esteem
	10 Days to Great Self Esteem	David Burns	Larger structured book using CBT. Contains information and practical exercises. Positive tone.
	Change for the better	Elizabeth Wilde-McCormick	Self-help through practical psychotherapy.
Sexual Problems	Overcoming Sexual Problems	Vicki Ford	Sensitive and practical. Explores nature of problems and provides self-help manual based on CBT.
Social Anxiety	Overcoming Social Anxiety and shyness	Gillian Butler	Very readable. Detailed CBT instruction. Suitable for both mild and intense anxiety.
Stress	The Relaxation and stress Reduction Workbook (5 th Ed)	Martha Davis, Elizabeth Robbins Eshelman & Matthew Mckay Terry Looker & Olga Gregson	Offers a broad range of techniques for relaxation and stress management. Attractive, easy- to- read book.
	Managing stress (Teach yourself)		Educative and offers comprehensive stress management plan. Views self-esteem as the key to stress management
Worry	How to Stop Worrying	Frank Tallis	A Slim, very easy-to- read book. Transforming worry into problem- solving