Be well @ NCL

If you’re struggling with a mental health issue, you’re not alone. Research shows that 1 in 3 students will need support with their mental health at university. Be well@NCL has been developed in partnership with the University’s Student Health and Wellbeing Service. It helps you to understand and manage your mental health and wellbeing, using books available from the University libraries.

The books in the collection provide helpful information and support for managing common mental health conditions or dealing with difficult feelings and experiences. Some books also include personal stories from people who are living with, or caring for, someone with mental health difficulties.

The books have been recommended by mental health professionals and people with experience of the issues covered. They have been tried and tested and found to be helpful.

How can reading a book help?

There is lots of evidence that books like those in this collection can help people to understand and manage common mental health conditions, including depression and anxiety. Reading a book written by someone who understands the difficulties you’re facing can help you start to feel better.

How do I find the books?

The books are available in the Philip Robinson Library and also the Walton Library. In the Philip Robinson Library, the books are at the start of the ‘study skills’ section on Level 3. In the Walton Library, the books are in the ‘quiet study’ area.

You can check if a book is available before going to the library, by searching for it here.

What if someone else has borrowed the book that I need?

If the book you’re looking for isn’t available, you can place a reservation for it on the library website – just search for the book, click on the title, log in to your library account, and click ‘Request this item’. You’ll receive an email to let you know when it’s ready to collect. The titles of books on the reservation shelf
are covered up, so no-one else will see which book you’re collecting. Placing a reservation lets the library know that a book is in demand, so that they can buy more copies.

Alternatively, you can borrow a copy of the book from Newcastle public libraries – it’s free to join, and they’ll post your library card to you. You can join Newcastle Libraries here: [www.newcastle.gov.uk/services/libraries-and-community-hubs](http://www.newcastle.gov.uk/services/libraries-and-community-hubs)

**Using the University libraries**

Your University smartcard is also your library card. All the University libraries have self-service machines that are easy to use. Details of the books you’ve borrowed are confidential and won’t be shared with anyone outside the library.

**Who should I contact if I have any questions or concerns?**

If you have questions or feedback about Be well@NCL, please contact Library Help or fill in a feedback postcard – you can find these on the Be well@NCL shelves.

**About Be well@NCL**

The selection of books in the Be well@NCL collection is based on the ‘Reading Well’ initiative in public libraries across the UK. Be well@NCL also includes books that have been chosen by the University Counselling Team. To suggest a title to add to this collection, email libraryhelp@ncl.ac.uk with Be well@NCL as the subject heading.

**Which books are in the Be well@NCL collection?**

The collection offers books that can help with a wide range of issues and concerns: Books that offer more healthy ways of thinking, such as practicing mindfulness and challenging unhelpful thought patterns – pages 3-5

Books about common feelings, experiences, and issues, such as:

- **Anger** (page 5).
- **Anxiety - including health anxiety and social anxiety** (page 6-7).
- **Bereavement, loss and grief** (page 8-9).
- **Body image issues and body dysmorphic disorder** (page 9).
- **Caring for someone with a mental health issue** (page 9-10).
- **Depression – including postnatal depression** (pages 10-12).
- **Eating disorders and eating distress** (page 12-13).
- **Low self-esteem** (page 13).
- **Mood swings** (page 14).
- **Obsessive-compulsive disorder** (page 14).
• **Panic and phobias** (pages 14-15).
• **Sleep problems** (page 15).
• **Stress** (page 16).

# Books in the Be well@NCL collection

Here is some information about each book in the collection. The number you’ll need to find the book on the Be well@NCL shelves is **highlighted in yellow**. Click the book’s title to see if it’s available in the library, and to place a reservation if it isn’t.

## Ways of thinking

**Cognitive Behavioural Therapy: Your Toolkit to Modify Mood, Overcome Obstructions and Improve Your Life**

Elaine Iljon Foreman and Clair Pollard, 2016 | 616.891425 FOR

Change can often seem like an impossible task, but this practical book will help you put it into perspective. With guidance from two experts, you’ll recognise the behaviours and thoughts that hold you back, and will develop skills to think more positively, act more calmly and feel better about yourself.

**Mindfulness: A Practical Guide to Finding Peace in a Frantic World**

Mark Williams and Dr Danny Penman, 2011 | 158.1 WIL

This global bestseller reveals a set of simple yet powerful practices that can be incorporated into daily life to help break the cycle of unhappiness, stress, anxiety and mental exhaustion. The book is based on Mindfulness-Based Cognitive Therapy (MBCT) which has been clinically proven to be at least as effective as drugs for depression.

**The CBT Handbook: A Comprehensive Guide to Using CBT to Overcome Depression, Anxiety, Stress, Low Self-Esteem and Anger**

Pamela Myles and Roz Shafran, 2015 | 616.891425 MYL

Cognitive Behavioural Therapy (CBT) is widely recommended in the NHS for the treatment of a range of emotional and psychological conditions. This thorough yet easy-to-read general self-help guide is written by two of the UK’s leading CBT clinicians and researchers, and is a must-read for anyone experiencing these common problems.
Mind Over Mood
Dennis Greenberger and Christine A. Padesky, 2015 | 616.89142 GRE
Also available as an eBook.
Identifying simple yet powerful steps you can take to overcome emotional distress and feel happier, calmer, and more confident, this life-changing book has already helped over a million readers to conquer depression, anxiety, panic attacks, anger, guilt, shame, low self-esteem, eating disorders, substance abuse, and relationship problems.

A Mindfulness Guide for the Frazzled
Ruby Wax, 2016 | 158.1 WAX
In A Mindfulness Guide for the Frazzled, Ruby Wax shows us how to de-frazzle for good by making simple changes that give us time to breathe, reflect and live in the moment. It’s an easy-to-understand introduction to mindfulness, weaved together with Ruby’s trademark wit and humour.

The Chimp Paradox: The Mind Management Programme to Help You Achieve Success, Confidence and Happiness
Prof Steve Peters, 2012 | 158.1 PET
Prof Steve Peters explains the struggle that takes place within your mind and then shows how to apply this understanding to every area of your life so you can:
- Recognise how your mind is working
- Understand and manage your emotions and thoughts
- Manage yourself and become the person you would like to be

Assertiveness at Work: A Practical Guide to Handling Awkward Situations
Ken Back and Kate Back, 2005 | 158.2 BAC
Whether you are a line manager, project leader, specialist, or key member of a team, this book gives practical guidance for developing your own natural assertiveness to benefit both yourself and your organisation.
Happy: Finding Joy in Every Day and Letting Go of Perfect
Fearne Cotton, 2017 | 158.1 COT

Drawing on Fearne’s own experiences and including expert advice, HAPPY offers practical ways of finding joy each and every day. With workbook elements to help you start and end the day well; get in touch with your creative side; and find peace through written exercises, simple practical ideas and visualisations, these are daily tricks and reminders to help you unlock that inner happiness.

The Gifts of Imperfection
Brené Brown, 2018 | 158 BRO

Brown explores how we can cultivate the courage, compassion, and connection to wake up in the morning and think ‘No matter what gets done and how much is left undone, I am enough’. And to go to bed at night thinking, ‘Yes, I am sometimes afraid, but I am also brave’. And, ‘yes, I am imperfect and vulnerable, but that doesn’t change the truth that I am worthy of love and belonging.’

Feelings and Experiences

Anger

Dr William Davies, 2016 | 152.47 DAV

This book is for anyone struggling to control their anger, and regretting their inappropriate reactions. It explains clearly what provokes anger and what we can do to prevent it. The book offers a positive approach with long-term goals in mind and shows how you can stay cool and successfully handle difficult situations.
Anxiety

An Introduction to Coping with Anxiety
Brenda Hogan and Lee Brosan, 2018 | 616.85220651 BRO
Written by experienced practitioners, this introductory book can help you if anxiety has become a problem. It will help you to understand your symptoms and is ideal as an immediate coping strategy and as a preliminary to fuller therapy.

Overcoming Anxiety
Helen Kennerley, 2014 | 616.852206 KEN
This guide is written by one of the UK's leading authorities on anxiety. A whole range of anxieties and fears are explained, from panic attacks and phobias to obsessive compulsive disorder (OCD) and generalised anxiety. It includes an introduction to the nature of anxiety and stress and a complete self-help programme based on Cognitive Behavioural Therapy.

Overcoming Worry and Generalised Anxiety Disorder
Kevin Meares & Mark Freeston, 2015 | 616.891425 MEA
The user-friendly, step-by-step approach in this book explains why you worry, how to recognise what feeds it, and develop effective methods of dealing with it. With each step the authors introduce new ideas that help you to understand worry, and use questionnaires, exercises and tasks to help you understand and then challenge unhelpful habits and beliefs.

Feel the Fear and Do It Anyway
Susan Jeffers, 2007 | 158.1 JEF
Internationally renowned author Susan Jeffers has helped millions of people overcome their fears and heal the pain in their lives with her simple but profound advice. Whatever your anxieties, Feel The Fear And Do It Anyway will give you the insight and tools to vastly improve your ability to handle any given situation. You will learn to live your life the way you want - so you can move from a place of pain, paralysis, depression and indecision to one of power, energy, enthusiasm and action.
Notes on a Nervous Planet
Matt Haig, 2019 | 158 HAI
The world is messing with our minds. What if there was something we could do about it? Looking at sleep, news, social media, addiction, work and play, Matt Haig invites us to feel calmer, happier and to question the damaging habits of the digital age.

Overcoming Social Anxiety and Shyness
Gillian Butler, 2016 | 616.891425 BUT
Extreme social anxiety and shyness can be crippling, but they can be effectively treated using Cognitive Behavioural Therapy. Dr Gillian Butler provides a practical, easy-to-use self-help course which will be invaluable for those suffering from all degrees of social anxiety.

We’re All Mad Here: The No-Nonsense Guide to Living with Social Anxiety
Claire Eastham, 2016 | 616.85225 EAS
With honest insights about her own social anxiety and a healthy dose of humour, award-winning blogger Claire Eastham describes what social anxiety is, why it happens, and how you can lessen its effects with lifestyle choices and talking therapies.

Overcoming Health Anxiety
Rob Willson and David Veale, 2009 | 616.8525 WIL
Using a structured, step-by-step approach, the authors explain how the problem of health anxiety develops, how to recognize what feeds it, and how to develop effective methods of dealing with it. Accessible and reassuring, it includes questionnaires, case studies and exercises, and specific help for dealing with fear of death and fear of vomiting.
Bereavement, loss and grief

**Grief Works: Stories of Life, Death and Surviving**
Julia Samuel, 2018 | 155.937 SAM

Julia Samuel, a grief psychotherapist, has spent twenty-five years working with bereaved people and understanding the full repercussions of loss. This deeply affecting book is full of psychological insights on how grief, if approached correctly, can heal us.

**An Introduction to Coping with Grief**
Sue Morris, 2017 | 155.937 MOR

Grief is a natural reaction to loss but it can be devastating, preventing you from moving on in your life, and affecting your relationships and work. This fully updated self-help guide offers an examination and explanation of the grieving process and outlines clinically-proven strategies, based on Cognitive Behavioural Therapy (CBT), to help you adjust to life without a loved one.

**The Essential Guide to Life after Bereavement: Beyond Tomorrow**
Carole Kauffmann and Mary Jordan, 2013 | 155.937 CAR

This book acts as a supportive map through the initial period of loss after bereavement, and through the weeks and months that follow. Drawing on many real examples, they offer compassionate, realistic advice on dealing with guilt and other negative emotions.
A Manual for Heartache: How to Feel Better
Cathy Rentzenbrink, 2017 | 155.9 REN
This book explores how to cope with life at its most difficult and overwhelming, and how we can emerge from suffering forever changed, but filled with hope. This is a moving, warm and uplifting book that offers solidarity and comfort to anyone going through a painful time, whatever it might be. It’s a book that will help to soothe an aching heart and assure its readers that they’re not alone.

Body image issues and Body Dysmorphic Disorder
Body Image Problems and Body Dysmorphic Disorder: The Definitive Treatment and Recovery Approach
Lauren Callaghan, 2017 | 616.852 CAL
A unique, user-friendly self-help approach to support and guide mild, moderate and severe sufferers towards recovery.

Caring for someone with a mental health issue
Living with a Black Dog: How to Take Care of Someone With Depression While Looking After Yourself
Matthew Johnstone, 2009 | 616.8527 JOH
A touching and beautifully illustrated book, written for those who care for those suffering from depression - friends, family members, colleagues, and even therapists.
The Boy with the Topknot
Sathnam Sanghera, 2009 | 070.92 SAN
Sathnam Sanghera took his family’s strange and often difficult behaviour he took for granted, until, at the age of twenty-four, he made a discovery that changed everything he ever thought he knew about them. Equipped with breathtaking courage and a glorious sense of humour, he embarks on a journey into their extraordinary past - from his father’s harsh life in rural Punjab to the steps of the Wolverhampton Tourist Office - trying to make sense of a life lived among secrets.

Depression
An Introduction to Coping with Depression
Lee Brosan and Brenda Hogan, 2018 | 616.8527 BRO
Written by experienced practitioners, this introductory book explains what depression is and how it makes you feel. It will help you to understand your symptoms, and is ideal as an immediate coping strategy and as a preliminary to fuller therapy. You will learn:
- How depression develops and what keeps it going
- How to spot and challenge thoughts that maintain your depression
- Problem solving and balanced thinking skills

Manage Your Mood: How to Use Behavioural Activation Techniques to Overcome Depression
David Veale & Rob Wilson, 2007 | 616.852706 VEA
Behavioural Activation, a therapy developed from CBT, is an effective new technique in managing depression. By analysing, challenging and changing behaviours such as avoidance, ruminating and excessive worrying, you can gradually reinforce your positive experiences and decrease the behaviour which reinforces your depression.
Overcoming Depression
Paul Gilbert, 2009 | 616.8527 GIL
This highly acclaimed self-help book reflects over ten years of new research on understanding and treating depression, particularly the importance of developing compassionate ways of thinking, behaving and feeling. It contains helpful case studies and new, easy-to-follow, step-by-step suggestions and exercises to help you understand your depression and lift your mood.

Defeating Depression
Rosalyn Law, 2013 | 616.8527 LAW
This ground-breaking new self-help book is based on Interpersonal Psychotherapy (IPT), a therapeutic approach being adopted by the government’s nationwide Improved Access to Psychological Therapies (IAPT) programme, alongside Cognitive Behavioural Therapy.

Reasons to Stay Alive
Matt Haig, 2015 | 616.8527 HAI
Aged 24, Matt Haig’s world caved in. He could see no way to go on living. This is the true story of how he came through crisis, triumphed over an illness that almost destroyed him and learned to live again. A moving, funny and joyous exploration of how to live better, love better and feel more alive. Reasons to Stay Alive is more than a memoir. It is a book about making the most of your time on earth.

I Had a Black Dog
Matthew Johnstone, 2007 | 741.5 JOH
Winston Churchill popularized the phrase Black Dog to describe the bouts of depression he experienced. Matthew Johnstone, a sufferer himself, has written and illustrated this moving and uplifting insight into what it is like to have a Black Dog as a companion and how he learned to tame it.
The Recovery Letters
edited by James Withey & Olivia Sagan, 2017 | 616.8527 REC
This powerful collection of personal letters from people with first-hand experiences of depression will serve as a comforting resource for anyone on the journey to recovery.

Depression: The Way Out of Your Prison
Dorothy Rowe, 2003 | 616.8527 ROW
Dorothy Rowe argues that depression is not an illness or a mental disorder but a defence against pain and fear, which we use whenever we suffer a disaster and discover that our life is not what we thought it was. By understanding how we have interpreted events in our life we can choose to change our interpretations and thus create for ourselves a happier, more fulfilling life.

The Compassionate Mind Approach to Postnatal Depression
Michelle Cage, 2015 | 618.76 CRE
This book covers the basic experiences and symptoms associated with anxiety and depression and childbirth, an evolutionary model of why this occurs, and an outline of the basic Compassionate Mind model. It guides the reader through a series of exercises to develop their compassionate mind and work on their difficulties.

Eating disorders and eating distress
Eating in the Light of the Moon
Anita Johnston, 2000 | 616.8526 JOH
By weaving practical insights and exercises through a rich tapestry of multicultural myths, ancient legends, and folktales, Anita Johnston helps the millions of women preoccupied with their weight discover and address the issues behind their negative attitudes toward food.
Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders
Ulrike Schmidt, 2015 | 616.85263 SCH
An essential, authoritative and evidence-based self-help programme that has been used by bulimia sufferers for over 20 years. This new edition draws on the latest knowledge of the biology and psychology of bulimia and its treatment. The book provides step-by-step guidance for change based on solid research.

Overcoming Binge Eating
Christopher G Fairburn, 2013 | 616.8526 FAI
Clear, step-by-step guidelines show you how to:
• Overcome the urge to binge.
• Gain control over what and when you eat.
• Break free of strict dieting and other habits that may lead to binges.
• Establish stable, healthy eating patterns.
• Improve your body image and reduce the risk of relapse.

Low self-esteem
Overcoming Low Self-Esteem
Melanie Fennell, 2017 | 158.1 FEN
Melanie Fennell’s acclaimed and bestselling self-help guide will help you to understand your low self-esteem and break out of the vicious circle of distress, unhelpful behaviour and self-destructive thinking. Using practical techniques from Cognitive Behavioural Therapy (CBT), this book will help you learn the art of self-acceptance and so transform your sense of yourself for the better.
Mood swings

**Overcoming Mood Swings**
Jan Scott, 2010 | 616.8527 SCO

This book will be helpful for those who have experienced mood swings, and gives background information on depression and mania. The author uses tried and tested practical techniques that will help people identify and manage their mood more effectively, and achieve a more stable emotional state.

OCD (Obsessive Compulsive Disorder)

**Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT**
Fiona Challacombe, 2011 | 616.8522706 CHA

This practical guide, written by three leading cognitive behavioural therapy experts, enables you to make sense of your symptoms, and gives a simple plan to help you conquer OCD.

Panic and Phobias

**Overcoming Panic**
Vijaya Manicavasagar & Derrick Silove, 2017 | 616.85223 MAN

Do you sometimes feel overwhelmed by feelings of panic that seem to come from nowhere and yet feel terrifyingly real? Do you avoid certain situations because you think you’ll experience a panic attack? If so, this step-by-step self-help course can give you the necessary skills to overcome and prevent such attacks and the associated agoraphobia.
The Sheldon Short Guide to Phobias and Panic
Prof. Kevin Gournay, 2015 | 616.8522 GOU
This book looks at how to tackle both specific phobias and the anxiety which causes such disproportionate fear, and covers obsessive-compulsive disorder, social phobia, generalized anxiety state, and panic disorder with agoraphobia.

Sleep problems

The Sleep Book: How to Sleep Well Every Night
Dr Guy Meadows, 2014 | 616.8498 MEA
This book shares a unique five-week plan to cure your sleep problems, whether it’s a few restless nights or a lifetime of insomnia. The Sleep Book is the sum of a doctorate degree in sleep and well over 12,000 hours spent working with more than 2,000 insomniacs in one-to-one clinics, workshops and retreat environments.

Sleep Smarter: 21 Essential Strategies to Sleep Your Way to a Better Body, Better Health, and Bigger Success
Shawn Stevenson, 2016 | 616.8498 STE
Sleep Smarter is the ultimate guide to sleeping better, feeling refreshed and achieving a healthier, happier life. You’ll learn how to create the ideal sleep sanctuary, how to hack sunlight to regulate your circadian rhythms, which clinically proven sleep nutrients and supplements you need, stress-reduction exercises and fitness tips.
Stress Control: A Mind, Body, Life Approach to Boosting Your Well-Being
Jim White, 2017 | 155.9042 WHI
This accessible, jargon-free book combines clinically proven methods from Cognitive Behavioural Therapy (CBT), positive psychology and mindfulness to give you the tools you need to improve your mind and take on stress. Learn about stress and how it affects you, follow straightforward steps to get an instant sense of control, develop a set of linked skills for long-term stress management, boost your wellbeing and feel in control of your future.