

# South Dublin Healthy Reading Scheme for

The **Healthy Reading Scheme** is a collection of recommended self-help books for people experiencing stress or emotional difficulties.

Everybody faces challenges and worries at some stage or another in life. There is evidence to suggest that using specialist high quality self-help resources can be very beneficial during these times.

The **South Dublin Healthy Reading Scheme** has been set up to assist you to gain access to books that offer such information and encouragement.

## How does it work?

The scheme recommends worthwhile self-help books for adults, children and families. You can borrow the books free of charge from your local library. If you are not already a member, it's easy to join—just bring along some ID with your address on it to one of our libraries and you can get your ticket immediately. Our staff ensure **absolute confidentiality**, and if the book is on loan to someone else, you can reserve it, and we will contact you (*no-one else*) when it comes in for you.

## Who is the Scheme for?

Self-help books can be used at any time, for example:

- By parents who hope to identify with and help their children or teenagers.

- As a first measure to helping work out difficulties that are a cause of stress and unhappiness to you or others close to you.
- While you are on a waiting list to consult a professional.
- To assist you while working with a professional.

## Looking at other options:

Using self-help books to work out difficulties can be rewarding and empowering, but creating changes in your life requires effort. Time must be made for reading and undertaking any suggested exercises.

If you have tried reading one of the books, and it hasn't worked out as you'd hoped, there may be a number of reasons why: Possibly your book didn't cover exactly what you were looking for? Or maybe you didn't like the author's approach? If this is the reason, you may wish to look up some of the alternative books we have recommended on the list.

It would be important if you feel you need more help to talk to your GP or a health care professional in order to access additional support.

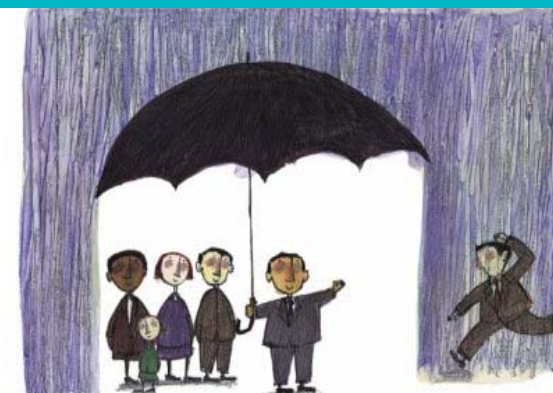
Topics addressed by the books in the scheme include depression, anxiety, stress, anger, low self-esteem, eating disorders, obsessional-compulsive problems, social anxiety, bereavement, addiction, abuse as well as parenting difficulties and much more.

*"Accessing information about a particular difficulty can be an important first step in a person's recovery and they will be in a better position to decide if further professional support is necessary."* Dr Anya Murphy Clinical Psychologist, Tallaght Adult Mental Health Team

Connecting you to...

## Library Services

# South Dublin Healthy Reading Scheme for Adults



## Helping you to help yourself to better mental

[www.southdublinlibraries.ie](http://www.southdublinlibraries.ie)

# South Dublin Healthy Reading Scheme

Issues Addressed:	Books that Can Help	Author
<b>Anger</b>	Managing Anger	Gael Lindenfield
	Overcoming Anger & Irritability	William Davies
<b>Anorexia</b>	Overcoming Anorexia Nervosa	Christopher Freeman & Peter Cooper
<b>Anxiety</b>	Overcoming Anxiety	Helen Kennerley
	The Feeling Good Handbook	David Burns
<b>Assertiveness</b>	Assert Yourself	Gael Lindenfield
<b>Bereavement</b>	Living with Loss: A Book for the Widowed	Liz McNeill Taylor
	"You'll get over it" The Rage of Bereavement	Virginia Ironside
<b>Bulimia &amp; Binge-Eating</b>	Getting Better Bit(e) by Bit(e) Survival kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders	Ulrike Schmidt & Janet Treasure
	Overcoming Bulimia and Binge Eating	Peter Cooper
<b>Child Abuse (Adult Survivors)</b>	Overcoming Childhood Trauma	Helen Kennerley
<b>Child Sexual Abuse (Adult Survivors)</b>	Breaking Free: Help for Survivors of Child Sexual Abuse	Carolyn Ainscough & Kay Toon
<b>Depression</b>	I Had a Black Dog, His Name was Depression	Matthew Johnstone
	Depression: The Way Out of Your Prison	Dorothy Rowe
	Overcoming Depression	Paul Gilbert
	Depression: The Common Sense Approach	Tony Bates
	The Mindful Way through Depression	John Kabat-zinn et al
<b>Mood Swings</b>	Overcoming Mood Swings	Jan Scott
<b>Obsessions &amp; Compulsions</b>	Overcoming Obsessive Compulsive Disorder	David Veale & Rob Wilson
	Obsessive Compulsive Disorder	Fredrick Toates & Olga Coshug-Toates
<b>Panic</b>	Panic Attacks	Christine Ingham
	When Panic Attacks	Aine Tubridy
<b>Post Traumatic Stress</b>	Overcoming Traumatic Stress	Claudia Herbert & Ann Wetmore
<b>Psychotherapy</b>	Change for the Better: Self Help through Practical Psychotherapy	Elizabeth Wilde McCormick
<b>Relationship Problems</b>	Overcoming Relationship Problems	Michael Crowe
<b>Self Esteem</b>	Self Esteem	Gael Lindenfield
	The Positive Woman	Gael Lindenfield
<b>Sexual Problems</b>	Overcoming Sexual Problems	Vicki Ford
<b>Social Anxiety</b>	Overcoming Social Anxiety & Shyness	Gillian Butler
<b>Stress</b>	The Relaxation & Stress Reduction Workbook	Martha Davis et al.
	Managing Stress	Tery Looker & Olga Gregson
	Full Catastrophe Living	Jon Kabat-Zinn
<b>Worry</b>	How to Stop Worrying	Frank Tallis