



## BOOKLIST – BOOK PRESCRIPTION WALES 2005 RHESTR LYFRAU – PRESGRIPSIWN LLYFRAU CYMRU 2005

Problem Addressed Y Broblem	No. Rhif	Book Title Teitl y Llyfr	Author(s) Awdur(on)	Year Blwyddyn	Publisher Cyhoeddwr	ISBN ISBN	Price Pris
Anger / Gwylltineb	W1	Overcoming Irritability and Anger	Davies, Will	2000	Robinson	1854875957	£7.99
	W2	Managing Anger	Lindenfield, Gael	2000	HarperCollins	0007100345	£7.99
Anorexia Nervosa / Anorecsia Nerfosa	W3	Breaking Free from Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers	Treasure, Janet	1997	Psychology Press	0863777600	£11.95
	W4	Overcoming Anorexia Nervosa	Freeman, Christopher & Cooper, Peter	2002	Constable & Robinson	1854879693	£7.99
Anxiety / Pryder	W5	Overcoming Anxiety	Kennerly, Helen	2004	Constable & Robinson	1854874225	£7.99
Assertiveness (Women) / Pendantwydd (Menywod)	W6	Woman in Your Own Right	Dickson, Anne	1982	Quartet Books	0704334208	£6.00
Bereavement / Profedigaeth	W7	You'll Get Over It: Rage of	Ironside, Virginia	1997	Penguin Books	0140236082	£8.99

		Bereavement					
Binge-Eating Disorder and Bulimia Nervosa / Anhwylder Gorwyta a Bwlimia Nerfosa	W8	Bulimia Nervosa and Binge Eating	Cooper, Peter	1993	Constable & Robinson	1854871714	£7.99
	W9	Overcoming Binge Eating	Fairburn, Christopher	1995	Guilford Press	0898621798	£13.50
	W10	Getting Better Bit(e) By Bit(e): A Survival Guide for Sufferers of Bulimia Nervosa and Binge Eating Disorders	Schmidt, Ulrike & Treasure, Janet	1993	Psychology Press	0863773222	£11.95
Depression / Iselder	W11	Overcoming Depression	Gilbert, Paul	2000	Constable & Robinson	1841191256	£7.99
	W12	Mind Over Mood	Greenberger, Dennis & Padesky, Christine	1995	Guilford Press	0898621283	£16.95
	W13	The Feeling Good Handbook	Burns, David	2000	Plume Books	0452281326	£12.99
Head Injuries / Anafiaidau i'r Pen	W14	Head Injury: A Practical Guide	Powell, Trevor. J	2004	Speechmark Publishing	0863884512	£19.95
Health Anxiety / Pryder am lechyd	W15	Stop Worrying about your Health	Zgourides, George. D	2002	New Harbinger Publications	157224285X	£11.99
Manic Depression / Iselder Manig	W16	Overcoming Mood Swings	Scott, Jan	2004	Constable & Robinson	1841190179	£7.99
Obsessions & Compulsions / Obsesiynau a Chymelliadau	W17	Overcoming Obsessive Compulsive Disorder	Veale, David and Willson, Robert	2005	Constable & Robinson	1841199362	£9.99
	W18	Obsessive Compulsive Disorder	Toates, Frederick and	2002	Class Publishing	1859590691	£14.99

			Coschug-Toates, Olga				
	W19	Understanding Obsessions and Compulsions	Tallis, Frank	1992	Sheldon Press	0859696529	£7.99
Panic /Panig	W20	Overcoming Panic	Silove, Derrick	2003	Constable & Robinson	1854877011	£7.99
	W21	Panic Attacks	Ingham, Christine	2000	HarperCollins	0007106904	£7.99
PTSD/Trauma / PTSD/Trawma	W22	Overcoming Traumatic Stress	Herbert, Claudia & Wetmore, Ann	2002	Constable & Robinson	1841190160	£7.99
Self-Esteem / Hunan-barch	W23	Overcoming Low Self Esteem	Fennell, Melanie	2004	Constable & Robinson	1854877259	£7.99
	W24	The Feeling Good Handbook	Burns, David	2000	Plume Books	0452281326	£12.99
	W25	Self Esteem for Women	Field, Lynda	2001	Vermilion	009187632X	£6.99
	W26	Self Esteem: Simple Steps to Develop Self Reliance and Perseverance	Lindenfield, Gael	2000	HarperCollins	0722540078	£7.99
	W27	10 Days to Great Self Esteem	Burns, David	2000	Vermilion	0091825628	£9.99
Child Sexual Abuse (Adult Survivors) Cam-drin Plant yn Rhywiol (Oedolion wedi Goroesi)	W28	Breaking Free: Help for Survivors of Child Sexual Abuse	Ainscough, Carolyn & Toon, Kay	2000	Sheldon Press	0859698106	£14.99
	W29	The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse	Bass, Ellen & Davis, Laura	2002	Vermilion	0091884209	£12.99

Social Anxiety / Social Phobia / Pryder Cymdeithasol / Ffobia Cymdeithasol	W30	Overcoming Social Anxiety And Shyness	Butler, Gillian	2003	Constable & Robinson	1854877038	£7.99
Stress <input checked="" type="checkbox"/> Straen	W31	The Relaxation and Stress Reduction Workbook (5th Ed)	Davis, Martha, Robbins Eshelman, Elizabeth & McKay, Matthew	2000	New Harbinger	1572242140	£16.99
	W32	Managing Stress (Teach Yourself)	Looker, Terry & Gregson, Olga	2003	Hodder Arnold	0340860073	£8.99
Worry <input checked="" type="checkbox"/> Poeni	W33	How to Stop Worrying	Tallis, Frank	1990	Sheldon Press	0859696103	£6.99





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## BOOK PRESCRIPTION WALES

# Books Can Help



### *Emotional problems are very common*

Many people – perhaps even the majority – develop emotional or psychological problems at some time during their life. At any one time, for example, about 10% of adults are feeling somewhat depressed. Others feel anxious about leaving the house, or about meeting people, or have worries that just seem to go on and on. Some experience panic attacks that can be very frightening and unpredictable, while others realise that their tidiness around the house is becoming obsessional. Some people are highly stressed by work or family life, while others are haunted by abuse that happened in childhood. And many people just don't feel good about themselves. Their self-esteem is low, they lack confidence and feel useless and unlovable.

### *GPs can offer help for emotional problems*

Many people consult their G.P. for help with their emotional difficulties, and G.P.s can help in several ways. They might refer the person to a counsellor, for example, or to specialist mental health services where psychologists, psychiatrists and others are able to provide treatment. However, the availability of these specialist resources is limited. More often, the G.P. will offer advice, prescribe medication to relieve such symptoms as anxiety or depression, or recommend contact with a local voluntary agency.

## *Books can help*

Medication has an important role in helping people with emotional problems, and is often very effective. However, people can also be helped by reading appropriate 'self-help' material. Many self-help books have been shown to be very useful in helping people to overcome a range of psychological problems. The use of books as a means of providing psychological therapy is known as 'bibliotherapy'.

## *Book Prescription Wales*

Book Prescription Wales is based on the original award winning, Cardiff Book Prescription Scheme. It allows highly recommended self-help books to be prescribed by GPs, practice counsellors, Community Mental Health Teams and NHS Direct Wales. Once issued, the prescription can be exchanged for the book at any branch Library throughout Wales.

Many thousands of self-help books are available, and while the best of these are highly effective, others are not so useful.

Books prescribed under Book Prescription Wales have been specially selected by health professionals and are available in every library across Wales so that they are accessible to everyone, free of charge.

### *How the scheme works*

GPs and other professionals have been sent the list of the self-help books recommended by specialists and invited to issue an appropriate 'Book Prescription' to patients in their care. The prescription specifies the length of time for which the book can be borrowed. This will normally be between 4 and 8 weeks, and therefore exceeds the standard time for a library loan. The patient (who does not need to be a current holder of a library membership card) can extend the borrowing time, if necessary, by requesting a renewal from the library.

Many of the most effective books present self-help versions of the kind of therapy that would be given by a professional. In many cases they present complete step-by-step treatment programmes with exercises, self-assessments, diary sheets, etc. to be completed by the reader. Of course, those who use a prescribed library book should make their own copy of such exercises and not write on the book.

The scheme includes books on many of the common psychological problems that people experience, including depression, eating disorders, obsessional-compulsive problems, compulsive gambling, social phobia, panic, anger, stress, low self-esteem and the aftermath of sexual abuse.



Some people might wish to buy the prescribed book for themselves, and all of the books on the list are currently in print. Many are normally in stock in leading bookstores. Any books that are not in stock will be available to order. CD versions of the four most popular books are also available.

Book Prescription Wales offers an additional source of help for people experiencing emotional problems. A self-help book can be used in addition to any medication that has been prescribed, or while the patient is waiting to see a counsellor or mental health specialist. Of course, this approach will not be suitable for everyone, and will not always be effective. But there is now good evidence to show that ...

*Books can (often) help*

If you feel that a book might help you to overcome an emotional problem, consider asking your G.P. about Book Prescription Wales.

- There is good evidence that the best self-help books can be highly effective in helping people with emotional problems
- The use of self-help books is known as 'bibliotherapy'
- Many therapists regularly recommend particular books to their clients or patients and soon get to know which of these books are most useful
- Self-help books can be highly effective when used as the main source of help, or in addition to prescribed medication or counselling
- Most of the books included in the scheme are written by leading psychologists and many present self-help versions of established treatment programmes