

Self-help books for adult mental health issues

Problem	Title	Author	Publisher
Anger	Overcoming Anger and Irritability (second edition)	William Davies	Robinson
Anxiety	Overcoming Anxiety (second edition)	Helen Kennerley	Robinson
	An Introduction to Coping with Anxiety (second edition)	Brenda Hogan & Lee Brosan	Robinson
Bereavement and loss	A Manual for Heartache An Introduction to Coping with Grief (second edition)	Cathy Rentzenbrink Sue Morris	Picador Robinson
	Grief Works	Julia Samuel	Penguin Life
	The Essential Guide to Life after Bereavement	Judy Carole, et al.	Jessica Kingsley
Binge eating/bulimia nervosa	Overcoming Binge Eating Getting Better Bite by Bite (second edition)	Christopher Fairburn Ulrike Schmidt, et al.	Guilford Press Routledge
Body image and body dysmorphic disorder	Body Image Problems and Body Dysmorphic Disorder	Lauren Callaghan, et al.	Trigger
Depression	An Introduction to Coping with Depression (second edition)	Lee Brosan & Brenda Hogan	Robinson
	Mind Over Mood	Dennis Greenberger and Christine Padesky	Guilford Press
	Overcoming Depression	Paul Gilbert	Robinson
	Manage Your Mood	David Veale & Rob Willson	Robinson
Health anxiety	Overcoming Health Anxiety	Rob Willson & David Veale	Robinson
Mood swings	Overcoming Mood Swings (second edition)	Jan Scott	Robinson
Obsessions and compulsions	Break Free from OCD	Fiona Challacombe, et al.	Vermilion
Panic and phobias	Overcoming Panic (second edition)	Vijaya Manicavasagar &	Robinson
	The Sheldon Short Guide to Phobia and Panic	Derrick Silove Kevin Gournay	Sheldon Press
Postnatal depression	The Compassionate Mind Approach to Postnatal Depression	Roslyn Law	Robinson
Self-esteem	Overcoming Low Self-Esteem (second edition)	Melanie Fennell	Robinson
Sleep problems	The Sleep Book	Guy Meadows	Orion
Social phobia	Overcoming Social Anxiety and Shyness (second edition)	Gillian Butler	Robinson
Stress	Stress Control	Jim White	Robinson
Worry	Overcoming Worry and Generalised Anxiety Disorder (second edition)	Kevin Meares & Mark Freeston	Robinson