



BOOKLIST – BOOK PRESCRIPTION WALES 2005 RHESTR LYFRAU – PRESGRIPSIWN LLYFRAU CYMRU 2005

Problem Addressed Y Broblem	No.	Book Title Rhif Teitl y Llyfr	Author(s) Awdur(on)	Year Blwyddyn	Publisher Cyhoeddwr	ISBN ISBN	Price Pris
Anger / Gwylltineb	W1	Overcoming Irritability and Anger	Davies, Will	2000	Robinson	1854875957	£7.99
	W2	Managing Anger	Lindenfield, Gael	2000	HarperCollins	0007100345	£7.99
Anorexia Nervosa Anorecsia Nerfosa	W3	Breaking Free from Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers	Treasure, Janet	1997	Psychology Press	0863777600	£11.95
	W4	Overcoming Anorexia Nervosa	Freeman, Christopher & Cooper, Peter	2002	Constable & Robinson	1854879693	£7.99
Anxiety / Pryder	W5	Overcoming Anxiety	Kennerly, Helen	2004	Constable & Robinson	1854874225	£7.99
Assertiveness (Women) Pendantrwydd (Menywod)	W6	Woman in Your Own Right	Dickson, Anne	1982	Quartet Books	0704334208	£6.00
Bereavement Profedigaeth	W7	You'll Get Over It: Rage of Bereavement	Ironside, Virginia	1997	Penguin Books	0140236082	£8.99
Binge-Eating Disorder and Bulimia Nervosa Anhwylder Gorfwyta a Bwlimia Nerfosa	W8	Bulimia Nervosa and Binge Eating	Cooper, Peter	1993	Constable & Robinson	1854871714	£7.99
	W9	Overcoming Binge Eating	Fairburn, Christopher	1995	Guilford Press	0898621798	£13.50
	W10	Getting Better Bit(e) By Bit(e): A Survival Guide for Sufferers of Bulimia Nervosa and Binge Eating Disorders	Schmidt, Ulrike & Treasure, Janet	1993	Psychology Press	0863773222	£11.95
Depression / Iselder	W11	Overcoming Depression	Gilbert, Paul	2000	Constable & Robinson	1841191256	£7.99
	W12	Mind Over Mood	Greenberger, Dennis & Padesky, Christine	1995	Guilford Press	0898621283	£16.95
	W13	The Feeling Good Handbook	Burns, David	2000	Plume Books	0452281326	£12.99
Head Injuries Anafiadau i'r Pen	W14	Head Injury: A Practical Guide	Powell, Trevor. J	2004	Speechmark Publishing	0863884512	£19.95
Health Anxiety Pryder am Iechyd	W15	Stop Worrying about your Health	Zgourides, George. D	2002	New Harbinger Publications	157224285X	£11.99

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Manic Depression Iselder Manig	W16	Overcoming Mood Swings	Scott, Jan	2004	Constable & Robinson	1841190179	£7.99
Obsessions & Compulsions Obsesiynau a Chymelliadau	W17	Overcoming Obsessive Compulsive Disorder	Veale, David and Willson, Robert	2005	Constable & Robinson	1841199362	£9.99
	W18	Obsessive Compulsive Disorder	Toates, Frederick and Coschug-Toates, Olga	2002	Class Publishing	1859590691	£14.99
	W19	Understanding Obsessions and Compulsions	Tallis, Frank	1992	Sheldon Press	0859696529	£7.99
Panic / Panig	W20	Overcoming Panic	Silove, Derrick	2003	Constable & Robinson	1854877011	£7.99
	W21	Panic Attacks	Ingham, Christine	2000	HarperCollins	0007106904	£7.99
PTSD/Trauma PTSD/Trawma	W22	Overcoming Traumatic Stress	Herbert, Claudia & Wetmore, Ann	2002	Constable & Robinson	1841190160	£7.99
Self-Esteem Hunan-barch	W23	Overcoming Low Self Esteem	Fennell, Melanie	2004	Constable & Robinson	1854877259	£7.99
	W24	The Feeling Good Handbook	Burns, David	2000	Plume Books	0452281326	£12.99
	W25	Self Esteem for Women	Field, Lynda	2001	Vermilion	009187632X	£6.99
	W26	Self Esteem: Simple Steps to Develop Self Reliance and Perseverance	Lindenfield, Gael	2000	HarperCollins	0722540078	£7.99
	W27	10 Days to Great Self Esteem	Burns, David	2000	Vermilion	0091825628	£9.99
Child Sexual Abuse (Adult Survivors) Cam-drin Plant yn Rhywiol (Oedolion wedi Goroesi)	W28	Breaking Free: Help for Survivors of Child Sexual Abuse	Ainscough, Carolyn & Toon, Kay	2000	Sheldon Press	0859698106	£14.99
	W29	The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse	Bass, Ellen & Davis, Laura	2002	Vermilion	0091884209	£12.99
Social Anxiety/ Social Phobia Pryder Cymdeithasol/ Ffobia Cymdeithasol	W30	Overcoming Social Anxiety And Shyness	Butler, Gillian	2003	Constable & Robinson	1854877038	£7.99
Stress / Straen	W31	The Relaxation and Stress Reduction Workbook (5th Ed)	Davis, Martha, Robbins Eshelman, Elizabeth & McKay, Matthew	2000	New Harbinger	1572242140	£16.99
	W32	Managing Stress (Teach Yourself)	Looker, Terry & Gregson, Olga	2003	Hodder Arnold	0340860073	£8.99
Worry / Poeni	W33	How to Stop Worrying	Tallis, Frank	1990	Sheldon Press	0859696103	£6.99