

Self help books in the Hughes Hall library

When Perfect Isn't Good Enough

M Antony & R Swinson, New Harbinger, 2009. Classmark: **158.1 ANT**

Present Perfect

Pavel Somov, PH.D, 2010. Classmark: **155.232 SOM**

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

Estelle M. Phillips and Derek S. Pugh, Open University Press, 6th Edition, 2015.

Classmark: **378.2 PHI**

Beat stress! : the exam handbook

Anita Naik, 2009. Classmark: **155.9042 NAI**

An Introduction to Coping with Anxiety

Brenda Hogan & Lee Brosan, Robinson, 2007. Classmark: **616.85220 HOG**

Overcoming Worry

Kevin Meares & Mark Freeston, Robinson, 2nd Edition 2015. Classmark: **616.85220 MEA**

Overcoming Depression

Paul Gilbert, Robinson, 2009. Classmark: **616.85 GIL**

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

Dennis Greenberger and Christine Padesky, Guilford Press, 2nd Edition, 2015.

Classmark: **616.89142 GRE**

Understanding Your Eating

Julia Buckroyd, Open University, 2011. Classmark: **616.8526 BUC**

Nonviolent Communication: A Language of Life

Marshall B Rosenberg, 2015. Classmark: **153.6 ROS**

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

Brene Brown PH.D, 2010. Classmark: **158 BRO**

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

Jasmin Lee Cori, 2009. Classmark: **616.8521 COR**

Overcoming insomnia and sleep problems : a self-help guide using cognitive behavioral techniques

Colin Espie, 2006. Classmark: **616.84982 ESP**

Tired But Wired

Nerina Ramlakhan, 2010. Classmark: **616.84980 RAM**

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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