

	Title	Author	ISBN	Publisher	Publication date	Other formats
New Collection	A Manual for Heartache	Carly Rentzenbrink	978-1509824465	MacMillan	2017	ebook 9781509824461, audiobook 9781509844869
New Collection	A Mindfulness Guide for the Frazzled	Rob Ware	978-0241970959	Penguin Life	2016	ebook 9780241970956, audiobook 9780241976128
New Collection	An Introduction to Coping with Anxiety 2nd edition	Lee Brozman and Brenda Hogan	978-1472140241	Little Brown	2018	ebook 9781472140234
New Collection	An Introduction to Coping with Depression 2nd edition	Lee Brozman and Brenda Hogan	978-1472140210	Little Brown	2018	ebook 9781472140227
New Collection	An Introduction to Coping with Grief	Sue Morris	978-1472140081	Little Brown	2017	ebook 9781472140098
Old list	Anorexia Nervosa - Janet Treasure	BOP				
New Collection	Body Image and Body Dysmorphic Disorder: The Definitive Treatment and Recovery Approach	Chloe Catchpole, Lauren Callaghan, Dr. Annemarie O'Connor	978-1911246107	Trigger Press	2017	ebook 9781911246114, audiobook 9781911246145
New Collection	Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT	Dr. Fiona Chalkcombe, Dr. Victoria Bevan, Orlafield, Paul M Sullivan	978-0091939694	Vermilion - Hb	2011	ebook 9781444645143
Old list	Breaking Free: Help for Survivors of Child Sexual Abuse - Carolyn Altmough	BOP				
Old list	Caring for the Person with Dementia - Alzheimer's Society	BOP				
Old list	Chronic Fatigue The Facts - Frankie Campbell	BOP				
New Collection	Cognitive Behavioural Therapy (CBT): Your Toolkit to Modify Mood, Overcome Obstructions and Improve Your Life	Elaine Iijon Foreman, Clair Pollard	978-1848319509	Icon	2016	ebook 9781848319516
New Collection	Defeating Depression: How to use the people in your life to open the door to recovery	Roslyn Law	978-1849017121	Little Brown	2013	ebook 9781780330808
Old list	Dementia: Activities and other Dementias - Harry Cayton	BOP				
Both Lists	Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders 2nd edition	Ulrike Schmidt, Janet Treasure and Jane Alexander	978-1138797376	Routledge	2015	ebook 9781137622833
New Collection	Grief Works	Julia Samuel	978-0241270776	Penguin Life	2017	ebook 9780241270752, audiobook 9780241980569
Old list	How to Manage Chronic Fatigue - Christine Craggs -Hinton	BOP				
New Collection	I Had a Black Dog	Matthew Johnstone	978-1845295899	Little Brown	2009	ebook 9781780339030
New Collection	Living Life to the Full	Chris Williams	978-1906564582	Chris Williams	Mar-18	
New Collection	Living With a Black Dog	Matthew Johnstone	978-1845297435	Little Brown	2007	ebook 9781780339047
Old list	Living with Bereavement - Alex James	BOP				
New Collection	Manage Your Mood: How to Use Behavioural Activation Techniques to Overcome Depression: Using Behavioural Activation Techniques to Overcome Depression	David Veale, Rob Willson	978-1845293147	Little Brown	2007	ebook 9781472133708
Both Lists	Mind Over Mood Second Edition: Change How You Feel by Changing the Way You Think	Dennis Greenberger, Christine A. Padesky	978-1462520428	Guilford (Routledge)	2015	ebook 9781462522934
New Collection	Mindfulness: A Practical Guide to Finding Peace in a Frantic World	Mark Williams and Danny Penman	978-0749953089	Little Brown	2011	Enclosed CD, ebook 9780748126514, audiobook CD 9781405509077
Old list	Overcoming Anger - William Davies	BOP				
New Collection	Overcoming Anger and Irritability, 2nd Edition: A Self-help Guide using Cognitive Behavioural Techniques	Daniel Freeman, Jason Freeman	978-1472120229	Little Brown	2016	ebook 9781472120465
Old list	Overcoming Anorexia Nervosa - Christopher Freeman	BOP				
Both Lists	Overcoming Anxiety 2nd edition	Helen Kennerley	978-1849018784	Little Brown	2014	ebook 9781472113979
Old list	Overcoming Anxiety Stress and Panic - Chris Williams	BOP				
Both Lists	Overcoming Binge Eating Second Edition: The Proven Program to Learn Why You Binge and How You Can Stop	Dr Christopher G. Fairburn	978-1572305618	Guilford (Routledge)	2013	ebook 9781462510788
Old list	Overcoming Depression and Low Mood - Chris Williams	BOP				
New Collection	Overcoming Depression, 3rd edition	Paul Gilbert	978-1849010665	Little Brown	2009	ebook 9781849011566
New Collection	Overcoming Health Anxiety	David Veale and Rob Willson	978-1845286241	Little Brown	2009	ebook 9781849014206
Both Lists	Overcoming Low Self Esteem, 2nd Edition: A Self-Help Guide Using Cognitive Behavioral Techniques	Melanie Fennell	978-1472132972	Little Brown	2016	ebook 9781472133008
Both Lists	Overcoming Mood Swings	Jan Scott	978-1849011297	Little Brown	2010	ebook 9781849014236
Old list	Overcoming Obsessive Compulsive Disorder - David Clark	BOP				
Old list	Overcoming Obsessive Thoughts - David Veale	BOP				
Both Lists	Overcoming Panic 2nd edition	Vijaya Manicavasagar, Derrick Silove	978-1472135827	Little Brown	2017	ebook 9781472135834
Both Lists	Overcoming Social Anxiety and Shyness, 2nd Edition: A Self-Help Guide Using Cognitive Behavioural Techniques	Dr Gillian Butler	978-1472120434	Little Brown	2016	ebook 9781472120441
Old list	Overcoming Worry and Generalised Anxiety Disorder, 2nd Edition	Mark Freeston	978-1472107428	Little Brown	2015	ebook 9781472113948
Old list	Panic Attacks - Christine Ingham	BOP				
Old list	Personal Guide to Living with Progressive Memory Loss - Sandy Buzsperger	BOP				
New Collection	Reasons to Stay Alive	Matt Haig	978-1782116820	Canongate	2015	ebook 9781782115090, audiobook 9781510015975
Old list	Reinventing Your Life: How to Break Free from Negative Life Patterns - Jeffrey Young	BOP				
Old list	Simplicity of Dementia - Heath Bullgren	BOP				
Old list	Stop Worrying about your Health - George Zourdis	BOP				
New Collection	Stress Control: A Mind, Body, Life Approach to Boosting Wellbeing	Jim White	978-1472137104	Little Brown	2017	ebook 9781472137111
Old list	Survivors Guide to Recovery from Rape and Sexual Abuse - Robert Kelly	BOP				
New Collection	The Boy with the Topknot: A Memoir of Love, Secrets and Lies in Wolverhampton	Sathnam Sanghera	978-0141028990	Penguin	2009	ebook 9780670923090, audiobook 9781510094550, DVD
New Collection	The CBT Handbook	Pamela Myles and Rea Shafran	978-1780332017	Little Brown	2015	ebook 9781472102362
New Collection	The Compassionate Mind Approach To Postnatal Depression: Using Compassion Focused Therapy to Enhance Mood, Confidence and Bonding	Michelle Cree	978-1780330853	Little Brown	2015	ebook 9781472104915
New Collection	The Essential Guide to Life After Bereavement	Judy Carole Kauffmann and Mary Jordan	978-1849053558	Jessica Kingsley	2013	ebook 9781805705661
Old list	The Mindful Way through Depression - Mark Williams	BOP				
New Collection	The Recovery Letters	James Whitely and Olivia Sagan (eds.)	978-1780911834	Jessica Kingsley	2017	ebook 9781784504601
New Collection	The Shedden Short Guide to Phobias and Panic	Kevin Gauraty	978-1847093684	Shedden	2015	ebook 9781847093691
New Collection	The Sleep Book: How to Sleep Well Every Night	Dr Guy Meadows	978-140917618	Orion	2014	ebook 9781409158042
Old list	Total Restoration - John Harey	BOP				
New Collection	We're All Mad Here: The No-Nonsense Guide to Living with Social Anxiety	Claire Eastham	978-1785950820	Jessica Kingsley	2016	ebook 9781784504347
Old list	Woman in your Own Right - Anne Dickson	BOP				
Old list	Worry Cure - Robert Leahy	BOP				