

Subject Matter	Author	Title	Further Information
Depression and Anxiety	Bev Aisbett		Her books about anxiety and depression. They are easy to read with nice cartoons that most people enjoy.
	Robert Leahy	Beating the Blues	Lots of excellent readable chapters.
	E. Bourne	The Anxiety and Phobia Workbook	
	Matthew Johnstone	Living with the Black Dog	
	Williams et al.	The Mindful Way Through Depression	
	Padesky and Greenberger	Mind Over Mood	For depression.
		The 5 Areas Approaches	For depression and anxiety disorders. They simply written. There's websites linked to this stuff too.
Mindfulness	Russ Harris	The Reality Slap	Reccomended for grief.
		The Happiness Trap	A successful self-help recommendations for clients; for general introduction to ACT for a range of issues. It is a great easy read and the strategies are well-explained and relatively easy to apply.
		CD on Mindfulness (Russ Harris)	A good foundation. Chapter 4 "The Great Storyteller" resonates with a lot of people.
	Williams et al.	The Mindful Way Through Depression	

	Matthew Johnstone	Quiet the Mind	The most common-sense introduction to meditation I have come across - flexible, non-dogmatic, engaging, comic book style as with his 'Black Dog' books.
Acceptance and Commitment Therapy	Russ Harris	ACT with Love	For relationship difficulties
	Paul Gilbert	The Compassionate Mind Approach to Building Self-Confidence	
Greif	Russ Harris	The Reality Slap	Recommended for grief and for people who are facing big unexpected changes that have lasting negative consequences.
	Judith Viorst	The Tenth Good Thing About Barney	As seen through the eyes of a child whose cat has died.
Cognitive Behaviour Therapy	Sarah Edelman	Change Your Thinking	For general introduction to CBT for a range of issues (good entry level book).
		Overcoming... (Panic, Eating Disorders- you name it)	These are based on CBT and used in the UK 'Books on prescription' service. There are websites linked to these books. 1. The Relaxation & Stress Reduction Workbook (by Davis et al)

			2. Thoughts & Feelings (by McKay et al)
Relationships	Russ Harris	ACT with Love	For Relationship Difficulties
	Harville Hendrix	Getting the Love You Want	Corny title but very very good material. First half of book is more "theory" at a lay persons level. Second half comprises exercises for couple and individuals to do.
	Gottman, J	Why Some Marriages Succeed or Fail and How to Make Yours Last	(Several editions some with cd or dvd)
	Gottman, J., N. Silver and Allen	The Seven Principles Of Making Marriage Work	(Several editions some with cd or dvd)
	Heiman J. and LoPiccolo, J. (1989 or 1976)	Becoming Orgasmic, A Sexual Growth Programme for Women, Prentice Hall.	
	Hendrix, H.(1988)	Getting the Love You Want, Henry Holt	
	King, R. (1998)	Good Loving, Great Sex, The Arrow Edition.	
	Montgomery, B. and Evans, L. (1993)	Living and Loving Together, Nelson	
	Zilbergeld,B. (1999)	The New Male Sexuality, second edition , Bantam Books	

	Mirs Kirschenbaum	Too Good to Leave, Too Bad to Stay	If anxiety or depression is related to relationship woes
	Beverly Angel	The Nice Girl Syndrome	A really good one for women and setting boundaries, stand up for themselves and recognise abuse (it's quite broad in its content).
Living With Difficult People	Nina Brown		For people living with a Narcissistic person or parent
		Loving the Self-Absorbed or Children of the Self-Absorbed	
	Bruce Steven	Mirror, Mirror	
Assertiveness	M. Smith	When I Say No I Feel Guilty	
Perfectionism & Self Worth	Brene Brown	I Thought It Was Just Me (but it isn't)	Dealing with inadequacy and perfectionism (she is also available as a TED talk)
	Paul Gilbert	The Compassionate Mind Approach to Building Self-Confidence	He has a website.
	Mary Welford	The Power of Self Compassion	