

Problem Issue	Book Title	Author(s)	Year	Publisher	ISBN
Anger	Overcoming Irritability and Anger	Davies, Will	2000	Robinson	1854875957
	Managing Anger	Lindenfield, Gael	2000	HarperCollins	0007100345
Anxiety	Overcoming Anxiety	Kennerley, Helen	2004	Constable & Robinson	1854874225
Assertiveness (Women)	Woman in Your Own Right	Dickson, Anne	1982	Quartet Books	0704334208
Self esteem					
Bereavement	You'll Get Over It: Rage of Bereavement	Ironside, Virginia	1997	Penguin Books	0140236082
Depression	Overcoming Depression	Gilbert, Paul	2000	Robinson	1841191256
	Mind Over Mood	Greenberger, Dennis & Padesky, Christine	1995	Guilford	0898621283
	The Mindful Way through Depression	Williams, Teasdale, Segal and Kabat-Zinn	2007	Guilford	1593851286
Eating Disorders	The Wish to Change	Crisp A, Joughin N, Hale C and Bowyer C	1996	Psychology Press	0863774083
	Overcoming Binge Eating	Fairburn, C	1995	Guilford	089861798
General	How to Cope When the Going Gets Tough	Dryden, Windy & Gordon, Jack	1994	Sheldon	0859697010
	Emotional Intelligence	Goleman, Daniel	1996	Bloomsbury	0747528306
	The Feeling Good Handbook	Burns, David	2000	Plume Books	0452281326
	Isn't it About Time? (Overcoming Procrastination)	Perry, Andrea	2002	Worth	1903269032