

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