

LOLFA COLLECTION

CASGLIADAU LOLFA



WELL BEING BOOKS LLYFRAU LLES March 2021 Mawrth

Author/Awdur	Title/Teitl	Genre/Genre	Language/Iaith
Ainscough, Carolyn & Toon, Kay	Breaking Free - Help for Survivors of Child Sexual Abuse	Mental Health	English
Alzheimer's Society	The Memory Handbook	Mental Health	English
Berne, Eric M.D.	Games People Play (x3 copies)	Mental Health	English
Brown, Brene	Braving the Wilderness	Mental Health	English
Buijssen, Huub	The Simplicity of Dementia	Mental Health	English
Burgener, Sandy & Twigg, Prudence	A Personal Guide to Living With Progressive Memory Loss	Mental Health	English
Burgess, Mary & Chalder, Trudie	Overcoming Chronic Fatigue 2nd Edition	Mental Health	English
Butler, Gillian	Overcoming Social Anxiety & Shyness 2nd Edition	Mental Health	English
Campling, Frankie & Sharpe, Michael	Chronic Fatigue Syndrome (CFS/MS)	Mental Health	English
Cayton, Harry & Graham, Nori & Warner, James	Alzheimer's and Other Dementias	Mental Health	English
Chatterjee, Rangan	The 4 Pillar Plan	Mental Health	English
Craggs-Hinton, Christine	How to Manage Chronic Fatigue	Mental Health	English
Davies, William	Overcoming Anger and Irritability 2nd Edition	Mental Health	English
Dickson, Anne	A Woman in Your Own Right - Assertiveness and You (x2 copies)	Mental Health	English
Fairburn, Christopher G.	Overcoming Binge Eating Second Edition	Mental Health	English
Fennell, Melanie	Overcoming Low Self-Esteem 2nd Edition (x2 copies)	Mental Health	English
Graham, Patricia & Freeman, Chris	Overcoming Anorexia Nervosa 2nd Edition	Mental Health	English
Greenburger, Dennis & Padesky, Christine A.	Mind Over Mood Second Edition	Mental Health	English
Harvey, John R.	Total Relaxation - Healing Practices for Body, Mind & Spirit	Mental Health	English
Herbert, Claudia	Overcoming Traumatic Stress 2nd Edition	Mental Health	English
Ince, Robin	I'm a Joke and So Are You	Mental Health	English

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Ingham, Christine	Panic Attacks	Mental Health	English
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Kelly, Robert & Maxted, Fay	The Survivor's Guide To Recovery from Rape or Sexual Abuse	Mental Health	English
Kennerley, Helen	Overcoming Anxiety	Mental Health	English
Kennerley, Helen	Overcoming Anxiety	Mental Health	English
Leahy, Robert L.	The Worry Cure	Mental Health	English
Lewis, Adrian	A Guide to Handling Bereavement The Easyway	Mental Health	English
Manteau-Rao, Marguerite	Caring for a Loved One With Dementia	Mental Health	English
Purdon, Christine & Clark, David A.	Overcoming Obsessive Thoughts	Mental Health	English
Rippon, Angela	The Memory Activity Book	Mental Health	English
Sabat, Steven R.	Alzheimer's Disease & Dementia	Mental Health	English
Schmidt, Ulrike & Treasure, Janet & Alexander, June	Getting Better Bite by Bite	Mental Health	English
Scott, Jan	Overcoming Mood Swings	Mental Health	English
Silove, Derrick & Manicavasagar, Vijaya	Overcoming Panic and Agoraphobia (x3 copies)	Mental Health	English
Sinclair, Dr Michael & Seydel, Josie	Mindfulness for Busy People	Mental Health	English
Treasure, Janet & Alexander, June	Anorexia Nervosa	Mental Health	English
Veale, David & Willson, Rob	Overcoming Obsessive Compulsive Disorder	Mental Health	English
Williams, Chris	Overcoming Anxiety, Stress and Panic (x2 copies)	Mental Health	English
Williams, Chris	Overcoming Depression and Low Mood	Mental Health	English
Williams, Mark & Teasdale, John & Segal, Zindel & Kabat-Zinn, Jon	The Mindful Way Through Depression	Mental Health	English
Young, Jeffery E. & Klosko, Janet S.	Reinventing Your Life	Mental Health	English
Zgourides, George D.	Stop Worrying About Your Health	Mental Health	English