

**INDEX**

---

**C**

**Coming To Our Senses** · 12  
**Coping Successfully with Pain (New)** · 4

---

**E**

**Explain Pain** · 3

---

**F**

**Feel the Fear and Do It Anyway** · 10  
**Full Catastrophe Living** · 12

---

**G**

**Getting to Sleep** · 9

---

**L**

**Living Beyond Your Pain** · 14  
**Living Creatively with Chronic Illness** · 10  
**Living with Back Pain** · 3  
**Living with Fibromyalgia** · 11

---

**M**

**Manage Your Mind, 2nd Edition** · 18  
**Manage Your Pain** · 5  
**Managing Pain Before it Manages You** · 6  
**Managing Stress** · 7  
**Mind Over Mood** · 19

---

**N**

**Natural Pain Relief** · 5

---

**O**

**Overcoming Anger & Irritability** · 18  
**Overcoming Anxiety** · 16

**Overcoming Chronic Pain** · 11  
**Overcoming Depression** · 17  
**Overcoming Low Self-Esteem** · 16  
**Overcoming Mood Swings** · 17

---

**P**

**Painful Yarns** · 4

---

**S**

**S.U.M.O (Shut up, Move on)** · 2  
**SOD-IT** · 16  
**Stress and Relaxation** · 8

---

**T**

**The Back Book** · 4  
**The Book Of Pain Relief** · 7  
**The Chronic Pain Control Workbook** · 6  
**The Feeling Good Handbook** · 8  
**The Fibromyalgia Survivor** · 10  
**The Good Sleep Guide** · 9  
**The Miracle of Mindfulness** · 13  
**The Pain Relief Handbook** · 6  
**The Power of Now** · 2  
**The Sleep Solution** · 9  
**Treat You Own Back** · 14

---

**U**

**Understanding Stress** · 8

---

**W**

**What Stress** · 15  
**Wherever You Go, There You Are** · 13  
**Who moved my Cheese?** · 15

**S.U.M.O (Shut up, Move on) (New)**



**Synopsis**

"S.U.M.O." stands for Shut Up, Move On. It's a phrase to say to ourselves (and sometimes others) when we are acting or thinking in a way that is hindering our ability to succeed. It doesn't necessarily mean 'get over it' or 'pull yourself together' (although there may be occasions when both responses are necessary). 'Shut Up' means stop what you're doing, take time out to reflect, let go of baggage and beliefs that hinder your potential. 'Move On' means tomorrow can be different from today, look for new possibilities, don't just think about it, take action. There are six S.U.M.O. principles that are designed to help you create and enjoy a brilliant life.

If you are wrestling with life's challenges, these principles will help you do so more successfully: Change Your T-Shirt - take responsibility for your own life and don't be a victim; Develop Fruity Thinking - change your thinking and change your results; Hippo Time is OK - understand how setbacks affect you and how to recover from them; Remember the Beachball - increase your understanding and awareness of other people's world; Learn Latin - change comes through action not intention; Overcome the tendency to put things off; Ditch Doris Day - create your own future rather than leave it to chance; and, Forget the attitude 'que sera, sera, whatever will be, will be'. 'A superb book. It combines honesty, humour and inspiration to help people move ahead in life'. - Allan and Barbara Pease, authors of "Why Men Don't Listen and Women Can't Read Maps". 'Powerful, simple and effective. A highly engaging and thought provoking book. Anyone who reads it is sure to look at themselves and the world differently as a result'. - Octavius Black and Sebastian Bailey, "The Mind Gym". The "S.U.M.O." guy is Paul McGee, an international speaker and author. He has been developing the S.U.M.O. principles over the last five years.

**The Power of Now (New)**



Eckhart Tolle's message is simple: living in the now is the truest path to happiness and enlightenment. And while this message may not seem stunningly original or fresh, Tolle's clear writing, supportive voice and enthusiasm make this an excellent manual for anyone who's ever wondered what exactly "living in the now" means. Foremost, Tolle is a world-class teacher, able to explain complicated concepts in concrete language. More importantly, within a chapter of reading this book, readers are already holding the world in a different container--more conscious of how thoughts and emotions get in the way of their ability to live in genuine peace and happiness.

Tolle packs a lot of information and inspirational ideas into *The Power of Now*. (Topics include the source of Chi, enlightened relationships, creative use of the mind, impermanence and the cycle of life.) Thankfully, he's added markers that symbolise "break time". This is when readers should close the book and mull over what they just read. --Gail Hudson

### **Living with Back Pain (New)**



#### **Synopsis**

Addressing both the physical and psychological components of low back pain, this book presents a review of the major types of treatment. It focuses on recent approaches to the management of low back pain and offers coping strategies that are easy to learn and designed to minimize the impact of pain, enabling sufferers to live with the problem. The authors first highlight the widespread effects of low back pain and attempt to correct some common misconceptions about its nature and treatment. They then consider a range of self-help strategies including increasing fitness and mobility, reducing levels of stress and minimizing disability, concluding with advice on how to maintain and develop successful coping strategies. The book has evolved over the last five years from patients' responses to the Salford Low Back Pain Programme and it will be appropriate for use by sufferers themselves, as well as for hospital specialists, GPs, occupational and physiotherapists and clinical psychologists.

### **Explain Pain (New)**



#### **Book Description**

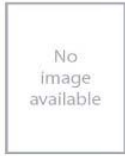
The authors' goal for 'Explain Pain' was to empower pain sufferers. In giving them knowledge about the origins and meanings of their pain, about the way their body systems cope and adapt, Butler and Moseley wanted to enable patients to make informed choices about treatments, take responsibility for their recovery and give them a means to conquer their fears and pace themselves back into normal life.

The book's wide use in pain groups, clinics and homes across the globe suggests that these lofty goals have been well met. Also a great book for students.

#### **Synopsis**

Designed to be used as a manual for clinicians to explain pain to patients, as a workbook completed with patient and clinician, or as a part of a cognitive-behavioural multidisciplinary pain management program, or for the patient to use as a take-home resource.

**Painful Yarns (Used)**



This much anticipated collection of stories, written by Oxford University Fellow and Pain Scientist, Dr GL Moseley, provides an entertaining and informative way to understand modern pain biology.

Described by critics as 'a gem' and by clinicians as 'entertaining and educative', Painful Yarns is a unique book. The stories, some of his travels in outback Australia, some of experiences growing up, are great yarns. At the end of each story, there is a section "so what has this got to do with pain?" in which Lorimer uses the story as a metaphor for some aspect of pain biology.

The level of the pain education is appropriate for patients and health professionals. The entertainment is good for everyone. You don't have to be interested in pain to get something from this book and a laugh or two!

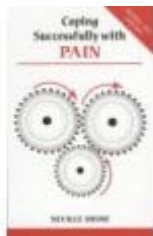
**The Back Book (New)**



**Synopsis**

Aimed at back pain sufferers, the second edition of this booklet offers evidence-based advice on overcoming back pain through a mixture of activities and positive thinking. It is aimed at doctors and therapists for handing out to their patients as treatment support. The text provides back facts, details the causes of back pain and explains exercises to relieve back pain.

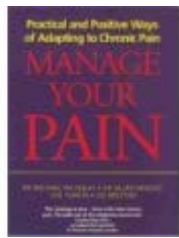
**Coping Successfully with Pain (New)**



**Synopsis**

Many conditions that cause chronic pain cannot be cured, or the process of treatment is a long one. This title does not focus on a cure, rather on managing the pain to allow the patient to become more active and to improve the quality of life.

**Manage Your Pain (New)**



**Product Description**

'Manage Your Pain' is for anyone who suffers from chronic pain. One in ten people suffer from some form of persisting pain and in the majority of cases there is no hope of a total cure and drugs are not always the answer. However, it is possible to adapt your life so that persistent pain becomes manageable. Does pain interfere with your sleep, work or social life? Do you ever need to rest during the day because of pain? Are you concerned that your doctor has missed something? Have you ever thought: "I can't go on"? If you answer "yes" to any of these questions then 'Manage Your Pain' will help to improve your life. Drawing on the latest research and the authors' extensive medical experience 'Manage Your Pain' explains the practical and positive ways in which you can adapt to chronic pain and manage it so that you can again lead your life. Understanding the causes of pain and understanding it better will help you and your family to minimise the impact it has on your life. This book can help you take the first steps on the path towards recovery from pain.

**Synopsis**

Manage Your Pain is for anyone who suffers from chronic pain. One in ten people suffer from some form of persisting pain and in the majority of cases there is no hope of a total cure and drugs are not always the answer. However, it is possible to adapt your life so that persistent pain becomes manageable. Understanding the causes of pain and understanding it better will help you and your family to minimise the impact it has on your life. This book can help you take the first steps on the path towards recovery from pain.

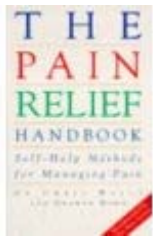
**Natural Pain Relief (Used)**



**Synopsis**

As increasing numbers of people worldwide have to deal with chronic pain which can not be alleviated by orthodox medicine, there is a growing interest in alternative, natural treatments. In this valuable and easy-to-follow book, Jan Sadler draws on her own personal experiences to present a series of dynamic, self-help techniques which sufferers can use to reduce, control and manage pain in a natural way. Natural Pain Relief is organised into a series of self-contained units, each one devoted to a specific aspect of pain relief such as The Power of Deep Relaxation or Finding the Stillness Within. Each unit can be selected according to its specific usefulness in a particular situation and be great value for those who have to endure pain on a daily basis.

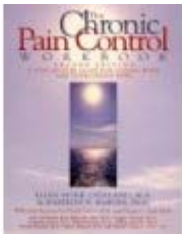
**The Pain Relief Handbook (Used)**



**Synopsis**

If left unchecked, pain can dominate people's lives. This guide to coping with chronic pain looks at traditional and alternative medication as well as exercise, diet and relaxation as a means of relief from suffering. Strategies for pain management help sufferers to regain control of their lives.

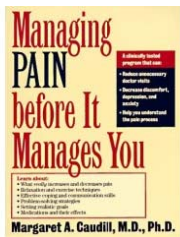
**The Chronic Pain Control Workbook (New)**



**Synopsis**

Incorporating charts, diagrams, and illustrations, an easy-to-use workbook offers a practical, rational approach to controlling chronic pain through exercise, stress management, psychological techniques, medications, and support groups. Original. IP.

**Managing Pain Before it Manages You (Used)**



**Book Description**

Now in a revised and expanded edition, this popular workbook teaches coping skills proven to decrease the discomfort, depression, and anxiety associated with chronic pain. The information and techniques presented have been used by tens of thousands of people over nearly two decades, and have been demonstrated to empower pain sufferers and decrease pain-related disability and distress. Through hands-on exercises and homework assignments, readers are helped to understand the pain process, learn about medications and their effects, and recognize factors that exacerbate or relieve pain. The revised edition features updated coverage of commonly used pain medications and specific pain disorders, current nutritional recommendations, and a new appendix on complementary alternative medicine. Also included are a wealth of helpful new ideas on coping with pain flare-ups, staying active, accomplishing personal goals, and more.

**The Book Of Pain Relief (New)**



**Synopsis**

Pain is the body's warning signal, a vital protective mechanism which alerts people that something is wrong. Chronic pain, however, serves no useful purpose and can trigger other physical and emotional problems. One person in three suffers some degree of chronic pain, and pain is the number one complaint registered in doctor's surgeries. Many are relying on daily use of pain-killers, but long-term use of medication can make the underlying problem worse. This book explains how to break the never-ending cycle of pain, medication and misery, so that pain is eased or even removed altogether. It is a guide to how pain may affect any part of the body allows the reader to discover what's right for him or her. Suggested treatments range from nutritional modification, herbal and homoeopathic approaches, to therapeutic touch, yoga and meditation. Other titles by Leon Chaitow include "Candida Albicans", "Asthma" and "Prostrate".

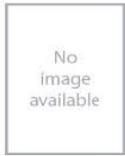
**Managing Stress (New)**



**Synopsis**

This book sets out to show how, by identifying the precise causes of stress and by developing appropriate responses to them both at professional and personal levels, the individual can cope successfully with stress. Assessing levels of stress, understanding what causes stress, managing the environment and managing yourself are all key elements to this.

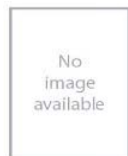
### **Understanding Stress (New)**



#### **Synopsis**

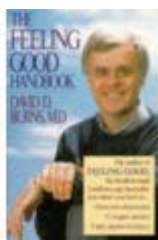
With as much as #5 billion per annum lost to British industry through stress-related illness, this book is a timely self-help guide. Completely revised by Dr Chandra Patel, the book includes up-to-the-minute advice on how to recognize the warning signs - stress in marriage, stress through illness or bereavement, stress at work. In addition, the book takes into account the role and assesses the usefulness of complementary therapies, such as acupuncture, reflexology, the Alexander Technique, iridology and meditation in combating stress. This totally revised edition, with a specially expanded and updated guide to complementary therapies, examines the causes and symptoms of stress and offers essential advice on stress management. The book includes numerous contact addresses for organizations which offer support and advice.

### **Stress and Relaxation (Used)**



Relaxation is an excellent way of dealing with the stresses of modern life. Jane Madders, who has taught stress-management for over 40 years, describes in this book numerous relaxation techniques which can help everyone to counteract stress and lead a healthier life.

### **The Feeling Good Handbook (Used)**

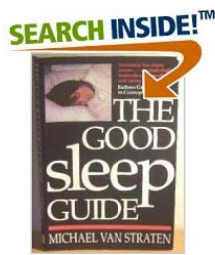


#### **Synopsis**

This therapy of Dr Burns is based on the premise that people create their own moods, and thus can learn to change the way they look and feel. He shows how to apply techniques and provides strategies for overcoming fears, phobias and panic attacks. He deals with hypochondria and various forms of social anxiety; improving intimate interpersonal communication; overcoming procrastination; coping with performance anxiety in public speaking, test-taking, and other activities.

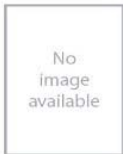


### The Good Sleep Guide (Used)



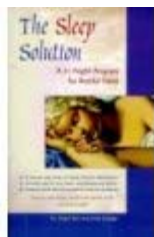
This is a guide to understanding and overcoming insomnia. It examines the myths that surround lack of sleep and how much sleep people actually need, and discusses the effects of caffeine, alcohol, sleeping pills, stress and anxiety, and the causes of snoring. Advice is offered on eating and drinking habits, beds and bedding, clothing and room temperature.

### Getting to Sleep (Used)



Ellen Catalano heads a team of four contributing authors – practicing clinicians and researchers – whose combined expertise has produced the first step by step guide to getting to sleep. This book covers all the proven techniques that consistently work: Sleep hygiene, relaxation, stimulus control, and medication. Special sections can help you if you are a shift worker, suffer chronic pain or struggle with the changing sleep patterns associated with aging.

### The Sleep Solution (Used)

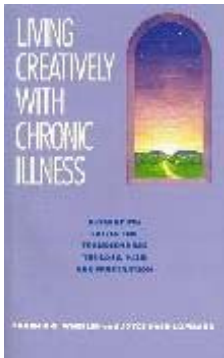


#### From the Author

##### Get more from your sleep with this book

Have you drifted in the lane recently? Or struggled to keep your eyes open during a presentation? Are you often staring at the clock at 2 a.m. desperate to get to sleep? Do others complain about your snoring, grunting, or restlessness? The fact is eight out of every ten people have poor sleep and the information has just not been readily available for them to do something about it. Until now. No other book on sleep is as comprehensive or easy to use as *The Sleep Solution*. No other book gives such practical and tested advice that has been shown to work. That's why it's already sold over 50,000 copies in the US alone. The book begins with a description of sleep: what it is, what it is not, and why we need it. It provides an assessment of your sleep and an easy to follow and well-tested 21-night program that is designed to deal with almost all sleep problems. The book concludes with a comprehensive guide to sleep problems, likely causes and constructive ways of dealing with them.

**Living Creatively with Chronic Illness (New)**



This book reinforces many of the concepts in ACPA literature. The quotations sprinkled add a personal touch to the book.

**Feel the Fear and Do It Anyway (Used)**



**Synopsis**

A book of advice on how to cope with fear of various kinds of experience, such as public speaking, self-assertion, decision-making, intimacy, being alone, ageing, losing a loved one, and ending a relationship.

**The Fibromyalgia Survivor (Used)**



“Designed to give individuals with fibromyalgia step-by-step advice for living life to the fullest”  
- *Fibromyalgia Frontiers*

“A new self help book for FMS/CFS patients to assist them in streamlining their daily activities”  
- *Fibromyalgia Network*

**Living with Fibromyalgia (New)**



**From the Author**

**An easy-to-read book tackling every aspect of fibromyalgia**

Living with Fibromyalgia is the first British-written book to tackle this complex condition. I suffer from fibromyalgia myself, and was at one time so debilitated I was almost permanently bed-bound. My husband had to feed me, wash me, brush my hair etc. However, now I am able to work at my computer for an hour and a half a day, I go for short walks, and my husband and I visit the pub on Saturday nights! The very fact that I have managed to write this book is testament to my self-help approach, for, as yet, improvement depends largely upon the individual's own efforts. The book, then, carries the very latest research findings and considers the possible causes of the condition. The style and format ensures that readers will not only have a better understanding of fibromyalgia, but they will also learn how best to manage the condition. Areas covered are the conditions commonly associated with fibromyalgia, medication, diet and the digestive system (including how chronic candida infections in the gut can cause many of the symptoms of fibromyalgia), posture and exercise, benefits information, complementary therapies known to be useful in treating the condition, pain management techniques, and finally a detailed chapter which addresses the emotional consequences of fibromyalgia and how best to deal with them. The book has undergone detailed examination by Pain Consultant Dr J. Raphael, who has a special interest in fibromyalgia. He has also written the Foreword. Bob Stewart, chairman of the FMS Association UK has also written, "This book contains well-researched medical information, and also considers the everyday problems facing fibromyalgia sufferers and carers, such as coping around the house, benefits, and where to get further help. The Fibromyalgia Association are delighted to endorse this book.'

**Overcoming Chronic Pain (New)**



**Synopsis**

Chronic pain does not need to dominate your life. The health team behind this book has established a self-help method based on techniques tested with patients in community and hospital programs.

**Full Catastrophe Living (New)**



**Synopsis**

A true breakthrough in the area of behavioural medicine and self control...If you are looking for the best available book on this topic, this is it! G. Alan Mariatt, PhD Professor of Psychology, Director of the Addictive Behaviours Research Centre, University of Washington In the fifteen years since its initial publication, Full Catastrophe Living has sold over 400,000 copies worldwide. It has established itself both as an excellent beginner's guide to meditation and as the bible for a mind/body movement that has transformed Western medicine. This practical, step-by-step meditation guide is based on a revolutionary eight-week programme called mindfulness-based stress reduction (MBSR), which stress-relief and meditation expert Jon Kabat-Zinn created at the world-renowned Stress Reduction Clinic at the University of Massachusetts Medical Center, Boston. This fifteenth anniversary edition includes a new introduction along with an expanded bibliography and resources section. Jon Kabat-Zinn also explains: What stress is - and why we do actually need it. How to handle potentially stressful situations.

How to use mindfulness meditation to help you: relieve physical and emotional pain, reduce anxiety and panic, help improve your health and your relationships, and much more

**Coming To Our Senses (New)**



**Book Description**

Jon Kabat-Zinn, author of the widely praised Wherever You Go, There You Are shows how the power of mindfulness can bring profound changes to your personal life. As stress continues to exact a toll on everyday life, we are increasingly turning to ancient, meditative methods, which have been tested by science, to reduce stress and become more focused and healthy in our everyday lives. Jon Kabat-Zinn has been for decades at the forefront of the mind/body movement and the subsequent revolution in medicine and health care, both demystifying it and bringing it into the mainstream. In Coming To Our Senses, he shares his belief that every human has the capacity to mobilize deep, innate resources for continual learning, growing, healing and transformation through mindfulness. Woven into eight parts, Coming To Our Senses:

Uses anecdotes and stories from Kabat-Zinn's own life experiences and work to illustrate the realm of healing possibilities. Offers a remarkable insight into how to use the five senses – touch, hearing, sight, taste, and smell – as a path to a healthier, saner, and more meaningful life.

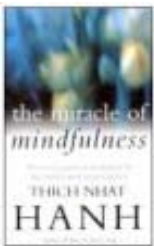
**Wherever You Go, There You Are (Mindfulness Meditation for Everyday Life) (New)**



**Synopsis**

In this work, Jon Kabat-Zinn maps out a simple path for cultivating mindfulness in our lives, and awakening us to the unique beauty and possibilities of each present moment. He shows us how this simple meditation technique can enable us to be truly in touch with where we already are.

**The Miracle of Mindfulness (New)**



**Synopsis**

In the 1960s, Thich Nhat Hanh founded a School of Youth for Social Service in Vietnam. The school's members practised "engaged Buddhism" and helped to rebuild bombed villages, teach children and organize cooperatives during the Vietnam War. This book was first written as a letter to the School after Thich Nhat Hanh's exile to France. Thich Nhat Hanh, poet, Zen master and chairman of the Vietnamese Buddhist Peace Delegation during the Vietnam War was nominated by Dr Martin Luther King Jr for the Nobel Peace Prize.

**Living Beyond Your Pain (New)**



“Chronic pain is like a weed that can take over the landscape of your life if you let it. Yet, it doesn’t have to be this way. This remarkable and beautifully written book offers a fresh approach to a life defined by chronic pain and its management. Readers will learn how to get out of a life consumed with pain and pain management and back into a life where pain takes a backseat. This book, filled with many well-crafted examples and exercises, will teach you skills that will help you learn to be with your pain and live a vital life. You will learn how to bring compassion and acceptance to your pain and hurt while engaging in actions that you care deeply about. This book is a vital resource for those suffering from chronic pain, their loved ones, and professionals who work to help people who are stuck and suffering in a cycle of pain and misery.”

*-John P. Forsyth, Ph.D., associate professor of psychology and faculty director of the Anxiety Disorders Research Program, State University of New York at Albany.*

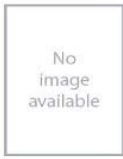
**Treat Your Own Back (Used)**



**Synopsis**

This easy-to-follow patient handbook which has sold over 3 million copies and has been translated into 15 different languages provides the reader with an active self-treatment plan to resolve and manage back pain. Now in its 5th edition, Treat Your Own Back has probably helped more people achieve freedom from back pain than any other publication. Several scientific studies show that after reading and complying with information provided in Treat Your Own Back, patients experienced great pain reduction, reduced rates of recurrence of painful episodes and were able to prevent the onset of back pain. The programme of care described in Treat Your Own Back provides all the recommended low back pain treatment protocols as suggested in current international guidelines. Treat Your Own Back & Treat Your Own Neck have just been awarded Gold Bestseller status in the Premier New Zealand Bestsellers Awards, accredited by Booksellers New Zealand. Treat Your Own Back ranks 17th bestselling book in NZI

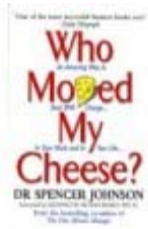
## **What Stress (New)**



### **(Taken from the introduction)**

What makes this book different from many others on the same topic is that it involves the reader throughout with its interactive approach. You cannot fully understand what stress is doing to you or how to control it by just reading a book or listening to lectures. You have to do exercises, reflect on your feelings and reactions, investigate new methods of coping, formulate plans, act to minimise or avoid stress, change your life and work practices. The style and format of the book will encourage and challenge you to get involved and put stress into perspective.

## **Who moved my Cheese? (New)**



### **Amazon.co.uk Review**

Change can be a blessing or a curse, depending on your perspective. The message of *Who Moved My Cheese?* is that all can come to see it as a blessing, if they understand the nature of cheese and the role it plays in their lives.

*Who Moved My Cheese?* is a parable that takes place in a maze. Four beings live in that maze: Sniff and Scurry are mice, non-analytical and non-judgmental; they just want cheese and are willing to do whatever it takes to get it. Hem and Haw are "little people", mouse-size humans who have an entirely different relationship with cheese. It's not just sustenance to them; it's their self-image. Their lives and belief systems are built around the cheese they've found.

Most of us reading the story will see the cheese as something related to our livelihoods--our jobs, our career paths, the industries we work in--although it can stand for anything, from health to relationships. The point of the story is that we have to be alert to changes in the cheese and be prepared to go running off in search of new sources of cheese when the cheese we have runs out.

**SOD-IT (New)**

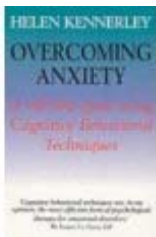


This book is based on research evidence and personal accounts and experiences. The author, Martin Davies, has both training and experience of treating people with depression in a variety of settings, as well as having suffered himself.

This easy-to-read book will show you how to:

- \* Recognise and understand the depression `Virus'
- \* Deal with depression effectively
- \* Keep your mind healthy and `infection' free
- \* Be ready to deal with depression in the future

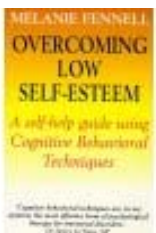
**Overcoming Anxiety (New)**



**Synopsis**

A guide explaining how to overcome problem fears and anxieties of all kinds - from panic attacks and phobias to executive "burn out" - in order to regain confidence and self control. A step-by-step self-help plan is included.

**Overcoming Low Self-Esteem (New)**



**Amazon.co.uk Review**

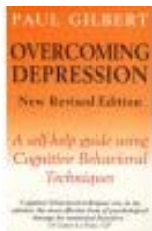
Cognitive Behavioural Therapy treats emotional disorders by changing negative patterns of thought. It is now internationally established as a key method of helping overcome longstanding conditions such as panic attacks, depression, anxiety, gambling addictions and some eating disorders. The first thing that is attractive about this book is the total lack of "technicalese"; this, coupled with its logical construction makes it not only interesting but also easily accessible to the lay reader. To begin with, a guest author explains the history, meaning and relevance of cognitive therapy. This is followed by Melanie Fennell focusing on "Low Self Esteem" as an introduction to the main body of the book. The reader is then asked to participate in a self-assessment exercise.



Having proven to have low self esteem, the reader is shown not only the impact self-esteem can have on their lives, but also many of the resultant issues--physical, emotional and social. "Having cleared the ground", the author proceeds to explain the importance of and means to identifying triggers to bouts of low self-esteem. This can be as a long-established predilection or as the result of learned behaviour. Once this is achieved, Fennell goes on to advise ploys to overcome these triggers. There follows a reinforcement to overcoming the triggers by the use of a Daily Action Diary (DAD), where the reader plans their daily routine. Once these "tasks" have been accomplished, they can be ticked off, proving not only self worth by achievement but also acting as a self-distracter.

The book concludes by offering suggestions for "Putting Life Together" and "Planning for the Future". This is done by the use of simple graticules as an easy way of spotting self-critical thoughts and a "Precaution Record Sheet"

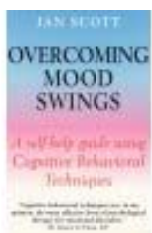
### **Overcoming Depression (New)**



#### **Synopsis**

A self-help guide using Cognitive Behavioral Techniques, this book is full of step-by-step suggestions, case examples and practical ideas for gaining control over depression and low mood; it is an indispensable guide for those affected, their friends and families, psychologists and those working in the medical profession.

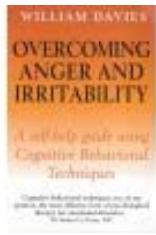
### **Overcoming Mood Swings (New)**



#### **Synopsis**

Designed as a self-help manual for those readers who have experienced mood swings, this volume also provides background information on depression and mania. Principally, it explains how cognitive behavioural therapy can be used to treat emotional disorders by changing negative patterns of thought. The author presents tested practical techniques aimed to help people identify and manage their mood swings more effectively.

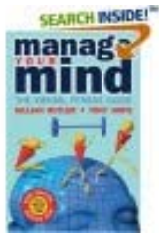
**Overcoming Anger & Irritability (New)**



**Synopsis**

This volume is intended as a self-help manual for those who find that they are spoiling the lives of both themselves and those around them by constantly being irritable and angry. It has been written to explain why such bouts occur and what can be done, using cognitive behaviour therapy to overcome them. It takes a positive approach for which the long-term goal is lasting good temper and also looks at how best to handle situations which would tax even the most good natured person.

**Manage Your Mind, 2nd Edition (New)**



**Book Description**

Just as simple measures - regular exercise, a sensible diet - keep your body fit, there are attitudes and skills you can develop to build a healthy mind. In this book two leaders in their fields, one a psychiatrist and one a psychologist, set out strategies that will stretch, strengthen, and tune your mind, to help you cope with the rigours of everyday life.

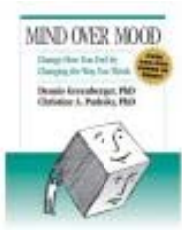
The mind is a powerful tool, but without the right training, your moods, thoughts, and behaviour can sabotage your goals and cause depression and anxiety. Manage your Mind shows you how to keep mentally fit - how to tap into your mind's power - so you can enjoy your life to the fullest. Through the powerful, tested techniques they clearly outline, Gillian Butler and Tony Hope will teach you to:

- \* Build self-confidence
- \* Overcome anxiety and depression
- \* Take control of your present and future
- \* Establish and maintain fulfilling relationships with family, friends, and co-workers
- \* Free yourself from fears and persistent worries
- \* Break bad habits
- \* Relieve stress
- \* Develop your full potential
- \* Manage your self and your time
- \* Clarify your goals and values

Manage Your Mind also includes specific, up-to-date information on how to make decisions, strengthen your memory, stop smoking, sleep better, recover from alcohol abuse, and more.

Feeling good is not just a question of addressing a few problems but depends on the development of positive attitudes and skills that can help you to make the most of your opportunities. 'Manage Your Mind' is a remarkable guide which will help you to lead a more enjoyable and productive life.

**Mind Over Mood (New)**



**Synopsis**

This guide draws on the authors' experience as clinicians and teachers of cognitive therapy to help clients successfully understand and improve their moods, alter their behaviour, and enhance their relationships. Illustrated with case examples, the book presents the skills for identifying problems, setting goals, and achieving the desired changes.