

Somerset Libraries Books on Prescription Availability as E-books and E-Audiobooks



- **E-Books** - www.librarieswest.org.uk/ebooks

Adult Mental Health

Title	Author
A Manual for Heartache	Cathy Rentzenbrink
A Mindfulness Guide for the Frazzled	Ruby Wax
Body Image Problems and Body Dysmorphic Disorder: The Definitive Treatment and Recovery Approach	Chloe Catchpole, Lauren Callaghan, Annemarie O'Connor
Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT	Fiona Challacombe, Victoria Bream Oldfield, Paul M Salkovskis
Mind Over Mood, 2nd edition: Change How You Feel by Changing the Way You Think	Dennis Greenberger, Christine A. Padesky
Overcoming Binge Eating, 2nd edition: The Proven Program to Learn Why You Binge and How You Can Stop	Christopher G. Fairburn
Reasons to Stay Alive	Matt Haig
The Boy with the Topknot: A Memoir of Love, Secrets and Lies in Wolverhampton	Sathnam Sanghera
The Essential Guide to Life After Bereavement: Beyond Tomorrow	Judy Carole Kauffmann and Mary Jordan
The Recovery Letters	James Withey and Olivia Sagan (eds.)
We're All Mad Here: The No-Nonsense Guide to Living with Social Anxiety	Claire Eastham

Young People's Mental Health

Title	Author
Banish Your Body Image Thief	Kate Collins-Donnelly
Banish Your Self-esteem Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Self-esteem for Young People	Kate Collins-Donnelly
Breaking Free from OCD: A CBT Guide for Young People and their Families	Jo Derisley
Can I Tell You About Depression?	Christopher Dowrick
Can I Tell You About Eating Disorders?	Lucy Watson
Don't Let Your Emotions Run Your Life for Teens	Sheri van Dijk

Face	Benjamin Zephaniah
Freaks, Geeks and Asperger Syndrome: A User's Guide to Adolescence	Luke Jackson
House of Windows	Alexia Casale
Kite Spirit	Sita Brahmachari
Mind Your Head	Juno Dawson
Stuff that Sucks: Accepting what You Can't Change and Committing to What You Can	Ben Sedley
The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry and Panic	Jennifer Shannon
The Curious Incident of the Dog in the Night-time	Mark Haddon
The Perks of Being a Wallflower	Stephen Chbosky
The Self-Esteem Team's Guide to Sex, Drugs and WTFs?!!	The Self-Esteem Team
The Shyness and Social Anxiety Workbook for Teens	Jennifer Shannon
Touch and Go Joe	Joe Wells

Children's Mental Health

Title	Author	Age
All Birds Have Anxiety	Hoopmann, Kathy	6+
Can I Tell You About ADHD?	Yarney, Susan	7+
Check Mates	Foster, Stewart	9+
Ella On the Outside	Howe, Cath	8+
How Are You Feeling Today?	Potter, Molly	0+
If All the World Were	Coelho, Joseph	5+
M is for Autism	The Students of Limpsfield Grange School; Martin, Vicky	9+
Outsmarting Worry	Huebner, Dawn	9+
Ruby's Worry	Percival, Tom	0+
Something Bad Happened	Huebner, Dawn	6+
Sometimes I Feel Sad	Alexander, Tom	5+
The Boy Who Built a Wall Around Himself	Redford, Ali	4+
The Illustrated Guide to Dyslexia and Its Amazing People	Power, Kate; Forsyth, Kathy Iwanczak	7+
What's Going on Inside my Head?	Potter, Molly	4+

- **E-Audiobooks** - www.librarieswest.org.uk/eaudio

Adult Mental Health	
A Manual for Heartache	Cathy Rentzenbrink
A Mindfulness Guide for the Frazzled	Ruby Wax
Grief Works: Stories of Life, Death and Surviving	Julia Samuel
Reasons to Stay Alive	Matt Haig
Young People's Mental Health	
The Curious Incident of the Dog in the Night-time	Mark Haddon
The Perks of Being a Wallflower	Stephen Chbosky
Children's Mental Health	
Clownfish	Durant, Alan