

# Books about Mental Health and Relationships

<b>Anger</b>	Managing anger	Lindenfeld, Gael	2000	£8.99	0007100345
<b>Anorexia</b>	Overcoming anorexia	Freeman, Christopher	2000	£9.99	1854879693
<b>Anxiety</b>	Overcoming anxiety	Kennerley, Helen	1997	£9.99	1854874225
	Overcoming anxiety, A 5 areas approach	Williams, Christopher	2003	£19.99	034081005x
<b>Bereavement</b>	Living with loss	Taylor, Liz McNeil	2000	£9.99	1841191051
<b>Binge eating</b>	Overcoming binge eating	Fairburn, Chris	1995	£13.50	0898621798
<b>Depression and low moods</b>	Overcoming depression	Gilbert, Paul	2000	£9.99	1841191256
	Overcoming depression	Williams, Christopher	2006	£19.99	0340905867
	Mind over mood	Greenberger, Dennis	1995	£16.95	0898621283
	Feeling good handbook	Burns, David	2000	£12.00	0452281326
	Living life to the full	Kroll, Una	2006	£12.99	0826480799
	Overcoming mood swings	Scott, Jan	2001	£9.99	1841190179
<b>Health anxiety</b>	Stop worrying about your health	Zgourides, George	2002	£11.99	157224285x
<b>Panic</b>	Overcoming panic	Silove, Derrick	1997	£9.99	1854877011
	Panic attacks	Ingham, Christine	2000	£6.99	0007106904
<b>PTSD/Trauma</b>	Overcoming traumatic stress	Herbert, Claudia	1999	£9.99	1841190160
<b>Relationships</b>	After the affair	Cole, Julia	2001	£7.99	0091856728
	Moving on	Hayman, Susie	2001	£9.99	0091856256
	Starting again	Litvinoff, Sarah	2001	£7.99	0091856671
	Better relationships	Litvinoff, Sarah	2001	£7.99	0091856701
	Sex in loving relationships	Litvinoff, Sarah	2001	£7.99	009185668x
	Relationship rescue	McGraw, Philip	2000	£6.99	0091884179
	Staying together	Quilliam, Susan	2001	£7.99	009185671x
	Stop arguing, start talking	Quilliam, Susan	2001	£6.99	0091856698
	How to stop worrying	Tallis, Frank	1990	£6.99	0859696103
<b>Self-esteem</b>	Overcoming low self-esteem	Fennell, Melanie	1999	£9.99	1854877259
	Self-esteem for women	Field, Lynda	2001	£6.99	009187632x
<b>Social anxiety</b>	Overcoming social anxiety	Butler, Gillian	1999	£9.99	1854877038
<b>Stress</b>	Relaxation and stress reduction	Davis, Martha	2000	£16.99	1572242140
	Managing stress	Looker, Terry	2003	£9.99	0340860073

We would like to know if you have any suggestions for books we could add to this list, and if any of these books make a difference to you.

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