

Please find listed below some books that other patients have found helpful. Your therapist will identify which of these is likely to be most helpful and suggest in what order to read them. We have included a note on how best to use each book and hope you find this helpful.

- **FEELING GOOD: The new mood therapy** by David Burns. This is a great book and in studies where people used the book it had the same effectiveness as antidepressants. If you work through the book it will give you lots of useful skills in dealing with a range of difficult emotions including depression and anger. It will also help give you skills to deal with difficult behaviours.

ISBN 0-380-81033-6 published by Avon Health. ~£5.00

- **MIND OVER MOOD: Change how you feel by changing the way you think.** Dennis Greenberger and Christine Padesky

This book helps people examine their thoughts and alter them to change the way they feel, this has proven benefit for people with anxiety and depression.

Guide: read through chapters 1 to 7 then if you have a particular problem with depression read chapter 10, a particular problem with Anxiety read chapter 11 or a particular problem with Anger, Guilt or Blame read chapter 12. Having done this go back to the beginning, this time work forward from the beginning and make sure that you do each of the exercises as you go along. Some patients prefer not to write in their book, if this applies to you then you will need to photocopy the work sheets in the book, in any event you will need to photocopy the work sheets from pages 216 onwards for your own use.

ISBN 0-89862-128-3. Published by The Guilford Press, London 1995. ~£16

- **REINVENTING YOUR LIFE: How to break free from negative life Patterns and feel good again** Jeffrey E. Young and Janet S. Klosko. This book helps people identify and alter long standing patterns in their life that cause them problems.

Guide: Read chapters 1 to 5. Then STOP, DO NOT READ STRAIGHT THE WAY THROUGH THIS BOOK ONCE YOU HAVE REACHED CHAPTER SIX. Consider; (1) which lifetraps apply to you? (2) Which do you want to change first? Then select from the following chapters the particular life traps that apply to you. Then read one chapter at a time and no more than one chapter every two to four weeks. The more distressed you get the longer you should leave until working on the next chapter, it is alright to just to work on one chapter for a couple of months. Remember that lifetraps take many months of work to change; if you read all the chapters (or several of the chapters) after chapter five you will feel very distressed and gain no benefit. It is better to work successfully on one small area than try to do everything at once.

ISBN 0-452-27204-1. Published by Plume/Penguin (in USA) 1995. ~£15

- **THE RELATIONSHIP CURE: A 5 step guide to strengthening your marriage, family, and friendships.** John M. Gottman and Joan DeClaire This book is based on a huge amount of research into relationships and will tell you how relationships work and how to improve your relationships with other people. The information in this book is equally useful to married, un-married, heterosexual and gay couples.

GUIDE: This is an excellent book, written by a master in the field, each of the chapters contain a lot of information and you may be surprised how long it takes to work through each of them. If you would like to work on a particular relationship then see if the other person will work through the book with you, a chapter at a time. If you are single then this book is also very helpful for both your future relationships and your current friendships, you can practice some of the ideas with your friends.

ISBN 0-609-80953-9. Published by Three Rivers Press, New York 2001. ~£10

- **THE LUCK FACTOR: Four simple principles that will change your luck – and your life.** R. Wiseman. This excellent book looks at the factors that give people luck in their life and teaches them how to increase the luck, confidence and success they experience.

ISBN 0-09-944324-4. Published by Arrow Books, ~£7

- **TEN DAYS TO SELF-ESTEEM: In ten exciting steps you will learn how to defeat depression, develop self-esteem and discover the secrets of joy in daily living.** David D. Burns. This book is an excellent alternative to “Mind over Mood” and provides additional practical steps on exactly how to alter negative thinking. GUIDE: follow the book chapter by chapter doing each of the exercises along the way.

ISBN 0-688-09455-4. Published by Quill press (William Morrow, New York) 1993. ~£15