Self help books in the Hughes Hall library

When Perfect Isn't Good Enough

Present Perfect

The Will Power Instinct: How Self-Control Works, Why it Matters and What You Can do to Get More of it
Kelly McGonigal, 2013. Classmark: 153.8 McG

Isn't It About Time?: How to Overcome Procrastination and Get on with Your Life
Andrea Perry, Worth, 2002. Classmark: 158.1 PER

How to Get a PhD, A Handbook for Students and their Supervisors
Classmark: 378.2 PHI

Beat stress! : the exam handbook

An Introduction to Coping with Anxiety

Overcoming Worry

Overcoming Depression

Depression : the way out of your prison
Dorothy Rowe, 2003. Classmark: 616.85270 ROW

The Compassionate Mind
Paul Gilbert, Constable, 2009. Classkarm: 152.4 GIL

Mind Over Mood
Classmark: 616.89142 GRE

Understanding Your Eating
Julia Buckroyd, Open University, 2011. Classmark: 616.8526 BUC

Nonviolent Communication: A Language of Life

How to be assertive in any situation
Sue Hadfield and Gill Hasson, 2014. Classmark: 158.2 HAD
I'm OK, You’re OK
Thomas Harris, Arrow Books, 2012  Classmark: 158.9 HAR

The Chimp Paradox: The Mind Management Program to Help you achieve success, Confidence and Happiness
Dr Steve Peters, 2013  Classmark: 158.1 PET

The Compassionate Mind Approach to Building Self-Confidence
Series Editor, Paul Gilbert, 2012.  Classmark: 155.2 WEL

The Gifts of Imperfection: Let Go of Who You Think You’re Supposed to Be and Embrace Who You Are

Overcoming low self-esteem : a self-help guide using cognitive behavioral techniques
Melanie J.V. Fennell, 2009.  Classmark: 616.85 FEN

Self Harm: The Path To Recovery
Kate Middleton and Sarah Garvie, 2011.  Classmark: 616.8582 MID

Healing from Trauma: A Survivor’s Guide to Understanding your Symptoms and Reclaiming Your Life

Overcoming insomnia and sleep problems : a self-help guide using cognitive behavioral techniques
Colin Espie, 2006.  Classmark: 616.84982 ESP

Tired But Wired

Reasons to Stay Alive
Matt Haig, 2015.  Classmark: 156 HAI

Mindfulness : A practical guide to finding peace in a frantic world
Mark Williams and Danny Penman 2011.  Classmark: 158.1 WIL (3 copies)

Before Happiness
Shawn Achor, 2013.  Classmark: 158.1 ACH

Not in Your Genes
Oliver James, 2016.  Classmark: 155 JAM

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