

HEAD
STRONG

JIGSAW DONEGAL

Young people's
health in mind



BOOK GUIDE

for mental health related issues





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BOOK GUIDE

for mental health related issues



BACKGROUND

to the Read Your Mind book project

The demands of modern life can often place a heavy psychological burden on teenagers and young adults.

In November 2014 Jigsaw Offaly, in collaboration with Offaly County Libraries, successfully launched the Read Your Mind project which is a catalogue of books on mental health topics to help meet the needs of young people.

Jigsaw Donegal has been working alongside Donegal County Library Service to replicate this same project for young people aged between 15-25 years in County Donegal to further support the needs of young people's mental health.

The Catalogue can be used for book referral and recommendations by Jigsaw Clinical Staff and professionals working with 15-25 year olds in Donegal. The Catalogue is divided into books for under 18s and books for over 18s. Books for under 18s cover the topics of stress management, mindfulness, substance abuse, anxiety management, eating disorders, resilience, loss, obsessive compulsive disorder and depression.

The over 18s books are listed in this catalogue under the topics of abuse, addiction, anger, anxiety, autism and Asperger's syndrome, bereavement and loss, bullying, dementia and Alzheimer's disease, depression, eating disorders, loneliness, mental health, relationships, schizophrenia, self-esteem and assertiveness, and stress.

In fostering autonomy, independence and self-mastery, the Read Your Mind book project allows young people the opportunity to borrow a book available

from the project via the network of libraries in Donegal. Books listed may also be available to borrow as an e-reader, check the library website www.donegallibrary.ie for further information. Library membership and borrowing is **free**.

Bibliotherapy is the use of reading material for therapeutic purposes. The term applies to a wide range of reading materials and is used to denote any form of directed reading which may serve a therapeutic purpose. Self-help books have been used in this way for many years and are now recognised as providing psychological therapy for people experiencing emotional and psychological difficulties.

The effectiveness of bibliotherapy has been well established and has been recommended by the National Institute for Health and Clinical Excellence (NICE) UK as a useful start in treating mild and moderate depression, stress, anxiety and other mental health problems.

The Read Your Mind Book Project in Donegal is a collaboration between Jigsaw Donegal including a sub group of young people from the Jigsaw Donegal Youth Advisory Panel and Donegal Youth Council, Donegal County Library Service, The Health Promotion and Improvement Department and The National Office for Suicide Prevention.



FOREWORD

by Tony Bates

Why are we Irish so fond of stories? I think most of all it's because they help us to make sense of our lives. And when we can make sense of experience we are better able to bear it, even when things are not easy.

This bibliotherapy project recognises our love and our need of stories. Not just the tales of fantasy and adventure that take us away from reality, but real life stories that can empower us to face difficult realities. The books that have been highlighted in this series contain gems of wisdom that real people discovered in dark places. I am amazed at the care that's been given by everyone concerned in the choice of recommended reading. They touch into a wide spectrum of human experience and offer wise and practical ways to cope.

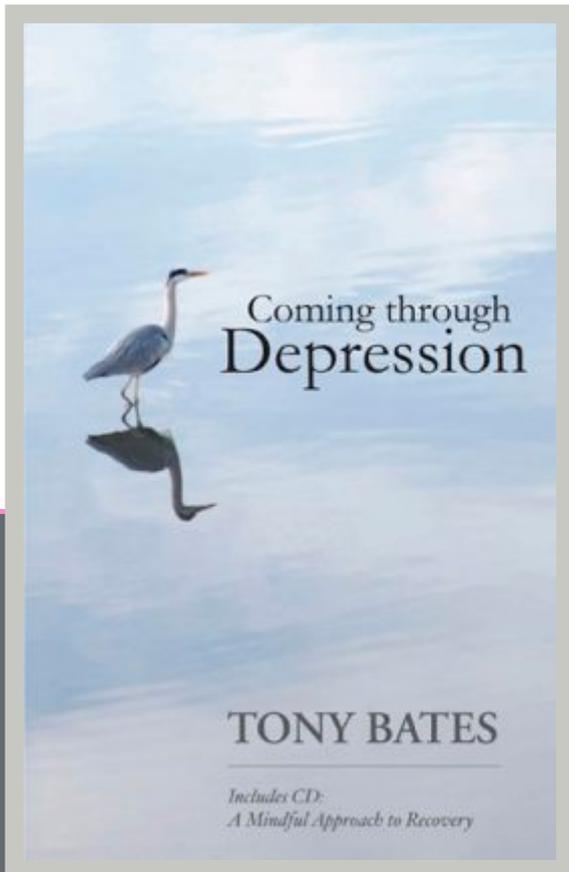


People often ask me what to say to a loved one who is in trouble. It can be hard to answer this question because what might work for one person might be exactly the wrong thing for someone else. Whereas person A might benefit particularly from exercise, person B might need to slow down and relax. Reading opens our mind to many different coping tools, including some that we might never have considered. This allows the reader to pick and choose coping skills that appeal to them and that might be just what they need.

I think this initiative by Jigsaw Donegal and Donegal County Library Service also opens up and deepens our understanding of mental health. Until we appreciate what our mental health is, we won't know how to look after it.

My thanks to everyone involved. And I would like to say a special word to any person who reaches out through this project for hope and inspiration: May you discover that you're not alone in your distress, and find in the pages of these books a way back to yourself, where you can relax in your own skin and feel confident that whatever is broken can heal.





Coming through Depression

by **Tony Bates**

'Coming through Depression' by Tony Bates has been written for all who suffer from depression and for those who are close to the depressed person, be they partner, child or friend.

While intended primarily as a guide to recovery for the sufferer, it is also written with the relatives and friends of the sufferer in mind in the hope that it can make sense of what can be a difficult problem to grasp from the 'outside'. Understanding of the problem by all who are affected can act as a bridge between people who feel isolated by depression and those who care about them.

Part One explains what happens when someone gets depressed and what kinds of experience cause depression. Part Two focuses on a step by step recovery plan to overcoming depression and Part Three considers what has been learned in the past ten years about staying well and preventing relapse.

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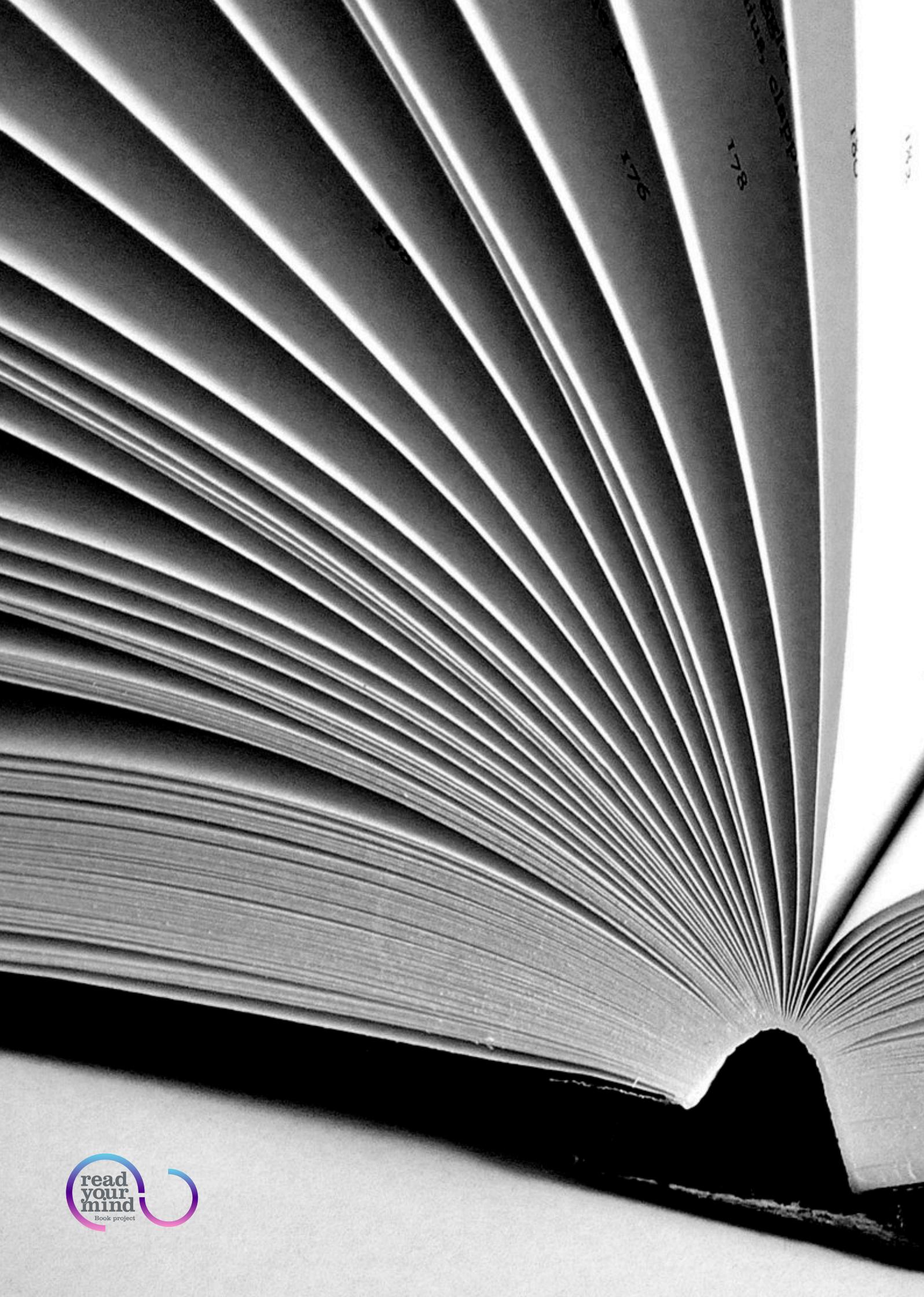
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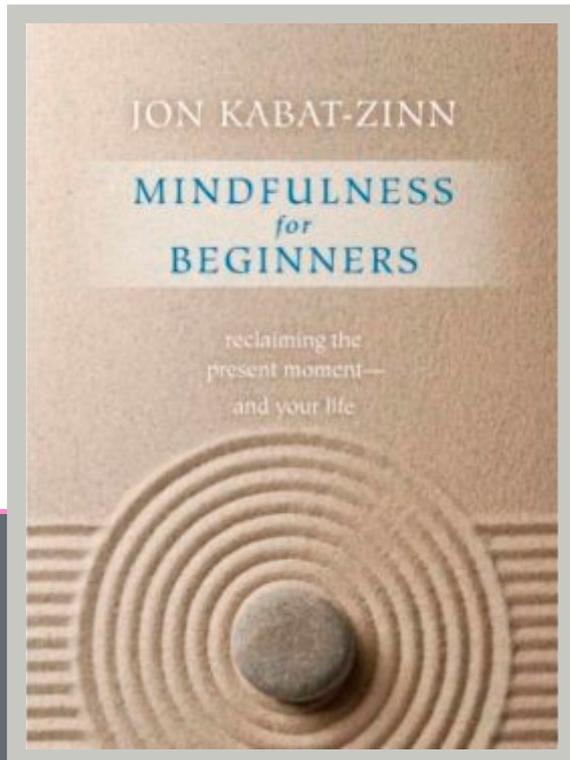
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books for under 18s

01



Mindfulness for Beginners: Reclaiming the Present Moment - and Your Life

by Jon Kabat-Zinn

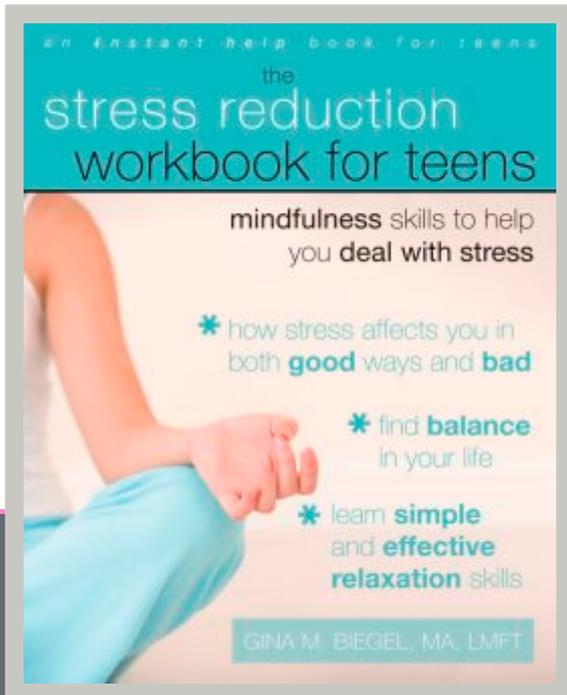
With *Mindfulness for Beginners* you are invited to learn how to transform your relationship to the way you think, feel, love, work, and play - and thereby awaken to and embody more completely who you really are.

Here, the teacher, scientist, and clinician who first demonstrated the benefits of mindfulness within mainstream Western medicine offers a book that you can use in three unique ways: as a collection of reflections and practices to be opened and explored at random; as an illuminating and engaging start-to-finish read; or as an unfolding “lesson-a-day” primer on mindfulness practice.



02

books for under 18s



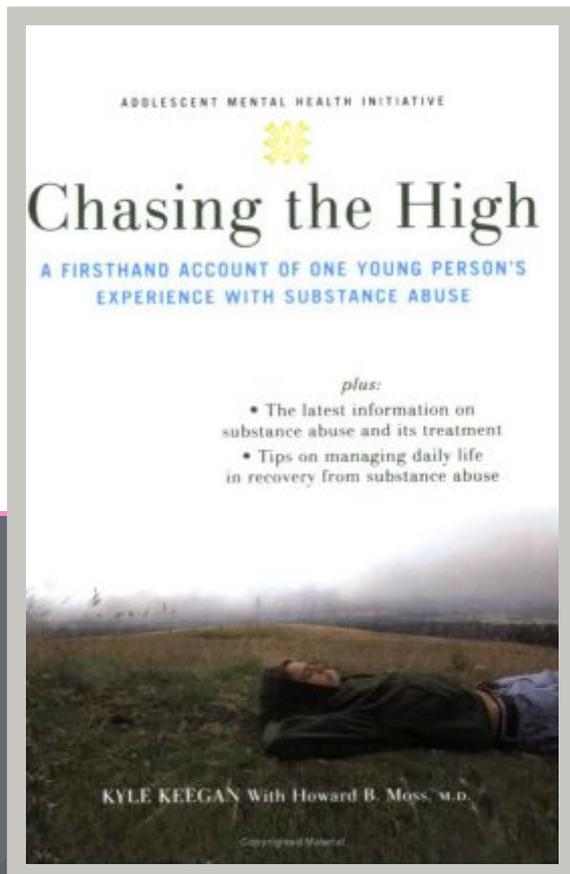
The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress

by G. M. Biegel

Stress Reduction Workbook for Teens is a collection of thirty-seven simple workbook activities that will teach you to reduce your worries using a technique called mindfulness.

Mindfulness is a way to be aware of your thoughts and feelings in the present moment. You can use mindfulness when you start to feel as though things are spinning out of control, so you can stop worrying about what might happen and focus instead on what's happening now.

Ready to get started? Open this workbook and try out the first activity. Soon, you'll be well on your way to developing resilience and a new kind of strength.



Chasing the High: A Firsthand Account of One Young Person's Experience with Substance Abuse

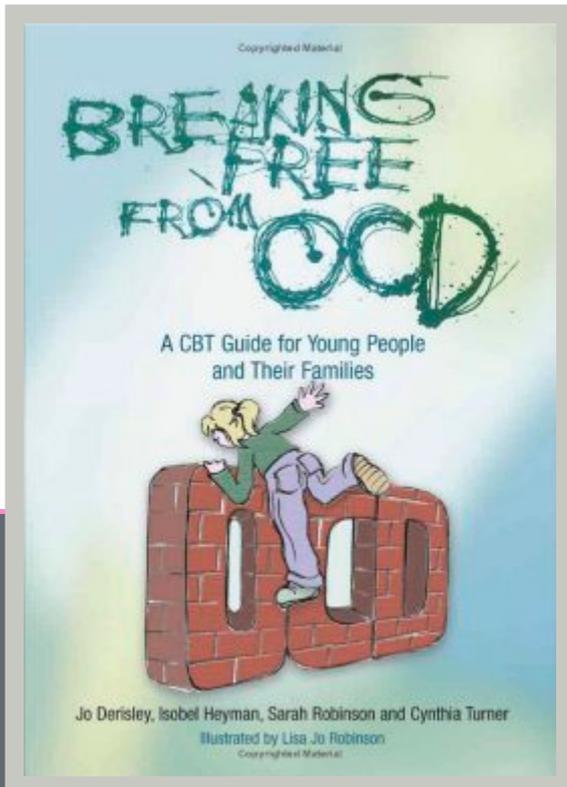
by Kyle Keegan & Howard B. Moss

Kyle Keegan was like many teenagers: eager to fit in at school, he experimented with alcohol and drugs. Soon, his abuse of these substances surpassed experimentation and became a ruthless addiction to heroin that nearly destroyed his life.

Now in recovery, Keegan tells his remarkable story in *Chasing the High*. Starting with the early days of alcohol and drug use, Keegan charts his decline into crime and homelessness as his need for heroin surpassed all thoughts of family and friends, of right and wrong.

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books for under 18s



Breaking Free from OCD: A CBT Guide for Young People and Their Families

by Jo Derisley

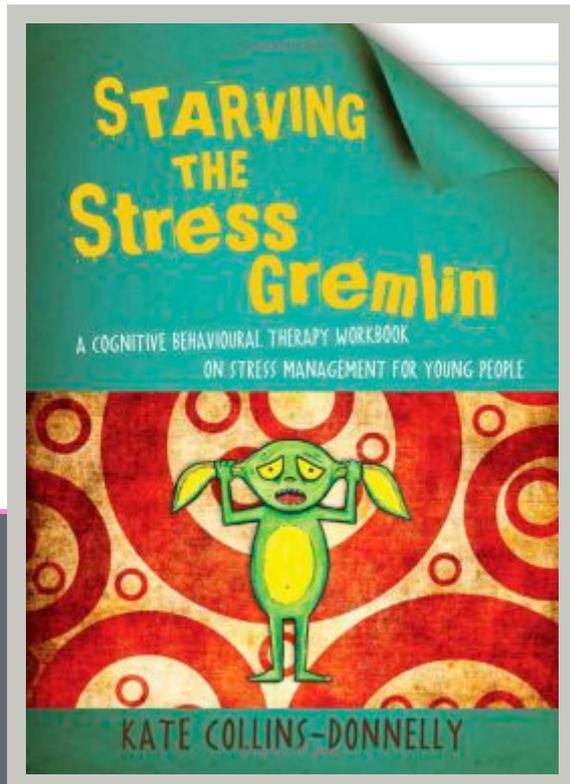
Written by leading experts on OCD, this step-by-step guide is written for adolescents with OCD and their families, to be used in home treatment or as a self-help book.

Using the principles of cognitive behavioural therapy (CBT), which is the proven method for helping those with OCD, it offers teenagers a structured plan of treatment which can be read alone, or with a parent, counsellor or mental health worker. The guide provides useful advice and worksheets throughout.

This self-help book for young people aged 10-16 is an invaluable resource for adolescents who have suffered from, or know someone who has suffered from, OCD, their families, teachers, carers, and mental health professionals.

books for under 18s

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Starving the Stress Gremlin: A Cognitive Behavioural Therapy Workbook on Stress Management for Young People

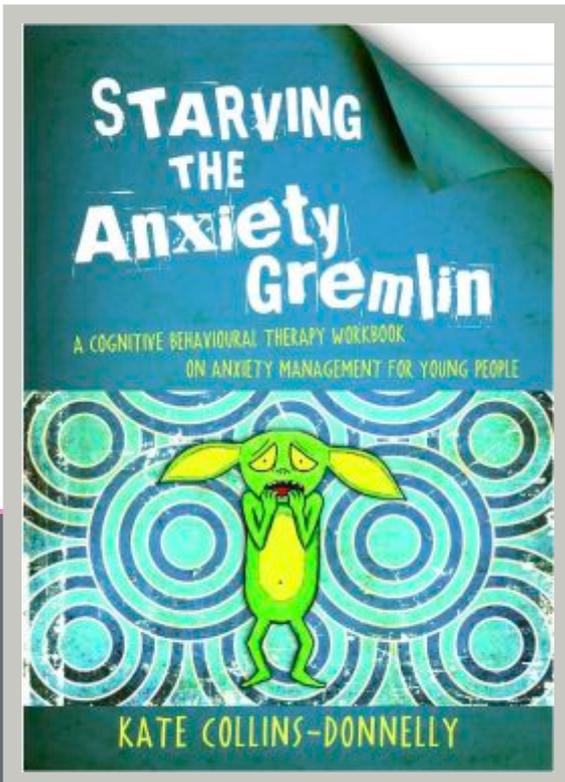
by **Kate Collins-Donnelly**

Starving the Stress Gremlin shows young people how they can manage their stress levels through a range of effective techniques based on cognitive behavioural principles.

Engaging and fun activities as well as real life stories from other young people show how our thoughts are related to our behaviour and emotions, allowing young people to understand why they get stressed, the effects of stress and how to 'starve' their Stress Gremlin!

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books for under 18s



Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People

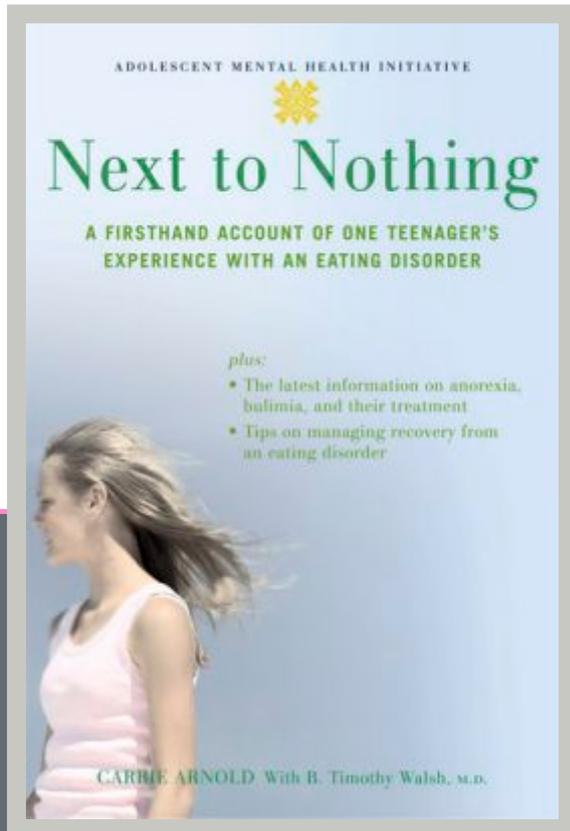
by **Kate Collins-Donnelly**

Starving the Anxiety Gremlin is a unique resource to help young people understand different types of anxiety and how to manage them, including panic attacks, phobias, social anxiety, generalised anxiety and obsessive compulsive disorder.

Based on cognitive behavioural principles that link thoughts, feelings and behaviours, the techniques described help young people to understand why they get anxious and how they can 'starve' their anxiety gremlin in order to manage their anxiety.

books for under 18s

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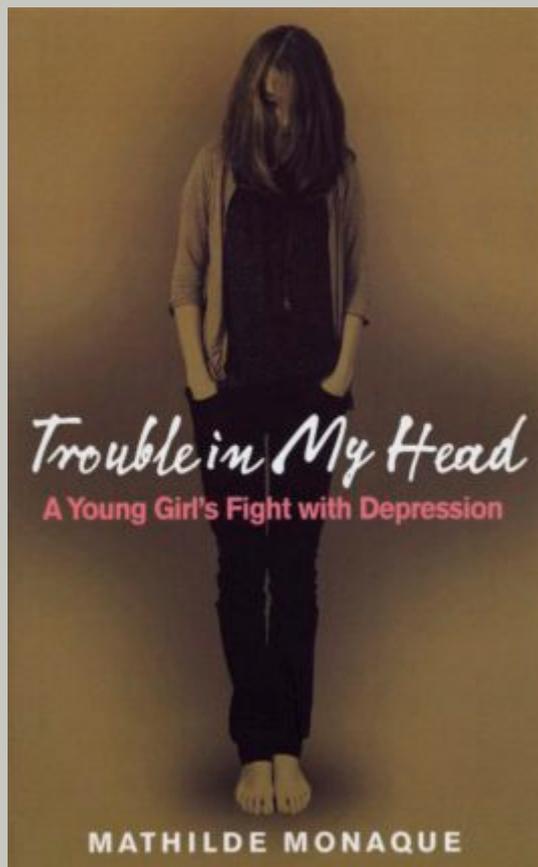
Next to Nothing: A First-Hand Account of One Teenager's Experience with an Eating Disorder

by Carrie Arnold & B. Timothy Walsh

Carrie Arnold developed anorexia as an adolescent and nearly lost her life to the disease. In *Next to Nothing*, she tells the story of her descent into anorexia, how and why she fell victim to this mysterious illness, and how she was able to seek help and recover after years of therapy and hard work.

Now an adult, Arnold uses her own experiences to offer practical advice and guidance to young adults who have recently been diagnosed with an eating disorder, or who are at risk for developing one.





Trouble in My Head: A Young Girl's Fight with Depression

by Mathilde Monaque (Author)
& Lorenza Garcia (Translator)

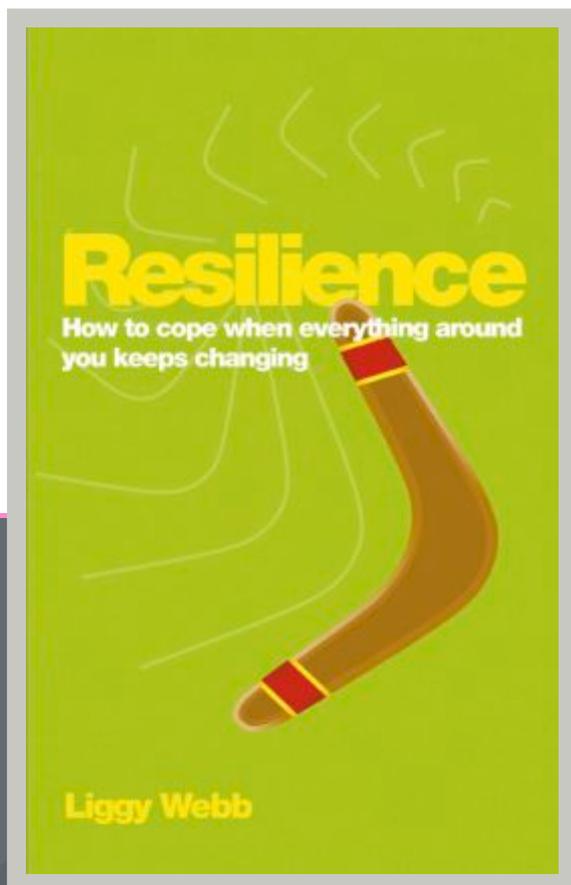
Mathilde Monaque developed severe depression when she was just 14. The eldest in a family of six and an exceptionally bright and gifted girl, the discovery shook her family to the core. With remarkable sensitivity and lucidity she describes her experience of depression, her days in the hospital, and her battle to conquer the disease.

Mathilde's perspective as a sufferer of teenage depression is unique. Unlike adult depression which involves feelings of guilt, Mathilde describes teenage depression as a breaking down of certainties, the fear of being oneself, the fear of not loving and of not being loved.

Adults and teenagers alike will find inspiration and insight in her touching and remarkable account.

books for under 18s

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Resilience: How to Cope When Everything Around You Keeps Changing

by Liggy Webb

BOUNCE BACK FROM WHATEVER LIFE THROWS AT YOU.

Stressful situations are a fact of life. Job insecurity, financial burden, relationship doubt are all too familiar. Some people approach them with confidence and poise, facing change and challenges head on. Others back away slowly into a corner and become quivering wrecks at the mere thought of them.

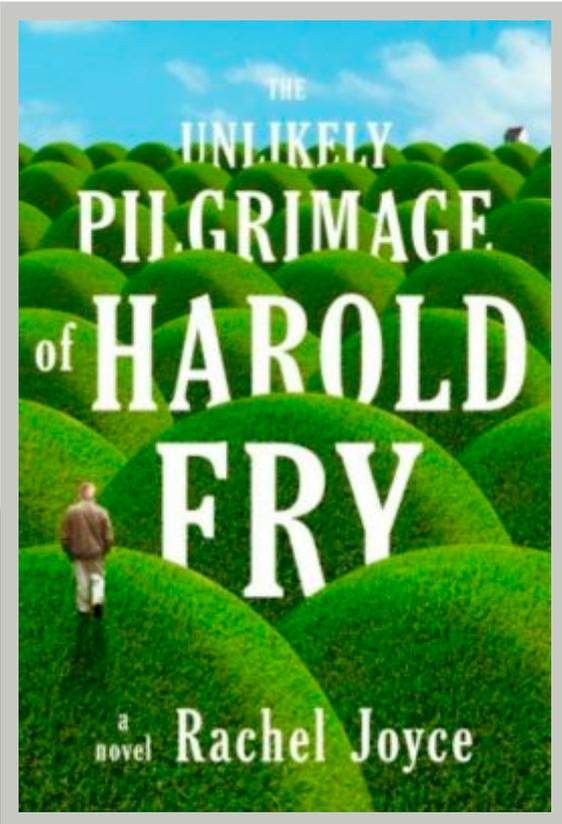
So what is it that makes some people cope with these adverse situations so well? It's not about what is happening to you, but how you react to it. It's about your resilience.

Happiness guru Liggy Webb is here to help us all find positivity and inner strength to cope with stressful situations. Arming you with a personal toolkit to handle day-to-day challenges, and providing strategies for thriving in uncertain times Liggy shows you how to increase your 'bouncibility' and bounce back from whatever negative things life throws at you.



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books for under 18s



The Unlikely Pilgrimage of Harold Fry

by Rachel Joyce

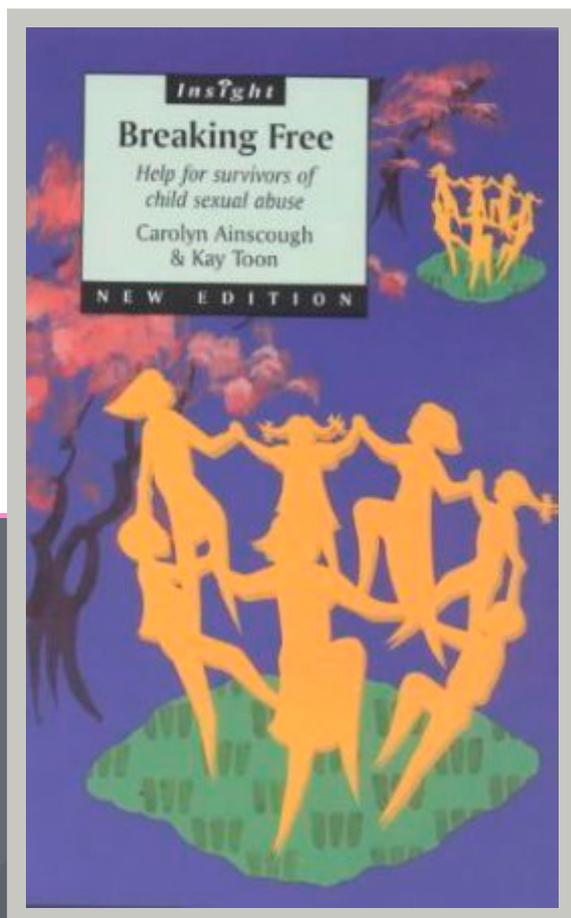
When Harold Fry nips out one morning to post a letter, leaving his wife hoovering upstairs, he has no idea that he is about to walk from one end of the country to the other. He has no hiking boots or map, let alone a compass, waterproof or mobile phone. All he knows is that he must keep walking. To save someone else's life.



ABUSE

books for 18+
abuse

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Breaking Free: Help for survivors of child sexual abuse

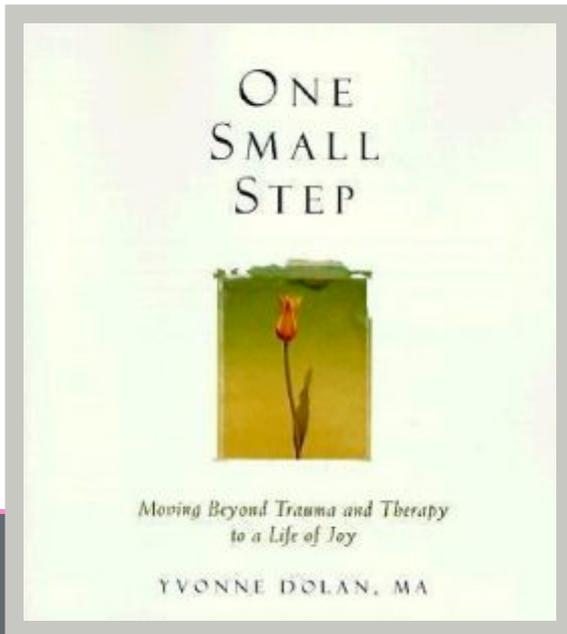
by Carolyn Ainscough & Kay Toon

This self-help book is for both male and female adult survivors of child sexual abuse. The book examines the effects of abuse, such as depression, low self esteem, eating disorders (which affect 50% of female survivors) and fear of sexual relationships. It addresses questions survivors often ask, such as "Why Me?" and "Why Didn't I Tell?", the issues of self-blame and guilt, and the often conflicting feelings survivors have towards their abusers.

Exercises encourage the reader to face up to buried feelings, seek help, and to link early traumatic experiences with problems reoccurring in his or her life as an adult. The book shows that it is possible to overcome problems.

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books for 18+
abuse



One Small Step: Moving Beyond Trauma and Therapy to a Life of Joy

by Yvonne Dolan

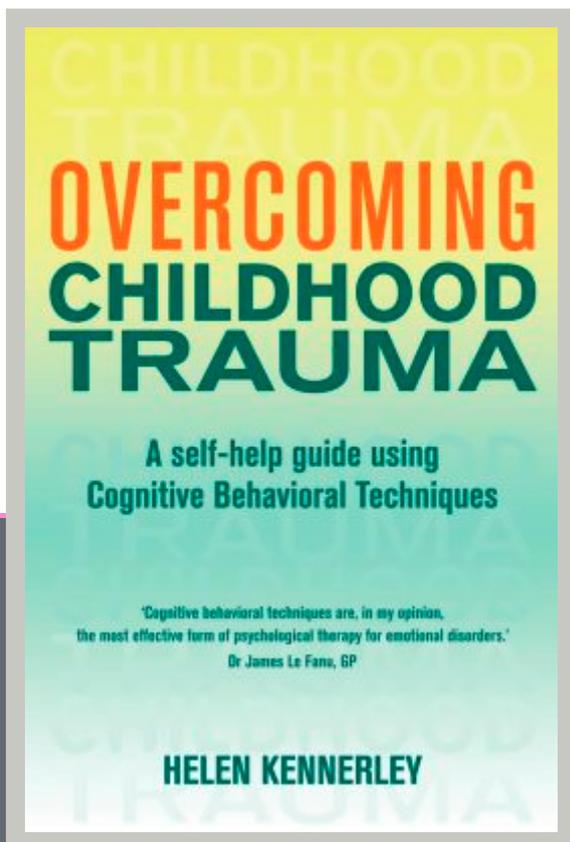
For all those survivors who wonder when they will finally feel good, the answer is now. *One Small Step* reminds us that living well is the best revenge and provides the knowledge and tools to fully embrace life.

Organized into easy to follow sections, readers will find help in:

- Moving Beyond Survivor hood
- Enjoying the Gifts of the Present
- Creating a Joyous Future
- Responding to Life's Challenges
- How to Start a Small Steps Support Group

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abuse

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Overcoming Childhood Trauma

by Helen Kennerley

This book will help the sufferer understand the links between past trauma and present difficulties, and offers ways to gain control over these problems, allowing the individual to deal with intrusive memories, manage mood swings and build better relationships in adulthood.



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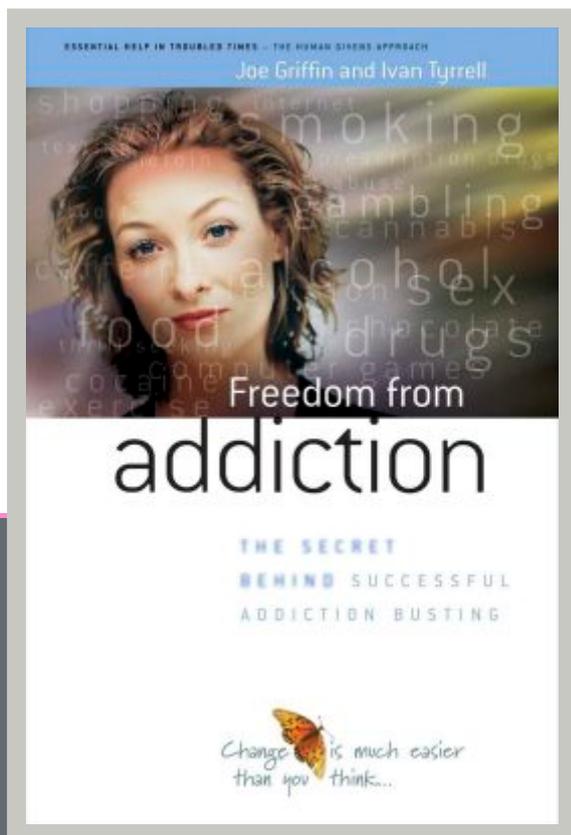
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BIG

books for 18+
addiction

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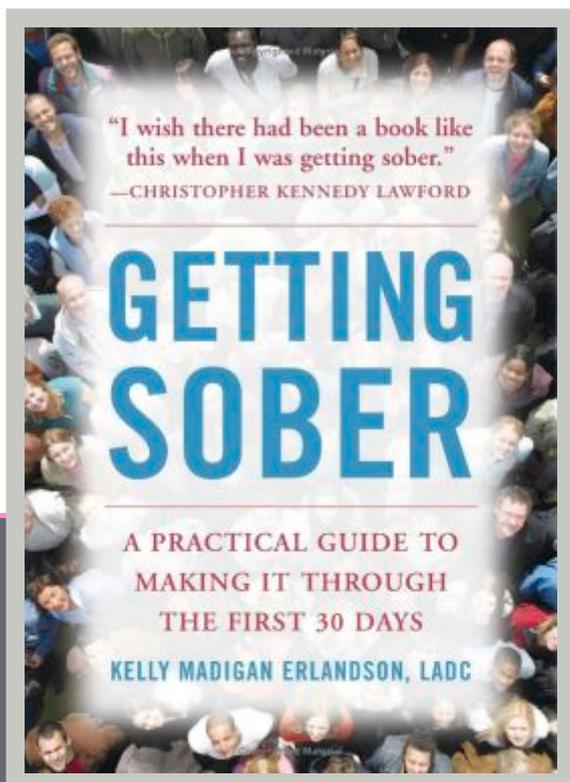
Freedom from Addiction: The secret behind successful addiction busting

by Joe Griffin & Ivan Tyrrell

The secret behind successful addiction busting represents a major leap forward in the way we view and treat addictions. The new science-based insights it contains have already helped countless people to overcome a wide range of compulsive behaviours and take back control of their lives.

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books for 18+
addiction



Getting Sober - A practical guide to making it through the first 30 days

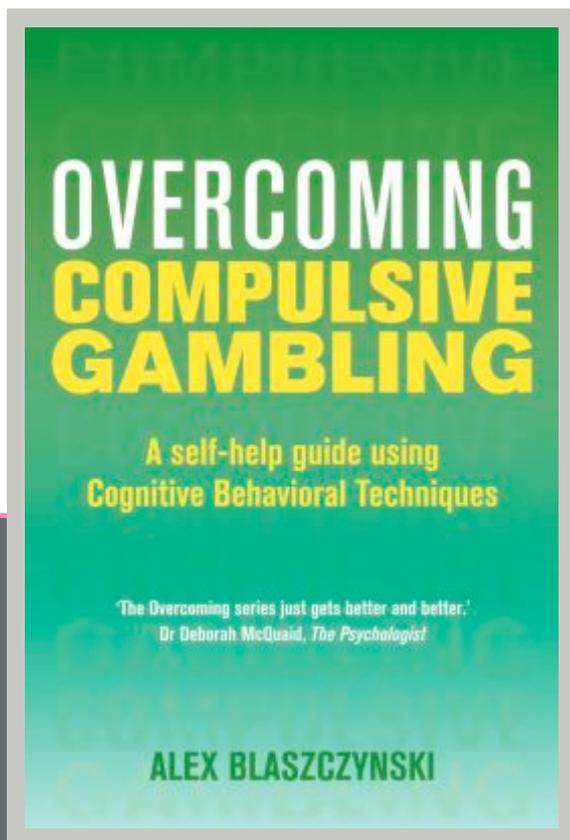
by Kelly Madigan Erlandson

Already hailed as "a thoughtful and comprehensive guide to those early, crucial days of sobriety," this groundbreaking new book is different from anything else on the market.

As an alcohol and drug counsellor for more than 20 years who has helped thousands into recovery, the author does not focus on trying to diagnose the problem; instead, she compassionately guides you through the first 30 days of sobriety - the most crucial part of recovery. She gives you practical, day-by-day advice for becoming and staying sober - from removing alcohol and alcohol-related items from your house to picking the recovery program that fits your needs.

books for 18+
addiction

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Overcoming Compulsive Gambling

by Alex Blaszczynski

Struggling with a gambling habit? If you feel that a 'flutter' has evolved into something out of your control, this indispensable book is for you.

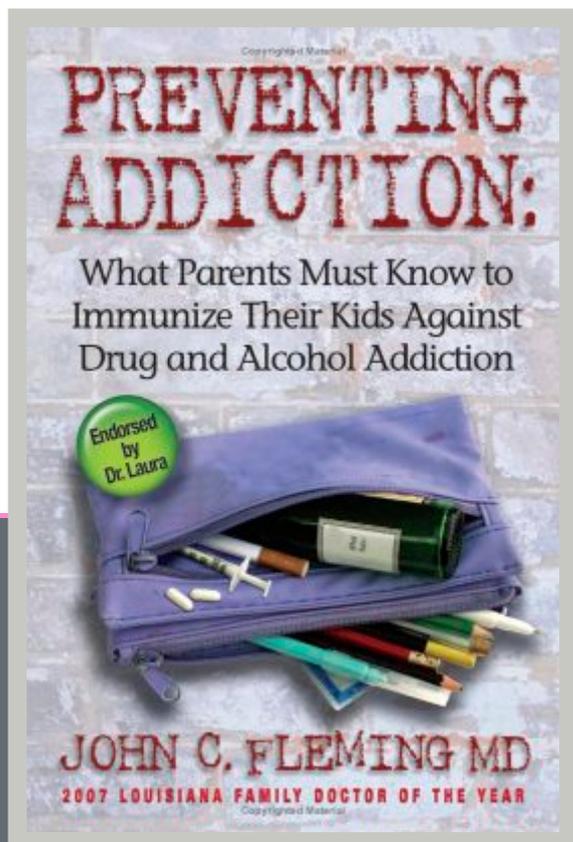
This self-help manual uses cognitive behavioural techniques, pioneered by clinical psychologist Professor Alex Blaszczynski, and now used all over the world, to help with gambling addiction.

It will help you to understand how your own gambling problem has developed and what is keeping it going; also, crucially, how to develop the motivation to stop and control any future urges to gamble again.



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books for 18+
addiction



Preventing Addiction: What parents must know to immunize their kids against drug and alcohol addiction

by John Fleming

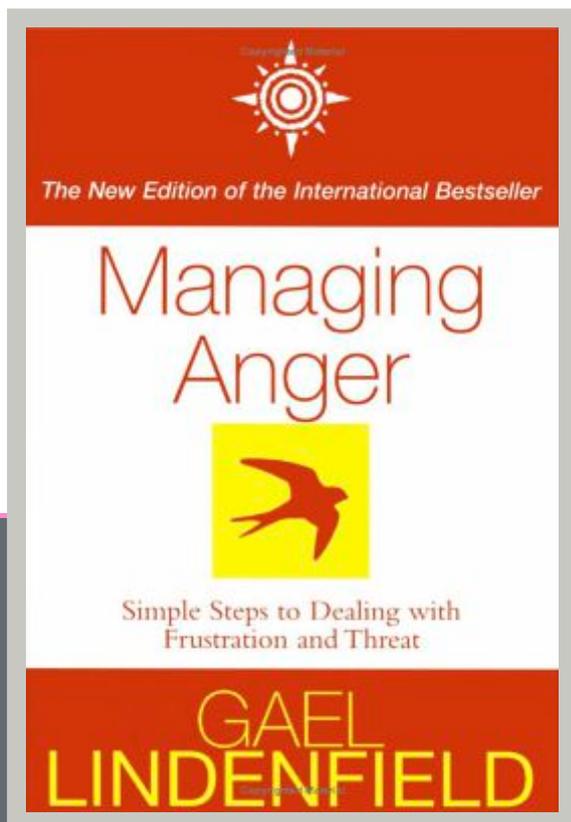
"Addiction is a chronic, progressive and incurable disease" says author John C. Fleming, a Louisiana physician who specializes in treating individuals and families facing the problem. "Though treatable, recovery rates are very low."

Prevention is the only guaranteed way to avoid the life-long, personal and family misery associated with drug abuse, Fleming maintains.

In his groundbreaking book, Fleming shows parents how to truly "drug-proof" their children. Parents wanting to help their children avoid drugs altogether as well as parents who already face the prospect of a drug-using child or teen will benefit greatly by reading and implementing the techniques described in his book.

books for 18+
anger

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Managing Anger

by Gael Lindenfield

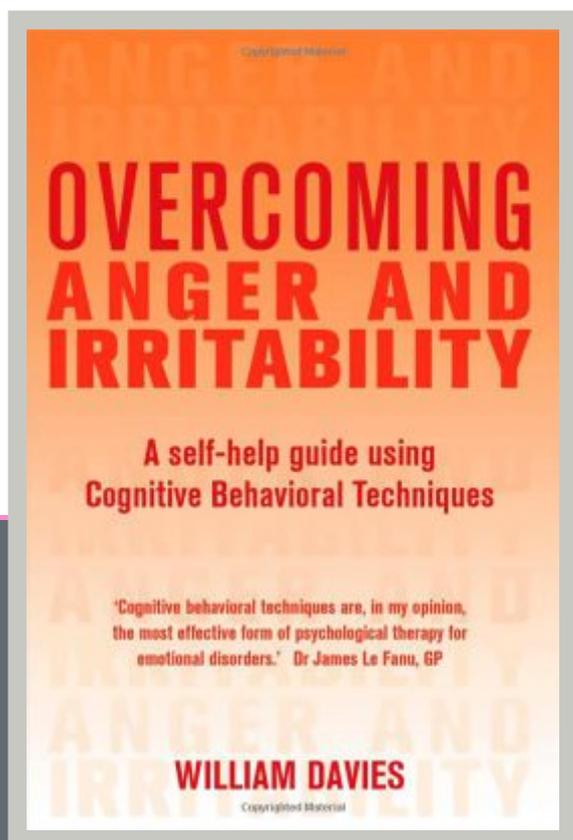
Anger is a natural emotional response to threat, hurt, frustration or loss. As such, it's a healthy survival tool - 'Letting off Steam' is a vital means of releasing a build-up of emotional pressure. But anger is also a dangerous force. Uncontrolled fury can lead to rash words, violence and destructiveness, while repressed rage can result in bitterness, stress, misery and guilt.

Both extremes can seriously damage your health. In 'Managing Anger', Gael Lindenfield clearly explains the effects of anger on our minds and bodies, and suggests ways of dealing both with our own anger and that of other people.



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books for 18+
anger



Overcoming Anger and Irritability: A self help guide using Cognitive Behavioural Techniques

by William Davies

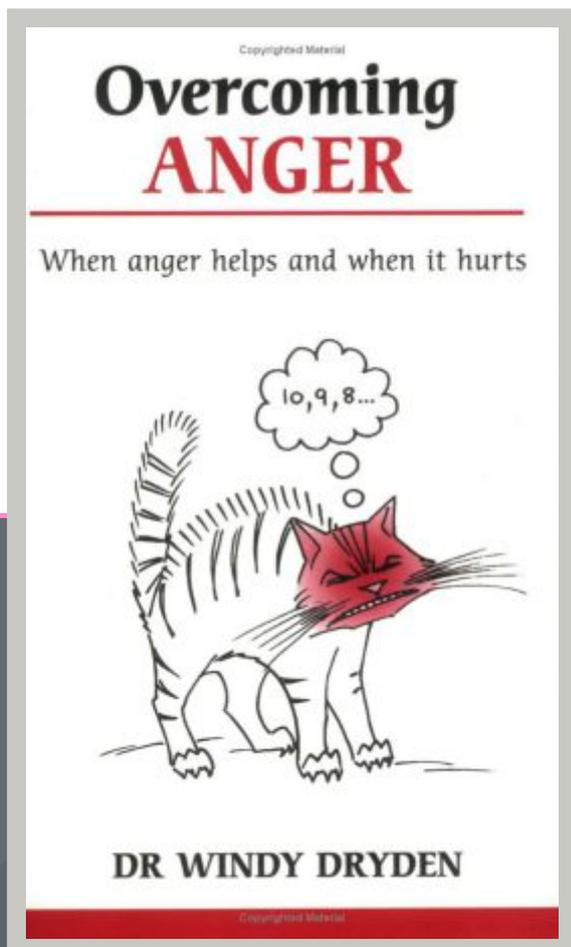
This is a self-help manual for those who find that they are spoiling the lives of both themselves and those around them with their almost constant irritability and flashes of bad temper.

It speaks to those who often find themselves saying and doing things they later regret. It will help the reader understand why such behaviour occurs and what can be done to prevent it.

Like all the Overcoming guides it takes a positive approach for which the long-term goal in this case is lasting 'good temper' and also looks at how best to handle situations which would tax even the most good-natured person.

books for 18+
anger

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Overcoming Anger: when anger helps and when it hurts

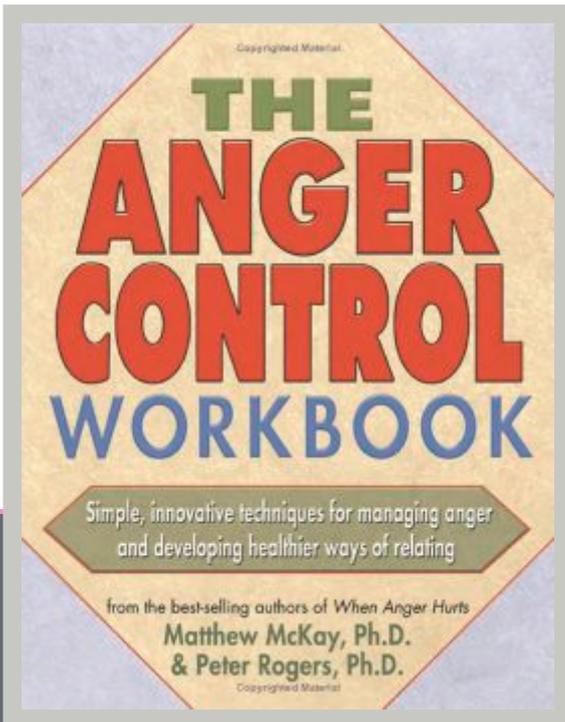
by Windy Dryden

Windy Dryden draws a distinction between healthy and unhealthy anger, and shows you how you can control your unhealthy anger by understanding what triggers it.

Unhelpful beliefs and rigid expectations can lead to a cycle of unhealthy anger, which can be dangerous and destructive. However the good news is that you can change this pattern, and develop strategies to express your anger in a helpful way, so that you can communicate what you feel without scaring yourself or those close to you.

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books for 18+
anger



The Anger Control Workbook

by Matthew McKay & Peter Rogers

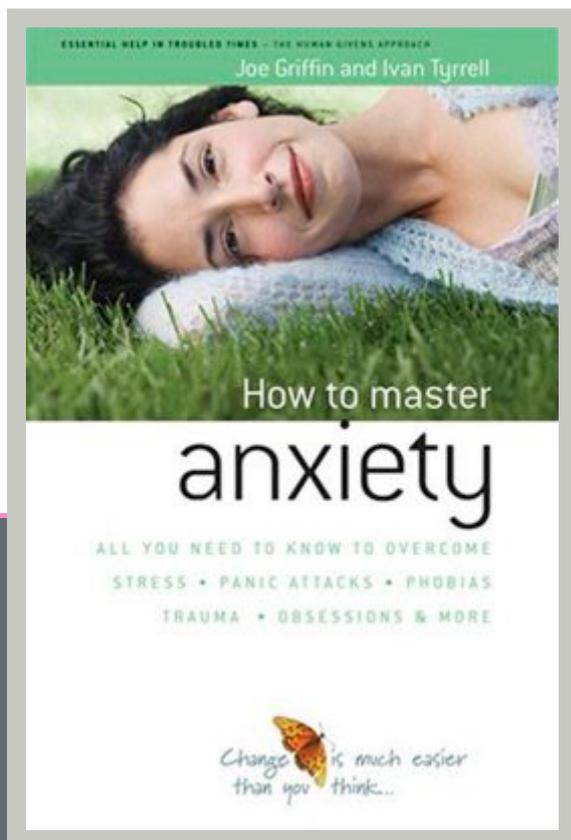
The Anger Control Workbook offers a new and highly effective approach to anger control that gives you the tools you need to manage anger in your day-to-day life. You'll get a deeper understanding of how anger affects all areas of your life—both physically and emotionally—and within a few weeks feel the benefits of controlling destructive anger.

This workbook shows you how to practice new coping behaviours that allow you to gain control in anger-stimulating situations.

Throughout, the techniques are streamlined and presented in a clear, step-by-step format, including numerous exercises and worksheets. It's arranged to make it as easy as possible to put together a programme tailored to your own personal obstacles and triggers.

books for 18+
anxiety

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How to Master Anxiety: A practical handbook

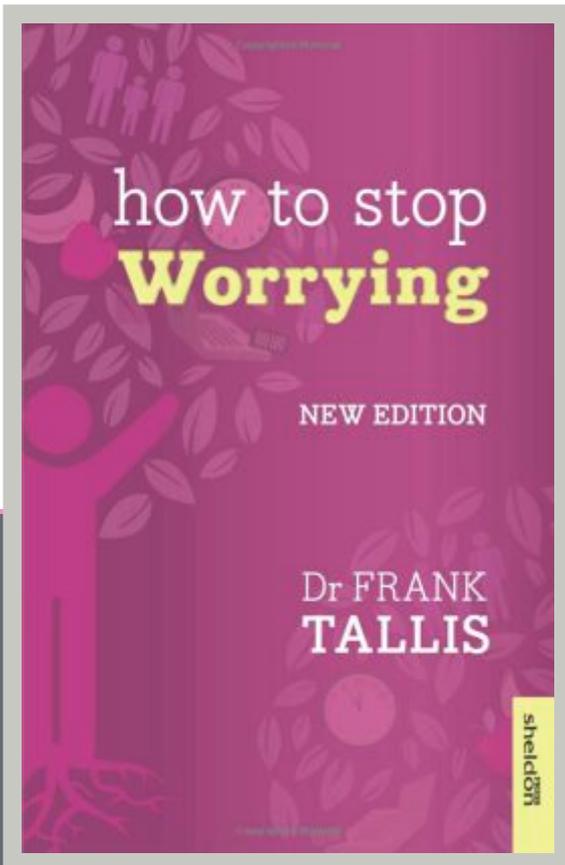
by Joe Griffin & Ivan Tyrrell
with Denise Winn

Thousands of people suffer from a wide range of anxiety disorders, such as panic attacks and phobias through to post-traumatic stress and obsessive thoughts.

This book throws lights on these problems, explaining how to recognise and deal with the symptoms.

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books for 18+
anxiety



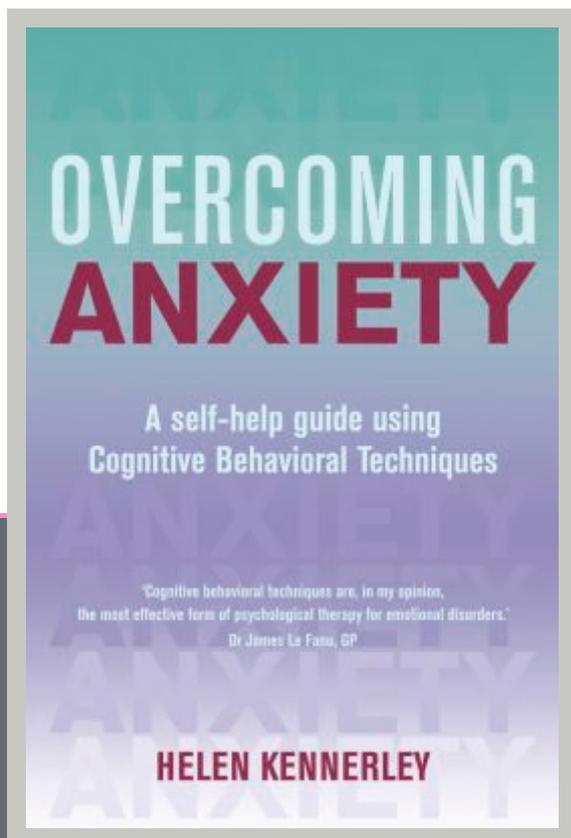
How to Stop Worrying

by Frank Tallis

A guide to making worry work for you, helping you to avoid stress and anxiety. The author sets out to teach, how to understand fear and face the possibilities of life calmly.

books for 18+
anxiety

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Overcoming Anxiety

by Helen Kennerley

Overcoming Anxiety has been developed as a self-help manual by Dr Helen Kennerley at her clinic in Oxford. A whole range of anxieties and fears is explained, from panic attacks and phobias to 'burn out' and executive stress.

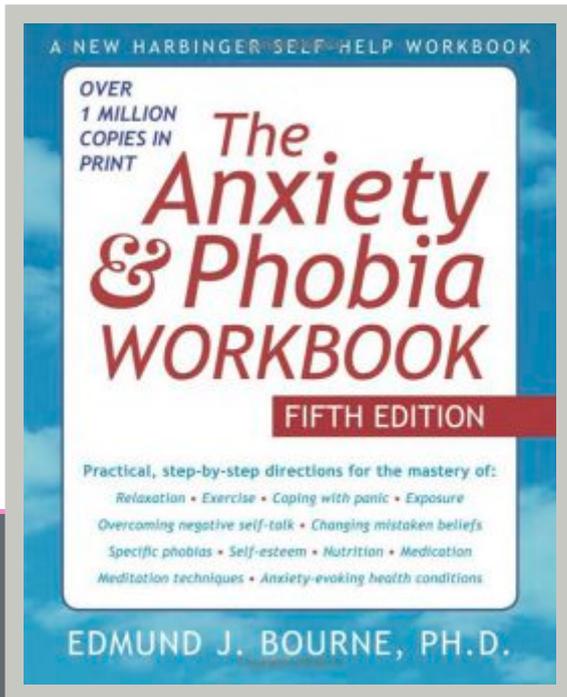
It is an indispensable guide for those affected, their friends and families, psychologists and others working in the medical profession. It includes an introduction to the nature of anxiety and stress.

This book contains an easy-to-follow self-help programme and check sheets. It is based on successful, clinically proven techniques of cognitive therapy.



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books for 18+
anxiety



The Anxiety and Phobia Workbook

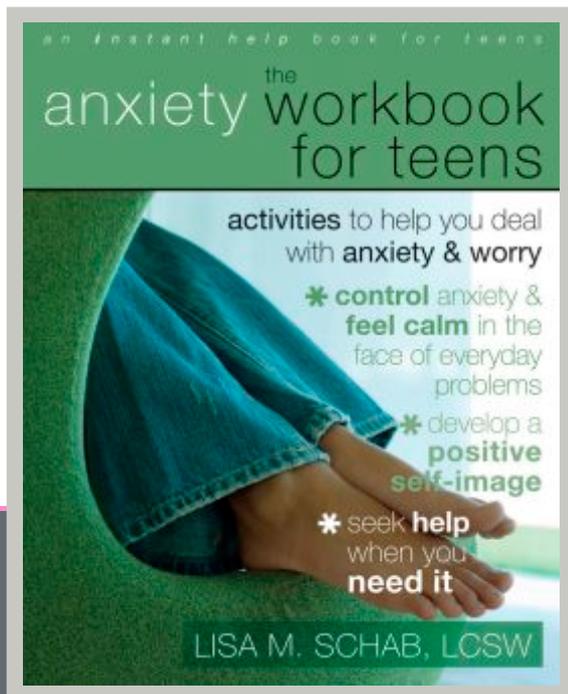
by Edmund J. Bourne

The Anxiety and Phobia Workbook has already helped over one million readers make a full and lasting recovery from generalized anxiety disorder, social anxiety, specific phobias, panic attacks, obsessive compulsive disorder, and other anxiety-related issues.

Packed with the most effective skills for assessing and treating anxiety, this workbook can be used alone or as a supplement to therapy to help you develop a full arsenal of skills for quieting worried thoughts and putting yourself back in control.

books for 18+
anxiety

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The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry

by Lisa M. Schab

Anxiety disorders typically relate to other problems, including school failure and depressive disorders. About one in four teens suffers from mild to serious problems with anxiety, and many of them get little or no help. The Anxiety Workbook for Teens, written by an experienced therapist, gives the reader a collection of tools to help control anxiety and face day-to-day challenges, and that develop a positive self-image. There are also resources for seeking additional help and support.

Working in your own home at your own pace, this book will teach you to change your anxious thoughts. The author Lisa Schab is a licensed clinical social worker with a private counselling practice in a suburb of Chicago. She teaches workshops on self-help and relaxation for the general public and professional training courses for therapists.

This is an absolutely essential text and a vital resource for teenagers and their parents.





When Panic Attacks

by Aine Tubridy

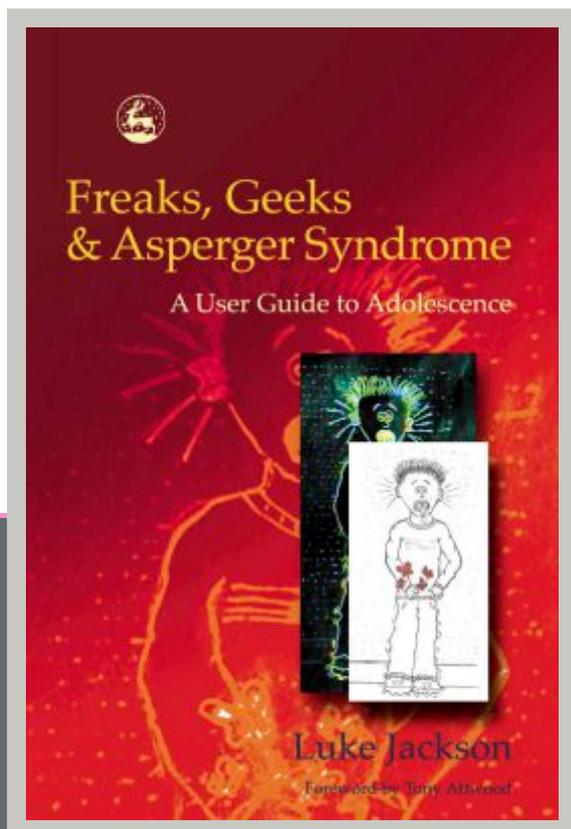
When Panic Attacks explains the psychology and physiology underlying panic. It makes sense of why a sufferer is radically altered after their first panic attack, and how they come to inhabit a new world full of threats, both external and internal. Dr Aine Tubridy gives an understanding of the innermost thoughts of those who panic. She documents their deep sense of alienation from others, and how they feel split off from a body they can't control.

Grounded in years of clinical experience and research, Dr Tubridy shows how you can control panic attacks through a variety of skills. She includes muscle relaxation exercises, thought management, changing avoidance behaviours, exercises targeting the chakra system, homeopathic remedies and psychotherapy. This book calls for a change in the way society looks at this subject, which has been medicalized for too long, rather than being seen as a personal dilemma to which there is a unique solution.

Accompanying When Panic Attacks is a free CD on which Dr Tubridy guides you through the main points of the book. It also contains an 'emergency drill' for immediate help on the first signs of an attack and 'maintenance exercises', designed to teach you breathing and relaxation techniques.

books for 18+
autism & aspergers

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Freaks, Geeks And Asperger Syndrome

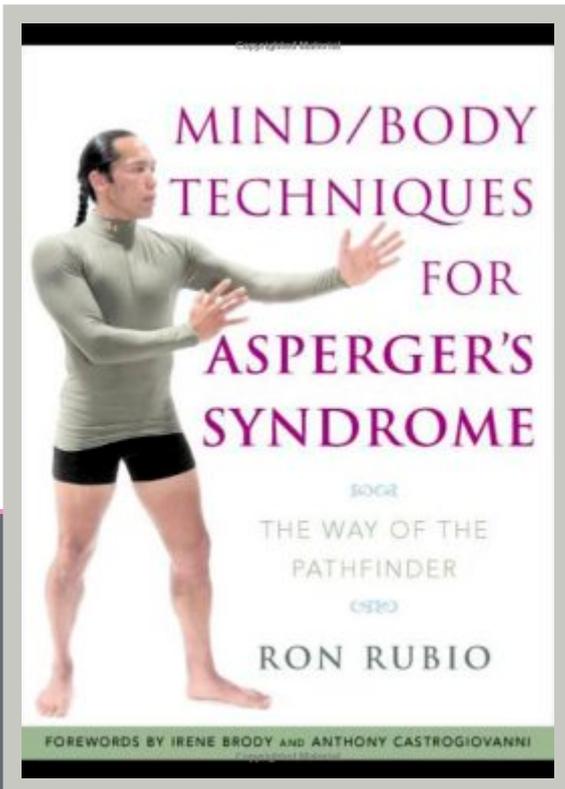
by Luke Jackson

The author is an adolescent with Asperger's, which gives him the special insight about the subject, but he adds to this a sense of humour and a lilting writing style which makes the book compelling and particularly relevant for AS teens.

He examines topics such as fixations and fascinations, diets, sleep, problems with socializing at school, dating, homework, dealing with bullies, moral dilemmas, and even an explanation of idioms that are particularly perplexing for those with Asperger's syndrome (e.g. "feeling under the weather?"; "bark is worse than his bite").

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books for 18+ autism & aspergers



Mind/Body Techniques for Asperger's Syndrome

by Ron Rubio

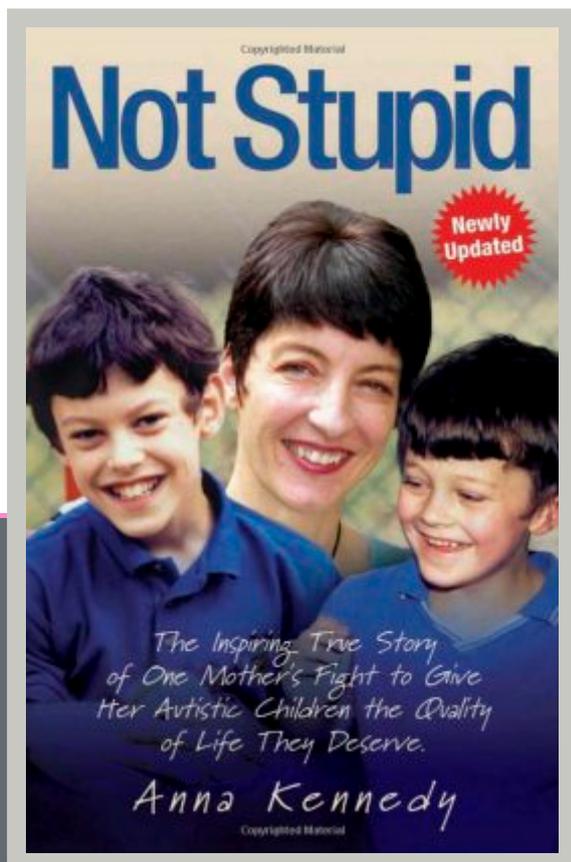
People with Asperger's syndrome (AS) typically experience difficulty with balance, gait, coordination and sensory integration. The mind/body exercises in this DVD enable young people with AS to improve these skills, leading to greater self-confidence, and independence.

With clear explanations and demonstrations, this DVD covers a variety of simple, calming exercises designed to influence the way the individual stands, sits, moves, thinks of him - or herself, and relates to others. Ron Rubio's approach integrates ideas and practices from disciplines including martial arts, Eastern principles of mindfulness, techniques of visualization, breathing, posture, and movement, and the practice of mentoring.

The DVD complements the author's book "Mind/Body Techniques for Asperger's Syndrome" and is a practical introduction to Pathfinder techniques for adolescents with AS, their parents, professionals including physical therapists, pediatricians, cognitive and behavioural specialists, and special education teachers who work with them.

books for 18+
autism & aspergers

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Not Stupid

by Anna Kennedy

Turned away by no fewer than 26 special needs schools when searching for appropriate educational facilities for their boys, Anna and Sean were down - but not out. Anna was determined to prove that for children like their sons, the challenges of growing up with autism - to demonstrate to the world that they were simply Not Stupid - did not have to end in defeat.

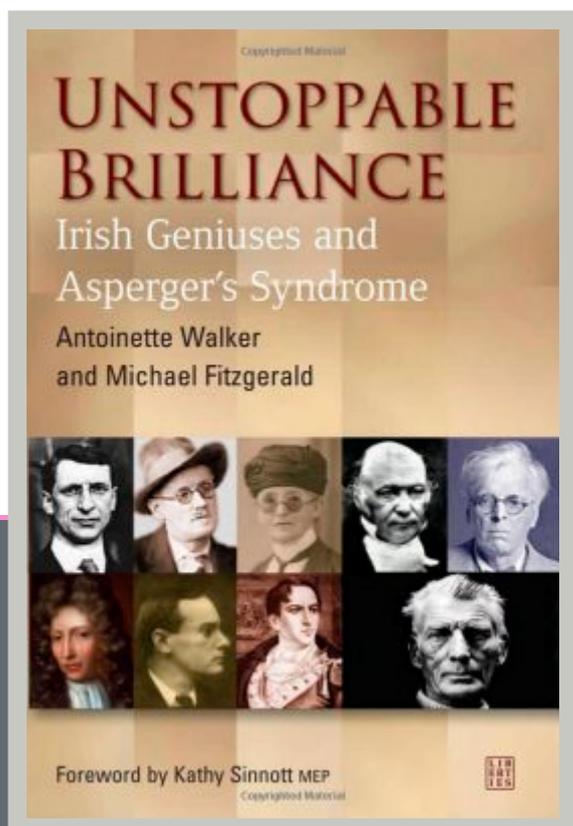
Through sheer guts and determination, they turned their situation into a victory by establishing a centre of excellence for the care and support of those with autism. With more than half a million people in Britain affected by autism, it is little wonder that their school quickly became over-subscribed - proof that educational provision in this field is inadequate in the United Kingdom today, and proof also that it is still possible to transform a vision into reality through simply not giving up.

Anna's story, and that of her ever-improving sons, is a beacon of inspiration for parents of special needs children all over the country. Not Stupid offers readers a rollercoaster of emotions but most of all it offers a real sense of hope for those whose lives are affected by autism.



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books for 18+
autism & aspergers



Unstoppable Brilliance

by Antoinette Walker & Michael Fitzgerald

The subject of autism and Asperger's syndrome are receiving ever greater coverage in the media, in films such as 'Rainman' and literature - most notably in the hugely successful book 'The Curious Incident of the Dog in the Night-Time' by Mark Haddon which won the Whitbread Prize.

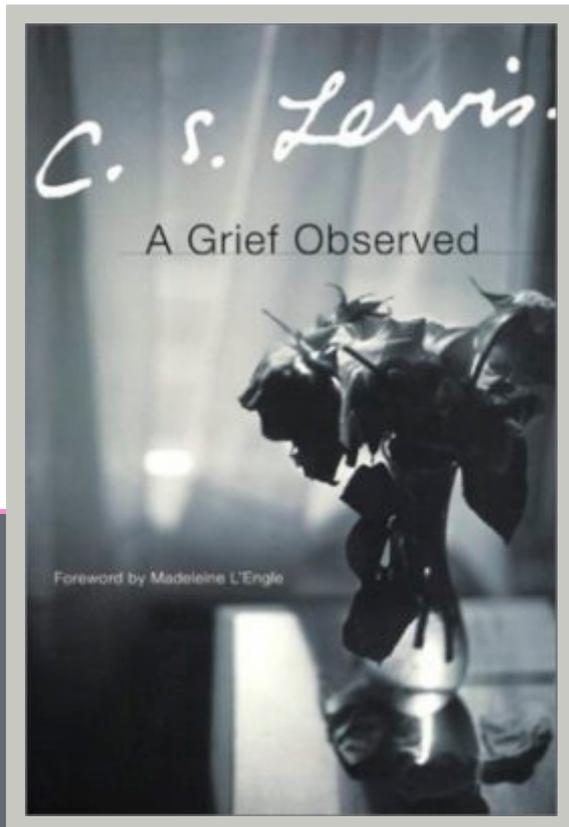
Very often people who are affected by Asperger's exhibit high level abilities in certain areas, and other physical or behavioural traits may also be apparent.

In Unstoppable Brilliance, the authors seek to demonstrate the particular facts and attributes of many well-known Irish historical figures, and show that in many ways their drive, focus and considerable achievements were almost inevitable given their high-level aptitude in particular fields - an aptitude not entirely of their own making or volition.

BEREAVEMENT & LOSS

books for 18+
bereavement & loss

32



A Grief Observed

by C.S.Lewis

Written after his wife's tragic death as a way of surviving the "mad midnight moment," *A Grief Observed* is C.S. Lewis's honest reflection on the fundamental issues of life, death, and faith in the midst of loss.

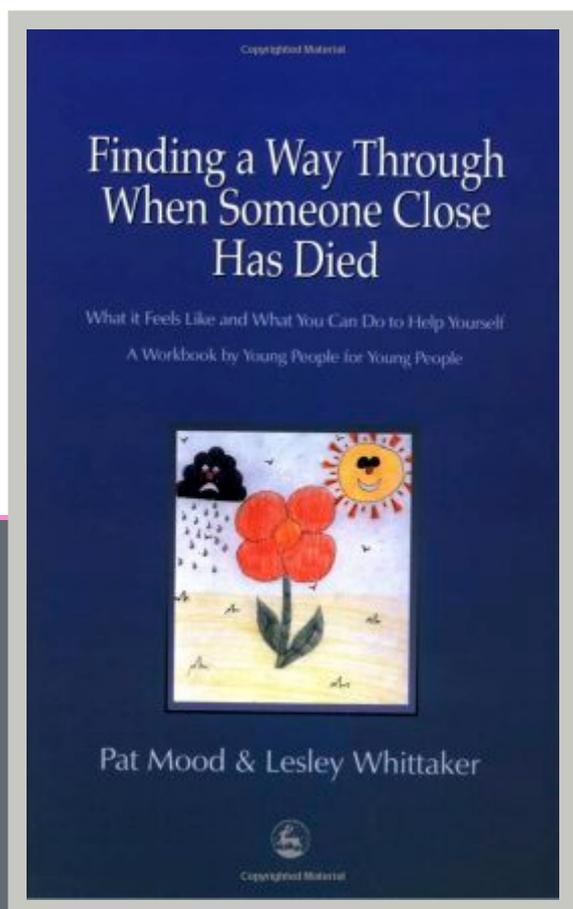
This work contains his concise, genuine reflections on that period: "Nothing will shake a man - or at any rate a man like me - out of his merely verbal thinking and his merely notional beliefs. He has to be knocked silly before he comes to his senses. Only torture will bring out the truth. Only under torture does he discover it himself."

This is a beautiful and unflinchingly honest record of how even a stalwart believer can lose all sense of meaning in the universe, and how he can gradually regain his bearings.



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books for 18+ bereavement & loss



Finding a Way Through When Someone Close Has Died

by Pat Mood & Lesley Whittaker

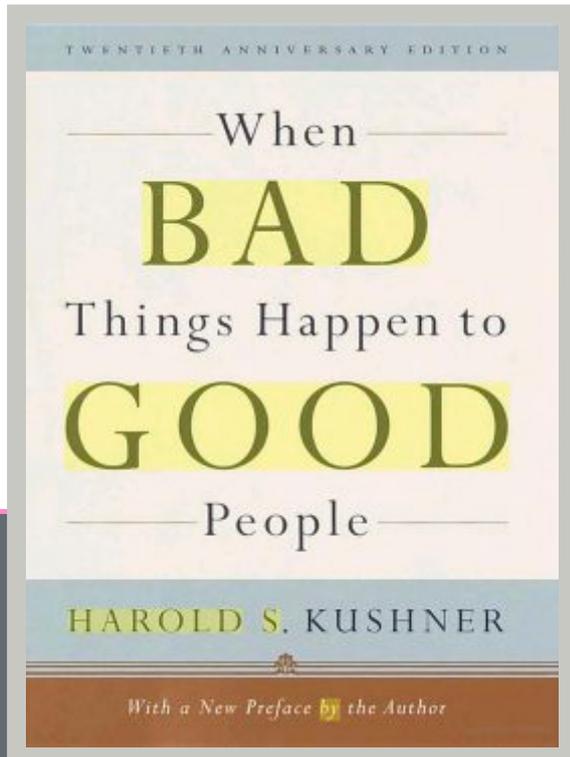
Written by children for children, this unique workbook is both written and illustrated by children and teenagers who have experienced the death of someone close to them - a parent, grandparent, sibling or friend. They describe their often confusing thoughts and emotions immediately after the bereavement and discuss how their day-to-day lives were affected, including such diverse issues as the reactions of those around them, practical changes and managing school and schoolwork.

They offer advice, based on their own experiences, on how to cope with the practical and emotional upheavals of bereavement. The workbook's interactive style encourages readers to write about and draw their own feelings and experiences, to consider personal coping strategies and examine their relationships with those around them who may be able to offer support. Advice on how to seek external support and a list of helpful agencies are also provided.

The supportive and interactive style of this book will make it a valuable source of help and encouragement for bereaved children and teenagers. It will also be useful to adults seeking to understand how children and teenagers experience bereavement.

books for 18+
bereavement & loss

34



When Bad Things Happen to Good People

by Harold S. Kushner

When Harold Kushner's three-year-old son was diagnosed with a degenerative disease and was told that he would only live until his early teens, he was faced with one of life's most difficult questions: Why, God?

Years later, Rabbi Kushner wrote this straightforward, elegant contemplation of the doubts and fears that arise when tragedy strikes.

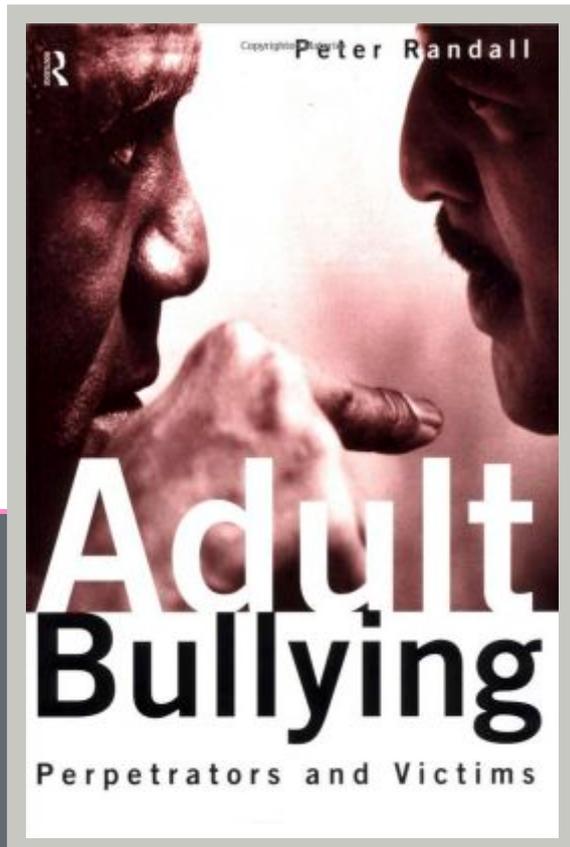
Kushner shares his wisdom as a rabbi, a parent, a reader, and a human being. Often imitated but never superseded, *When Bad Things Happen to Good People* is a classic that offers clear thinking and consolation in times of sorrow.





books for 18+
bullying

35



Adult Bullying - Perpetrators and Victims

by Peter Randall

Peter Randall describes the processes that turn child bullies into adult bullies, often aware of their behaviour but unable to stop it. The workplace and the neighbourhood replace the playground, but the tactics and patterns of reward remain the same.

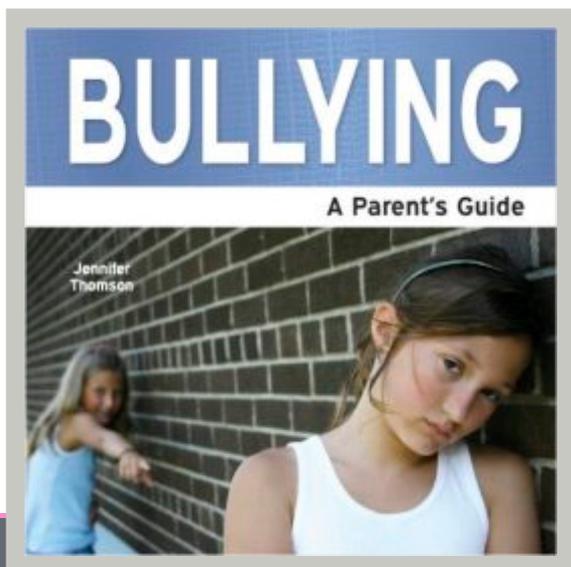
The adult victim has little or no more power than the child counterpart, often changing jobs to escape the attentions of the bully. Similarly, managers like teachers, often fail to tackle the complaints of the victim with the seriousness the problem deserves, preferring to believe that the fuss is unwarranted.

Adult Bullying will be welcomed by managers, counsellors, social workers and anyone who has experienced personal harassment. Effective ways to deal with bullying in the community and the workplace are discussed, with particular attention given to the implications for managers and employees.



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books for 18+
bullying



Bullying: A Parents Guide

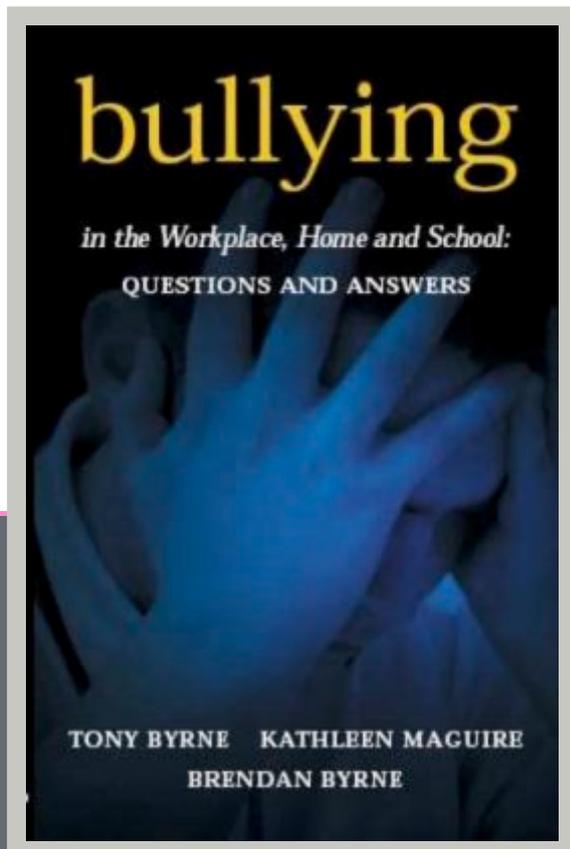
by **Jennifer Thomson**

Is your child being bullied? How do you deal with bullying? How do you talk to children about bullying? Jennifer Thomson's informative guide will give a whole new perspective on this age-old problem that blights children's lives.

The book offers answers to important questions like why are children bullied and how can parents can stop bullying from happening. It also provides proven methods to help a bullied child boost low self-esteem.

books for 18+
bullying

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Bullying in the Workplace, Home, and School

by Dr. Tony Byrne Sr, Kathleen Maguire
& Dr Brendan Byrne

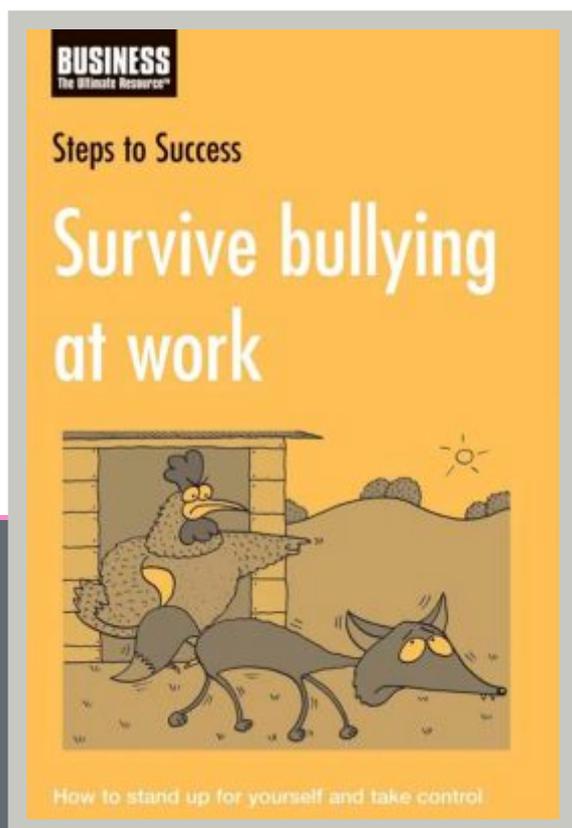
Professor Mona O'Moore Head of the Anti-Bullying Centre, Trinity College, Dublin, has stated that "this book will help to fill the gap, addressing the serious and complex issues facing children, parents, teachers, workers and employees in Ireland today."

Marie Murray, author and clinical psychologist, has stated that "This book is an important collation of many perspectives on bullying in the workplace, home and school. It addresses the questions and concerns of those who have suffered or witnessed the suffering caused by bullying and the lived experience of those who have to cope with this problem in their lives. This book answers the specific questions that arise from these experiences in an informed and sympathetic way. It invites the reader into a particularly healing journey where reassurances are provided. Unique to the book are the reflections, which allow the reader to engage in a personal therapeutic process. This book is recommended for anyone who has suffered at the hands of bullying."



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books for 18+
bullying



Survive Bullying At Work - How to stand up for yourself and take control

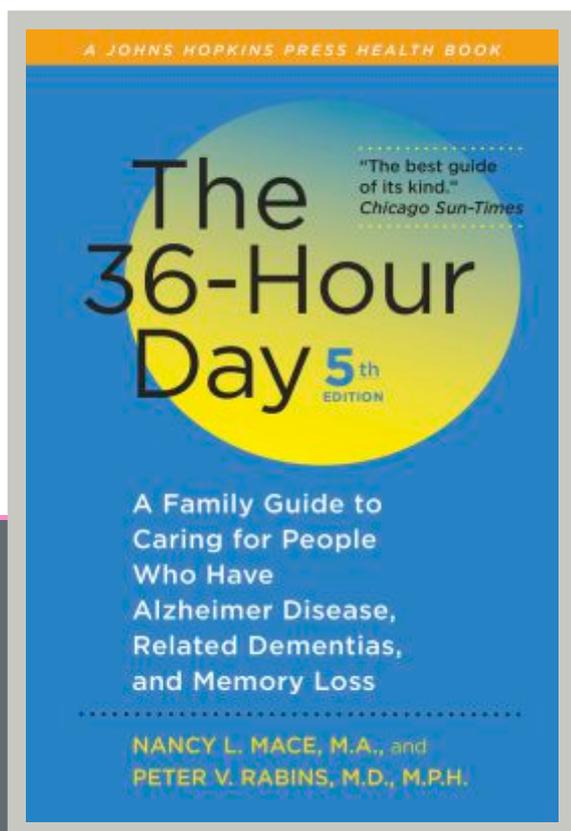
by Lorenza Clifford

In this summary, you will learn

- How to recognise workplace bullying
- Why bullies bully
- How to evaluate your options and assert your rights if you are being bullied

books for 18+
dementia &
alzheimers

39



The 36-Hour Day

by Nancy L. Mace & Peter V. Rabins

Originally published in 1981, this was the first book of its kind. Thirty years later, with dozens of other books on the market, it remains the definitive guide for people caring for someone with dementia.

Now in a new and updated edition, this best-selling book features thoroughly revised chapters on the causes of dementia, managing the early stages of dementia, the prevention of dementia, and finding appropriate living arrangements for the person who has dementia when home care is no longer an option.





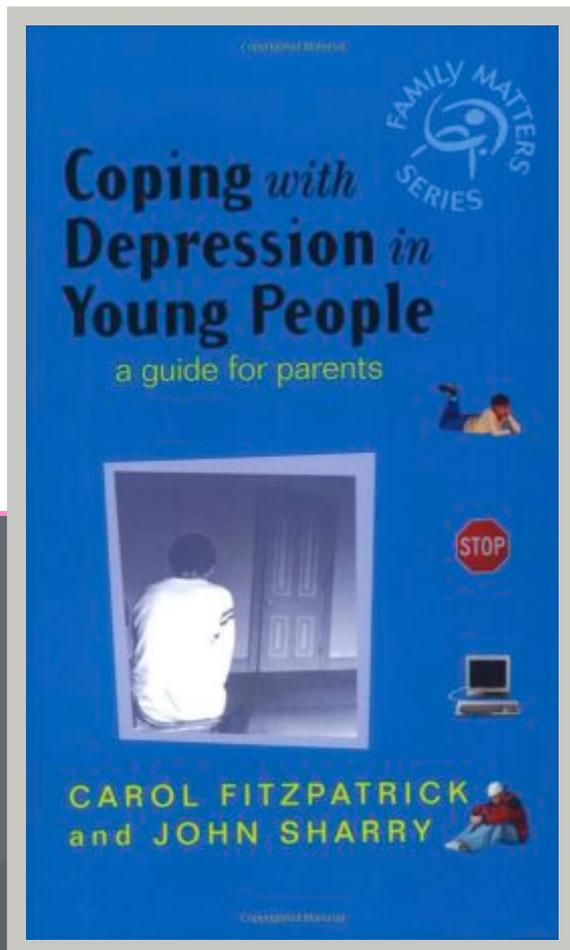
CENTRAL LIBRARY



Letterkenny Central Library

books for 18+
depression

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Coping with Depression in Young People

by Carolyn Fitzpatrick & John Sharry

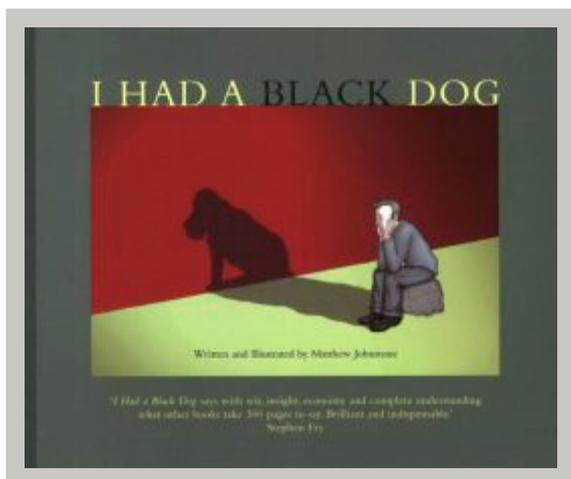
Coping with Depression in Young People shows parents how to tell the difference between the ordinary ups and downs and depression, helping them understand clinical warning signs and the various approaches to treatment.

This book offers parents practical guidance on how they can reach out to their children and find professional assistance.



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books for 18+
depression



I Had a Black Dog. His Name was Depression

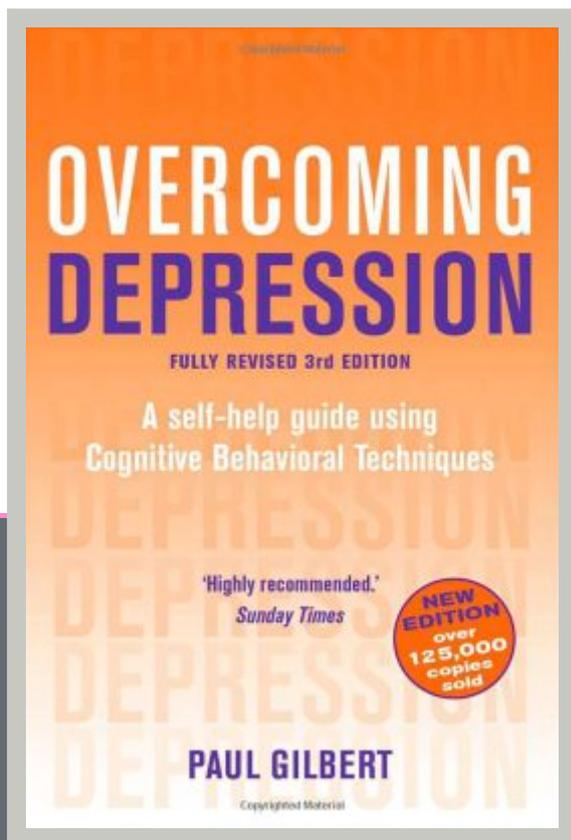
by Matthew Johnstone

There are many different breeds of Black Dog affecting millions of people from all walks of life. The Black Dog is an equal opportunity mongrel. It was Winston Churchill who popularized the phrase Black Dog to describe the bouts of depression he experienced for much of his life.

Matthew Johnstone, a sufferer himself, has written and illustrated this moving and uplifting insight into what it is like to have a Black Dog as a companion and how he learned to tame it and bring it to heel.

books for 18+
depression

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Overcoming Depression

by Paul Gilbert

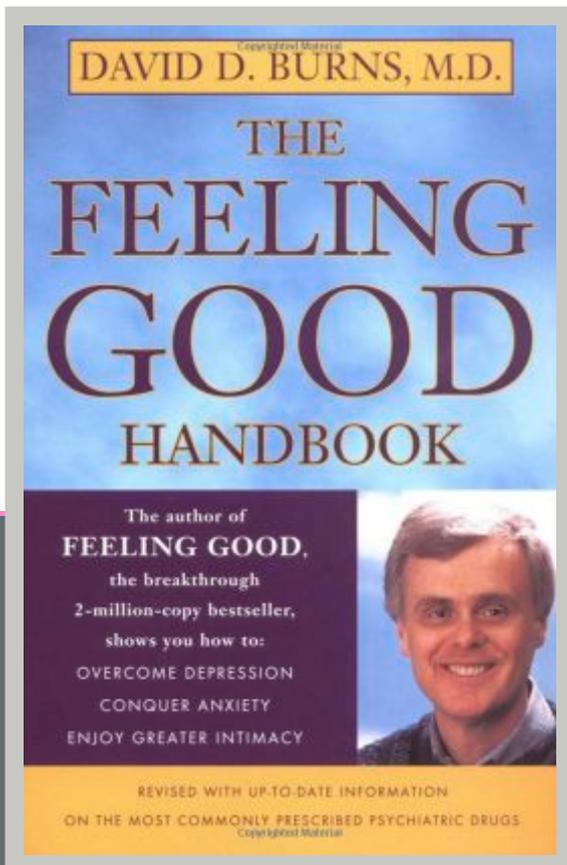
The Overcoming self-help guides use Cognitive Behavioural Therapy (CBT) techniques to treat disorders by changing unhelpful patterns of behaviour and thought.

CBT is internationally favoured as a practical means of overcoming longstanding and disabling conditions, both psychological and physical.



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books for 18+
depression



The Feeling Good Handbook

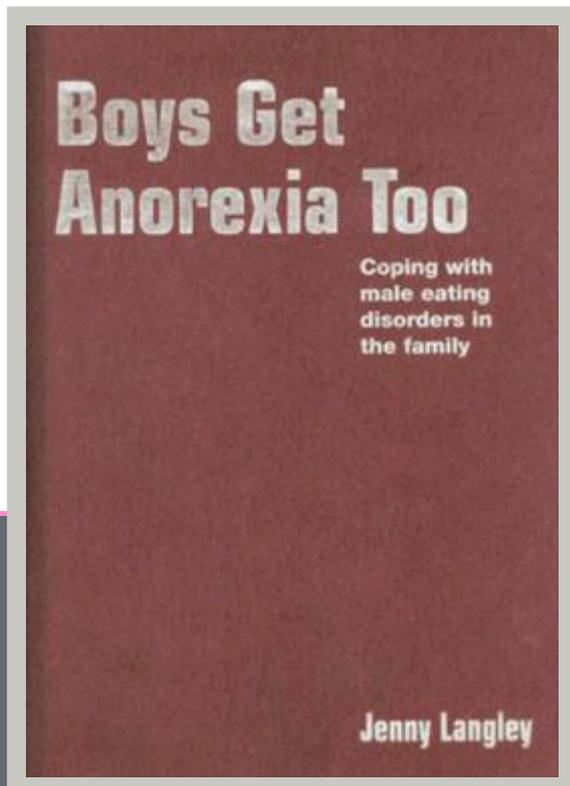
by David Burns

This book helps you: free yourself from fears, phobias and panic attacks; overcome self-defeating attitudes; discover the five secrets of intimate communication; put an end to marital conflict; and, conquer your procrastination and unleash your potential for success.

In *Feeling Good: The New Mood Therapy* Dr David Burns introduced a groundbreaking, drug-free treatment for depression that has helped millions of people around the world.

Now, in this long-awaited sequel, he reveals powerful new techniques and provides practical exercises that will help you cope with problems and learn how to make life a happier, more exhilarating experience.

books for 18+
eating disorders



Boys Get Anorexia Too: Coping with male eating disorders in the family

by Jenny Langley

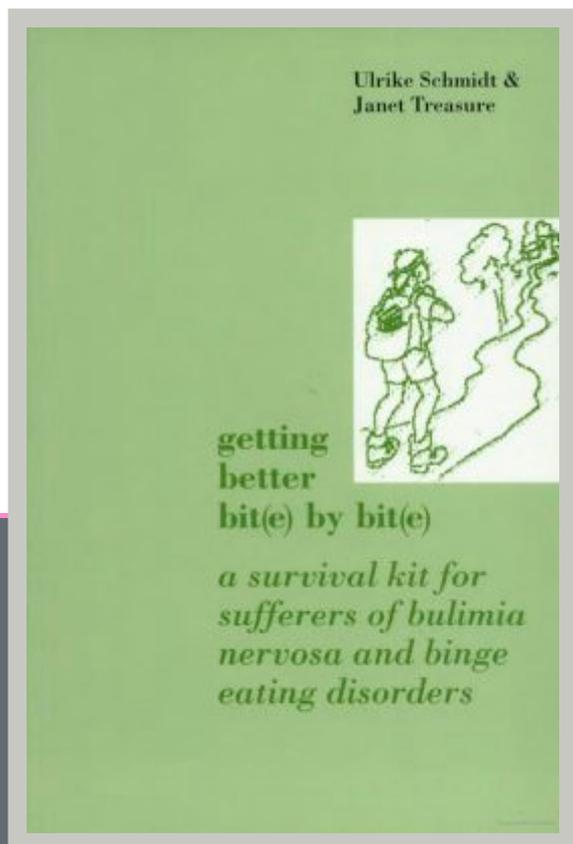
“Boys don’t get anorexia” is a phrase that any parent concerned about a son who is losing too much weight or exercising excessively will hear at some time or other, hopefully from an uninformed friend or relative rather than a healthcare professional.

Well boys do get eating disorders and in this very personal and insightful book Jenny Langley looks at what it means to have a son who does in fact have anorexia.



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books for 18+
eating disorders



Getting Better Bit(e) by Bit(e)

by Ulrike Schmidt & Janet Treasure

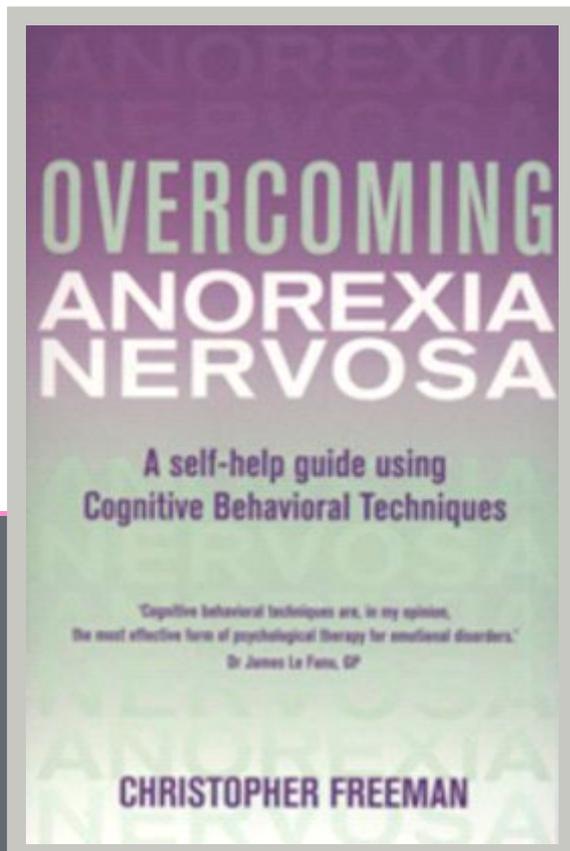
Easy to read and illustrated with many real-life examples, this book addresses the specific problems faced on a daily basis by bulimia sufferers.

The only self-help programme that has been evaluated in a randomised controlled trial, it provides detailed step-by-step advice for dealing with this condition.

Unlike other less problem-oriented books currently available on the subject, this book concentrates on the key behaviour changes necessary for the sufferer to achieve a happier and more fulfilled life. Theory is closely interwoven with practice and the book draws together real problems and solutions experienced by hundreds of sufferers.

books for 18+
eating disorders

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Overcoming Anorexia Nervosa

by Christopher Freeman

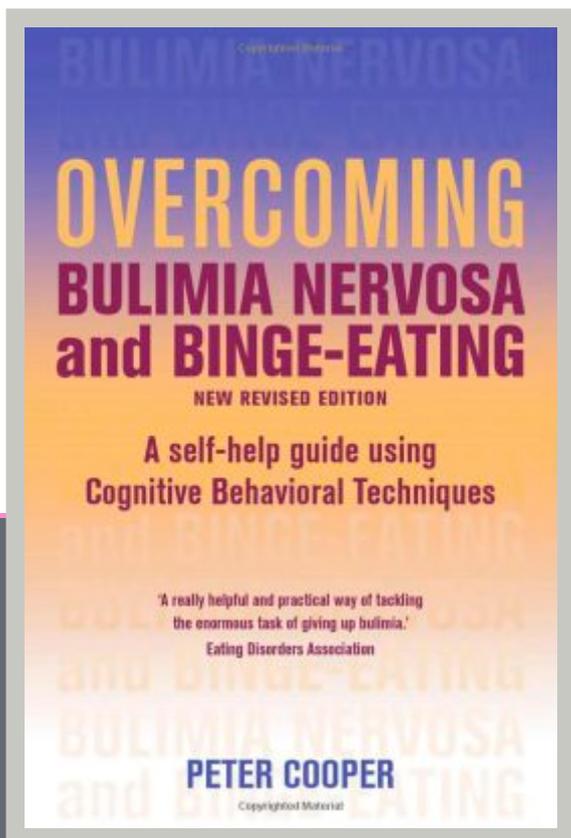
Overcoming Anorexia Nervosa was originally developed as a manual for anorexia patients at Christopher Freeman's eating disorders clinic in the Royal Edinburgh Hospital. It is the first self-help book based on cognitive behavioural therapy to counteract this well-known and widespread eating disorder. Cognitive Behavioural Therapy (CBT) is a now internationally established method of treating emotional disorders such as anorexia, depression and panic by changing negative patterns of thought. Anorexia nervosa occurs most frequently among young women, but affects both men and women of all ages, in all social groups, internationally.

The first part of this guide provides an introduction to the subject of anorexia nervosa and its treatment using cognitive behavioural techniques for therapists, sufferers and their families. The second part is a self-help programme for recovery based on the treatment, which the author has used in his work with hundreds of patients.



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books for 18+
eating disorders



Overcoming Bulimia Nervosa and Binge Eating

by Peter Cooper

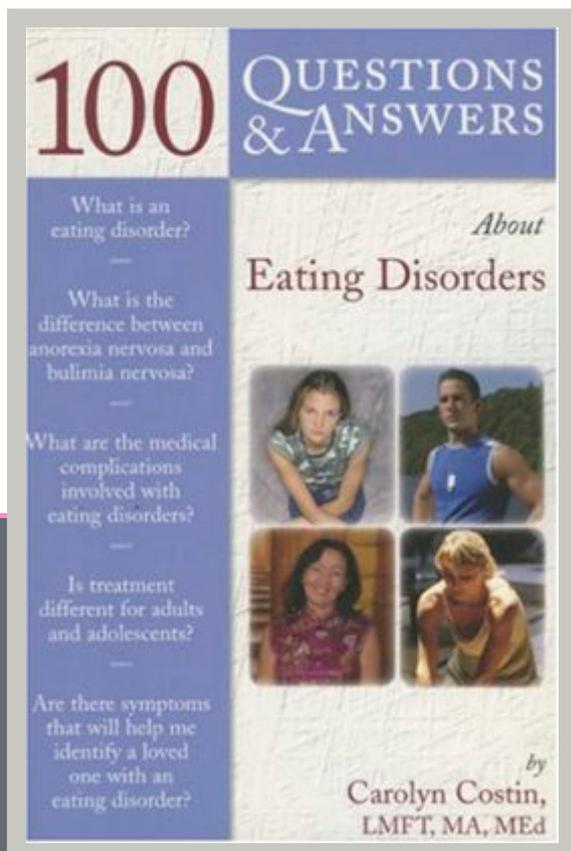
As many as one in 20 women in the western world suffer bouts of uncontrolled binge-eating. Going without food for long periods, making yourself vomit and taking laxatives you don't need are also common and are symptoms of bulimia nervosa. Such illness costs lives if not successfully treated.

Now in its second edition, Peter Cooper's sympathetic and highly acclaimed guide gives a clear explanation of the disorder and the serious health issues that can result from it. He describes the treatments available today and, most importantly, sets out a self-help guide for those who want to tackle their difficulties for themselves, with a step-by-step programme.

This is a real chance for sufferers to take the road to recovery, and will give their friends and family a much clearer understanding of the illness and its remedy.

books for 18+
eating disorders

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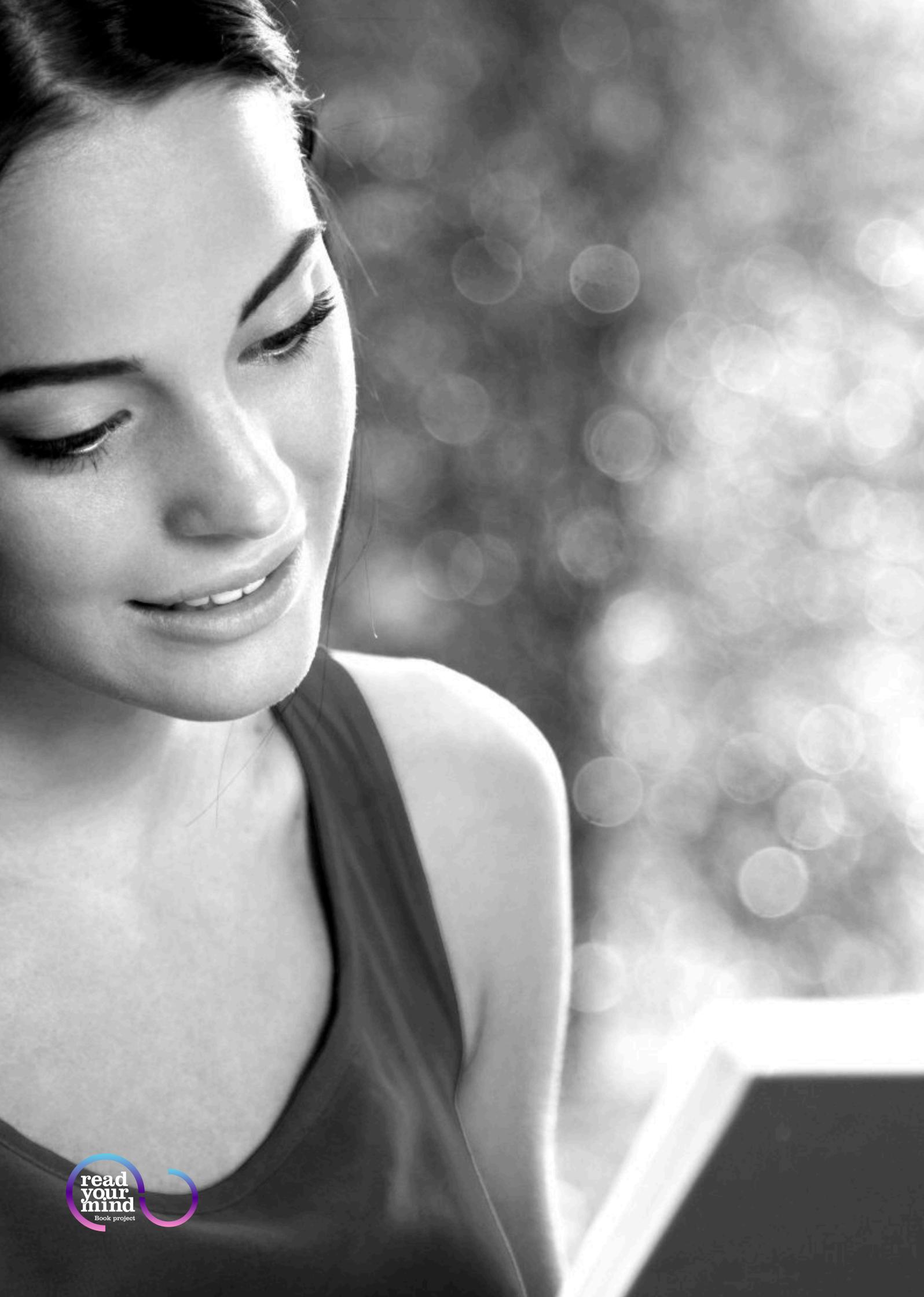
100 Qs & As About Eating Disorders

by Carolyn Costin

Approximately 3 percent of all females suffer from anorexia and up to 4 percent suffer from bulimia in their lifetimes. Whether you're a newly diagnosed patient with an eating disorder, or are a friend or relative of someone suffering from an eating disorder, this book offers help.

The only text available to provide both the doctor's and patient's views, 100 Questions & Answers About Eating Disorders gives you authoritative, practical answers to your questions.

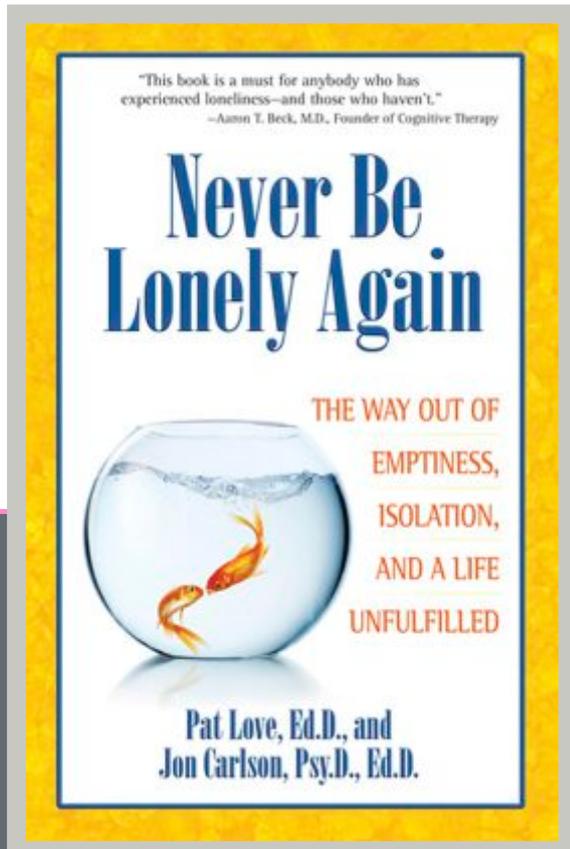




LONELINESS

books for 18+
loneliness

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Never be Lonely Again: The way out of emptiness, isolation and a life unfulfilled

by Pat Love & Jon Carlson

Even as relationship and behavioural experts, both Pat Love and Jon Carlson each found themselves battling the plague of loneliness. It was only after a momentous meeting with the Dalai Lama that Love and Carlson began to develop an effective approach that would re-calibrate the way they understood relationships.

Now with Never Lonely Again, readers will learn how to find the necessary time to maintain friendships, be truly present for a partner, and reach out to people when in need.

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books for 18+
loneliness



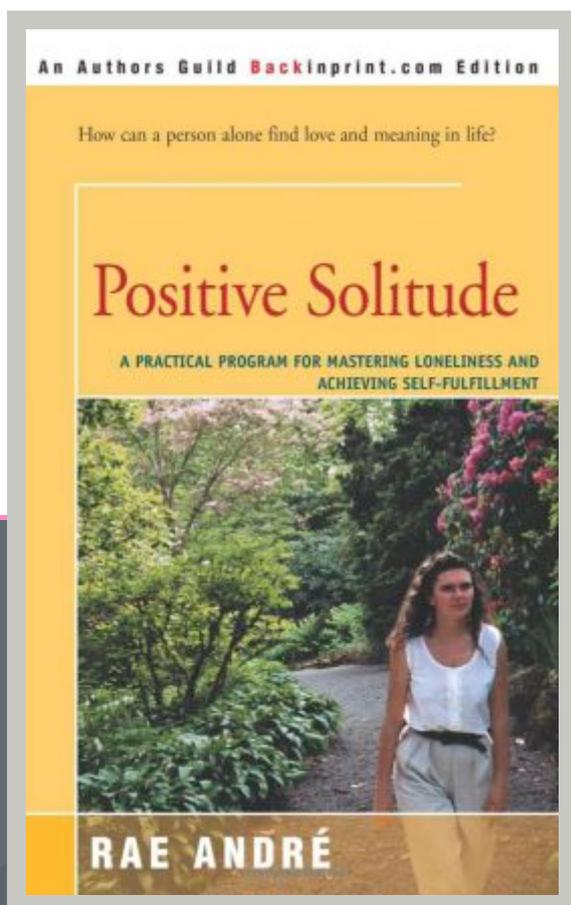
Overcoming Loneliness and Making Friends

by Marianna Csoti

Good friendships can help you through the trials of life as well as provide company and entertainment. However many people need help making new friends or maintaining current friendships. Shyness or other factors can interfere with the ability to form rewarding relationships.

books for 18+
loneliness

51



Positive Solitude

by Rae André

Being happy alone is an essential life skill that psychologist Rae André calls positive solitude. Here is an intelligent response to the loneliness, loss of community and desperate relationships that have become so much a part of our times.

This holistic approach explains how to avoid the traps of loneliness while learning to face the challenges of living alone.

Positive Solitude is a clear, practical guide for those who are newly alone or unhappy alone, and an affirmation for those who have long enjoyed their solitude.

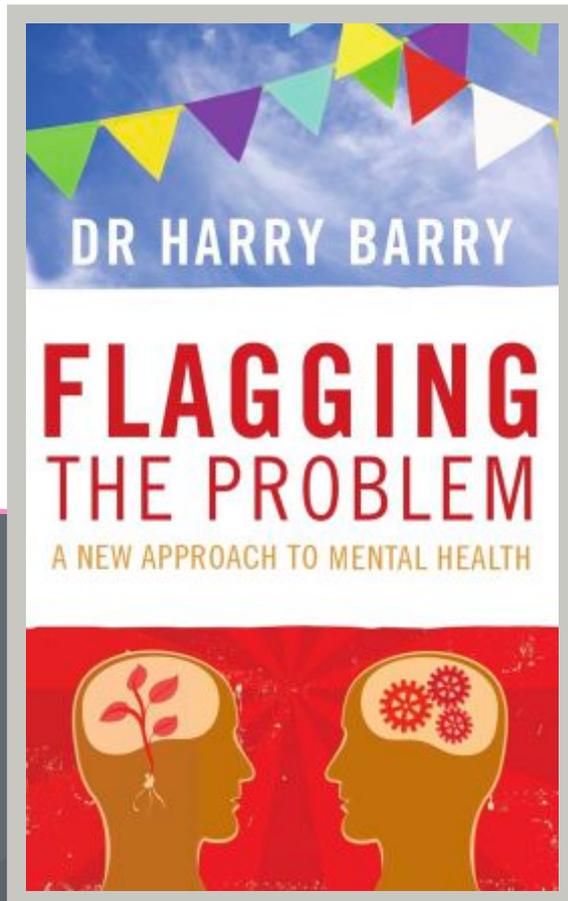




Milford Community Library

books for 18+
mental health

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Flagging The Problem: A new approach to mental health

by Harry Barry

Flagging the Problem uses a brand new way of identifying and dealing with mental health problems using colour-coded flags by a medical doctor with extensive experience and interest in the treatment of people with mental health issues.

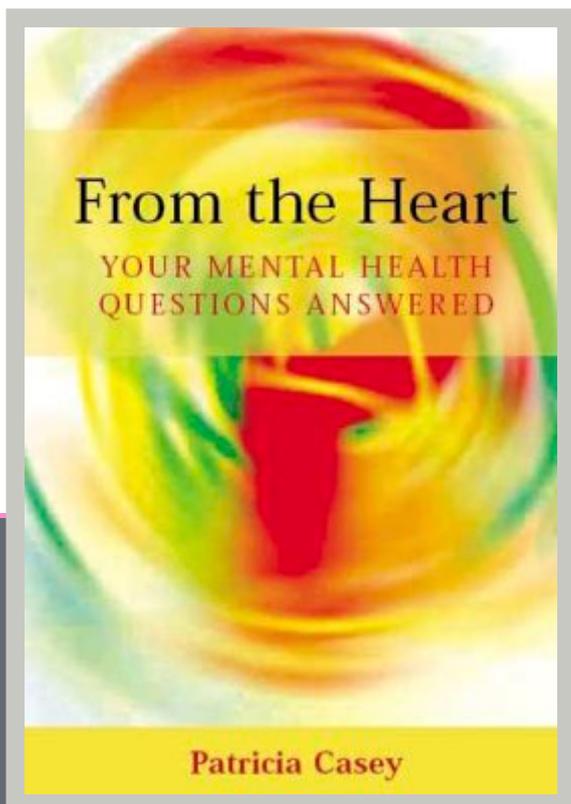
As Irish society undergoes rapid change and the pace of modern life seems ever faster, it is unsurprising that the issue of mental health has become more prominent and, thankfully, somewhat more openly discussed - and the provision of treatment better and more widely available.

Flagging The Problem: A New Approach to Mental Health is made up of five main sections. Each section, marked with a coloured flag, represents a particular mental state or area of concern.



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books for 18+
mental health



From the Heart: Your mental health questions answered

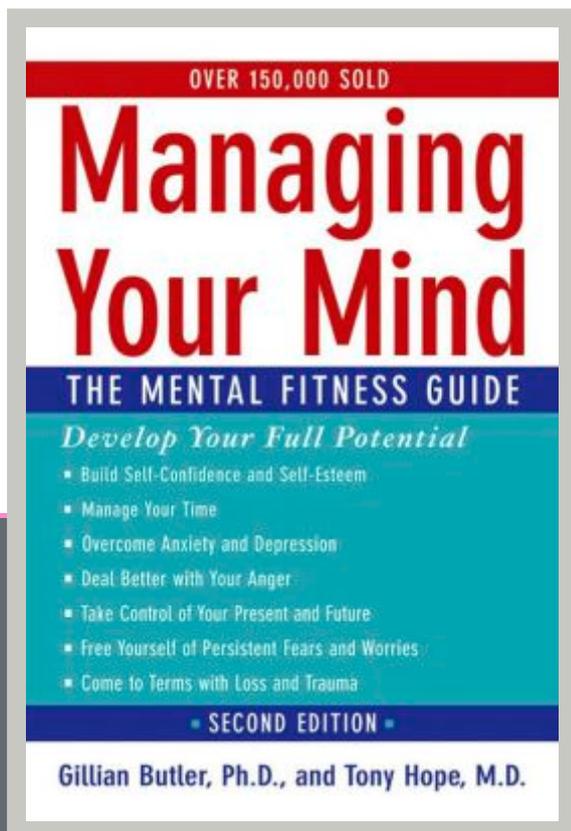
by Patricia Casey

From the Heart is designed to educate the public about psychiatric disorder, to dispel some of the common myths and to assist those who have specific problems. If these goals are achieved, this might help to reduce the stigma associated with mental illness that is still present in Ireland today. Prof. Casey deals with all aspects of emotional and psychiatric illness, covering a wide range of subjects under the following headings:

- Alternative therapies
- Medico Legal
- Substance abuse
- Anxiety disorders
- Personality disorders
- Suicide
- Bereavement
- Psychiatric
- Psychological services
- Dementia
- Psycho sexual disorders
- Depression
- Schizophrenia
- Eating disorders
- Somatoform
- Insomnia Stress

books for 18+
mental health

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Managing Your Mind: The mental fitness guide

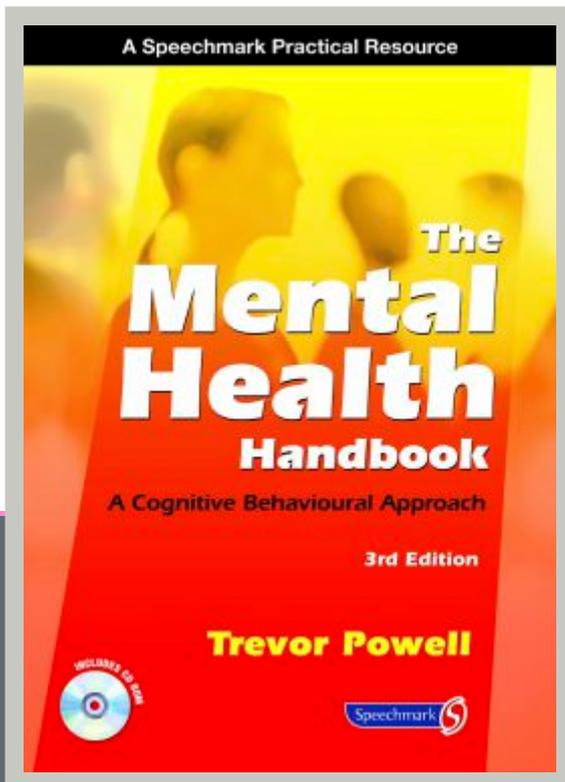
by Gillian Butler & Tony Hope

Managing Your Mind is a remarkable guide which will help you to lead a more enjoyable and productive life.



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books for 18+
mental health



The Mental Health Handbook: A Cognitive Behavioural Approach

by Trevor Powell

An extremely comprehensive resource of photocopiable handouts to aid therapeutic intervention. This treasury is sensibly organised for quick access in one convenient package. Now updated, the third edition incorporates the latest developments in Cognitive Behavioural Therapy and includes new pages, as well as expanded sections on Psychosis and OCD.

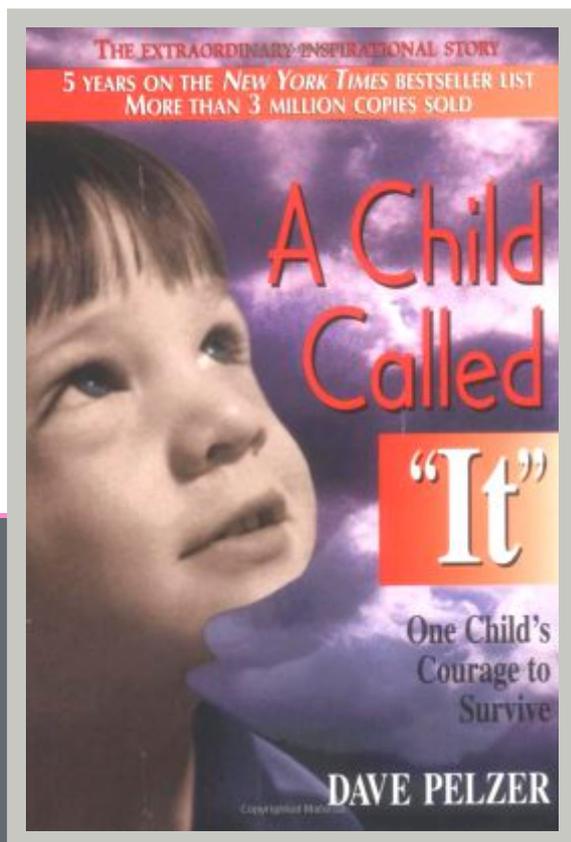
Now with more than 200 sheets including graded practice sheets, checklists, behavioural symptoms questionnaires, rating scales, home assignments, analysis sheets, goal plans and self-monitoring exercises. This book includes handouts on a huge range of mental health issues, grouped under the headings of: Managing Anxiety, Assertiveness Training, Managing Depression, Managing Stress, Changing Habits & Behaviour, Coping with Psychosis, Bipolar Disorder and Dementia.

This revised edition contains extended sections on Obsessive Compulsive Disorder and Managing Psychosis, and new sections on Mindfulness, Resilience, Forgiveness, Responsibility, Behavioural Experiments, Guilt, Distress Tolerance and Bipolar Disorder.

RELATIONSHIPS

books for 18+
relationships

56



A Child Called “It”

by Dave Pelzer

This book chronicles the unforgettable account of one of the most severe child abuse cases in California history. It is the story of Dave Pelzer, who was brutally beaten and starved by his emotionally unstable, alcoholic mother: a mother who played tortuous, unpredictable games - games that left him nearly dead.

He had to learn how to play his mother's games in order to survive because she no longer considered him a son, but a slave; and no longer a boy, but an "it."

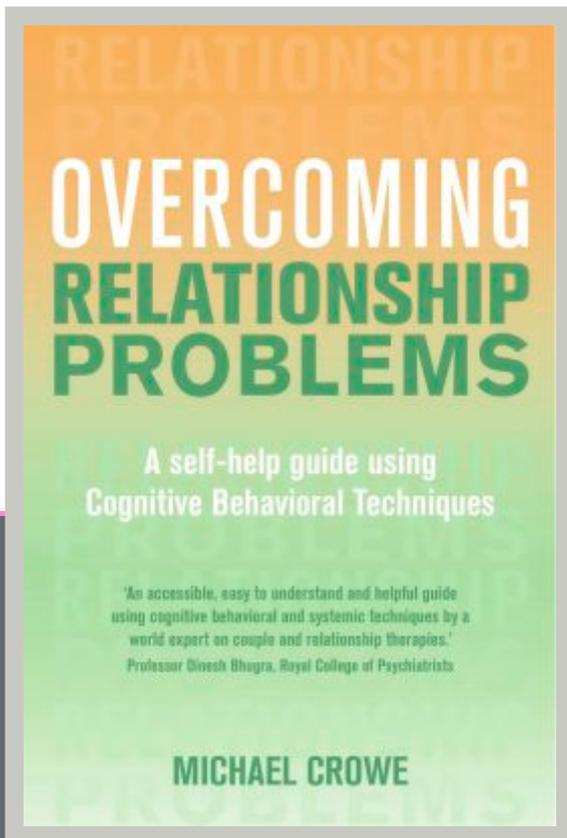
Dave's bed was an old army cot in the basement, and his clothes were torn and raunchy. When his mother allowed him the luxury of food, it was nothing more than spoiled scraps that even the dogs refused to eat.

The outside world knew nothing of his living nightmare. He had nothing or no-one to turn to, but his dreams kept him alive - dreams of someone taking care of him, loving him and calling him their son.



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books for 18+
relationships



Overcoming Relationship Problems

by Michael Crowe

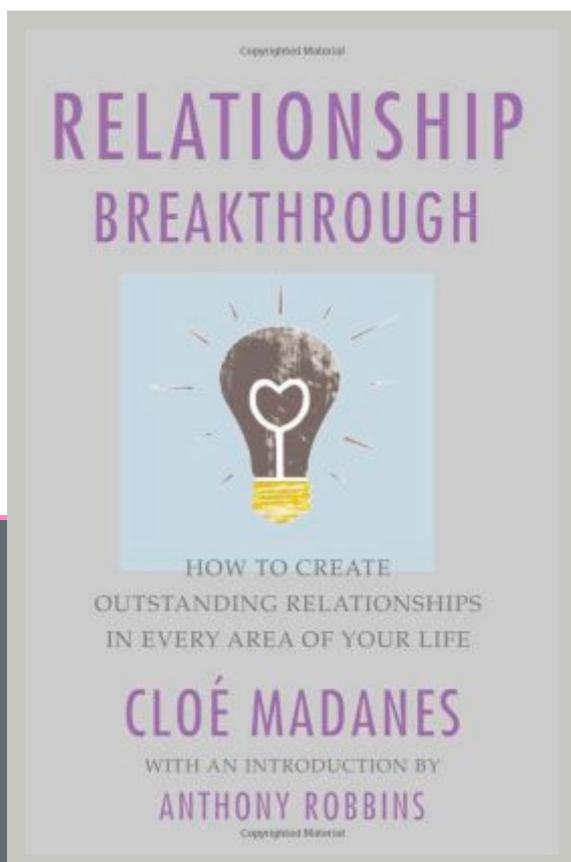
Internationally respected marital therapist Dr Michael Crowe has used his tried and tested clinical techniques to develop this new self-help guide dealing with common difficulties in close relationships. From financial pressures to sexual problems, issues surrounding fidelity to the raising of children and blended families, his programme, based on proven CBT methods, will help you understand why conflict arises and show you how to negotiate a happier, more positive outcome.

How to:

- Sustain a long-term relationship
- Develop more effective communication skills
- Deal with sexual problems
- Cope with jealousy
- Develop negotiation skills

books for 18+
relationships

58



Relationship Breakthrough

by Cloé Madanes

In *Relationship Breakthrough*, Cloé Madanes - an expert in creating healing, empowering relationships-gives readers vital tools to transform their relationships and their lives.

Madanes's cutting-edge methods produce real results and create rewarding, sustainable relationships. Using simple, step-by-step exercises and drawing on the examples of clients who have benefited from this technique, *Relationship Breakthrough* teaches readers how to:

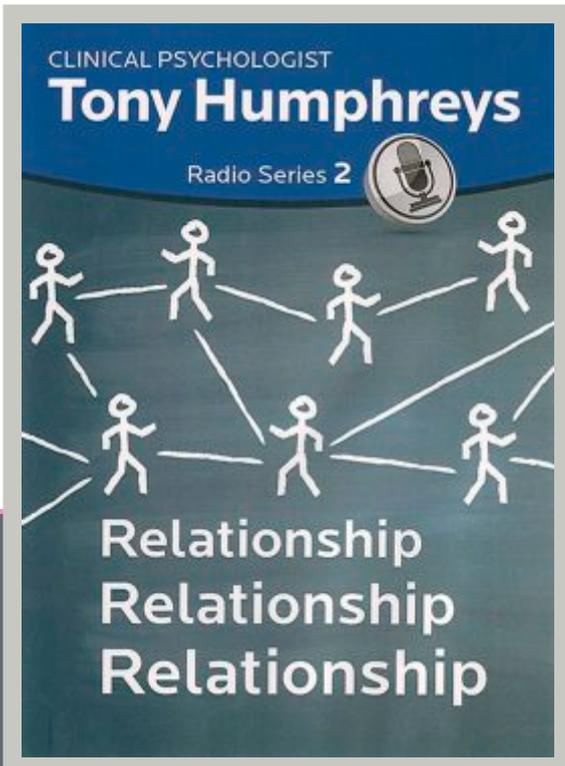
- overcome life's inevitable losses
- resolve long-standing family conflicts
- synchronise their needs with those of others
- create outstanding relationships in every area of their lives.

This is the only book that ties the guiding principles of Tony Robbins's work with Cloé Madanes's revolutionary approach to relationship therapy.



59

books for 18+
relationships



Relationship, Relationship, Relationship

by Tony Humphreys

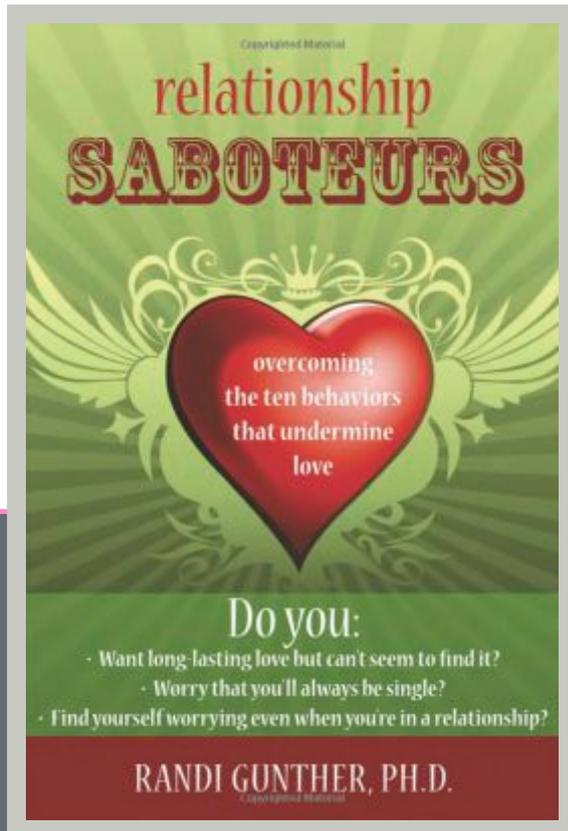
The book may surprise in its revelation of seven unspoken secrets in our society about our true nature and the impact of these secrets on our relationships with one another. These secrets have been cleverly and unconsciously devised to block the emergence of individuality and empowerment which can be perceived as very threatening unless one is in a solid place of maturity.

The book highlights the responsibility that each and every one of us has to reflect on how we are within ourselves and how, out of that place, we relate to others. The recession that has hit the world in recent times can be traced to deep emotional processes where trust had disappeared, where there was little room for individuality, where performance was prized above well-being and where there was an overwhelming push for 'success' at all costs.

The book is especially aimed at those adults in our society who have leadership, managerial and parental responsibilities. While aimed at both men and women, the book seeks in particular to draw in men who traditionally have not seen relationship as belonging to their sphere of business; emphasising that for the sake of mature society this is an area that men can no longer afford to avoid.

books for 18+
relationships

60



Relationship Saboteurs

by Randi Gunther

Relationship Saboteurs is an easy-to-follow guide that will help you identify and end your relationship-destroying tendencies once and for all. The book explores the ten most common relationship-undermining behaviours and shows you how to overcome them. By understanding and addressing the patterns that erode romance, you can learn to stop sabotaging your love life and prepare yourself for the healthy romantic relationship you deserve.

Learn to overcome these toxic emotions and behaviours:

- Insecurity
- Needing to control
- Addictions
- Fear of intimacy
- Martyrdom
- Needing to win
- Defensiveness
- Pessimism
- Breaking Trust
- Needing to be centre stage





books for 18+
schizophrenia

61



Living with Schizophrenia

by Neel Burton & Phil Davison

Living with Schizophrenia aims to fill a gaping hole in the market for information and self-help guides by addressing the needs of people with schizophrenia and their carers, relatives, and friends.

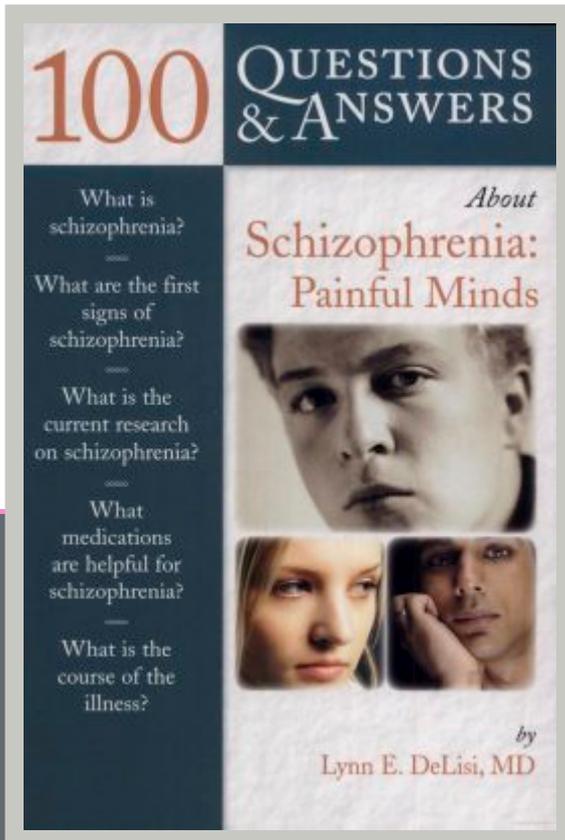
Topics include:

- Authoritative description of what schizophrenia is and isn't
- Information and support for families and friends; how they can help
- Diagnosis
- Physical treatments
- Psychological treatments (talking therapies)
- Social interventions
- Further help



62

books for 18+
schizophrenia



100 Qs and As About Schizophrenia

by Lynn E. DeLisi

Approximately one percent of the population develops schizophrenia during their life-time. This chronic, severe mental illness can be devastating for patients and their family and friends.

Whether you're a newly diagnosed patient with schizophrenia, or a friend or relative of someone suffering from this mental illness, this book offers help.

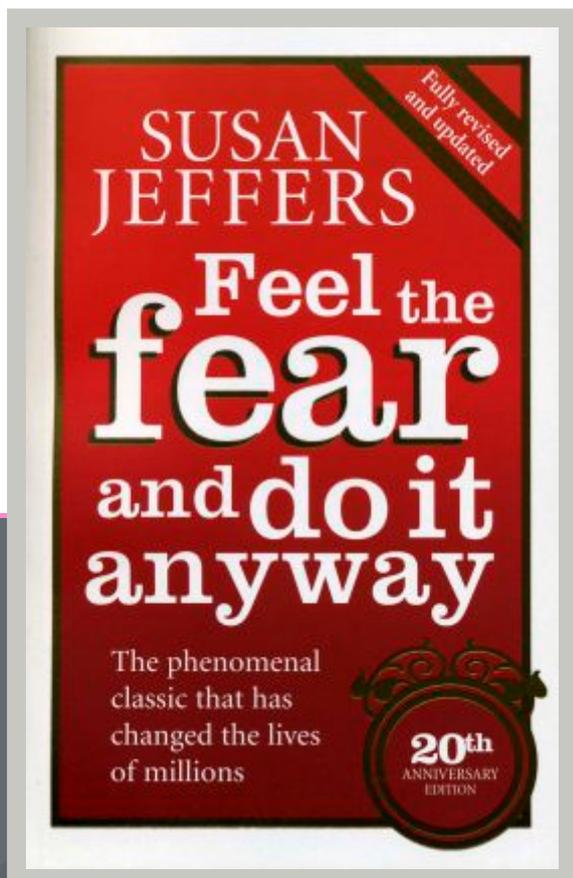
100 Questions & Answers About Schizophrenia: Painful Minds gives you authoritative, practical answers to your questions about treatment options, sources of support, and much more.

Written by an expert on the subject, and including a foreword by parents of a person with schizophrenia, this book is an invaluable resource for anyone coping with the physical and emotional turmoil of schizophrenia.

SELF ESTEEM & ASSERTIVENESS

books for 18+
self esteem &
assertiveness

63



Feel the Fear and Do It Anyway

by Susan Jeffers

Are you afraid of making decisions... asking your boss for a raise... leaving an unfulfilling relationship... facing the future?

Whatever your fear, here is your chance to push through it once and for all.

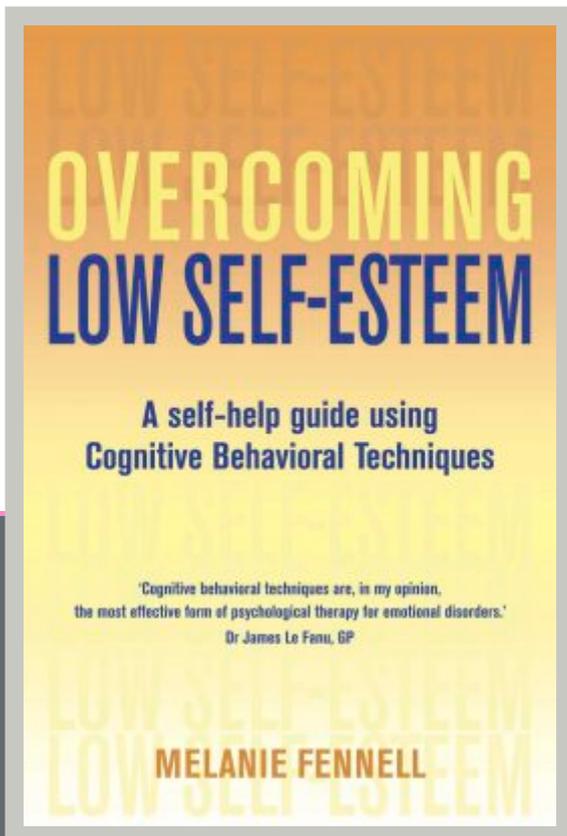
In this enduring guide to self empowerment, Dr. Susan Jeffers inspires us with dynamic techniques and profound concepts that have helped countless people grab hold of their fears and move forward with their lives. Inside you'll discover:

- what we are afraid of, and why
- how to move from victim to creator
- the secret of making no-lose decisions
- the vital 10-step process that helps you outtalk the negative chatterbox in your brain
- how to create more meaning in your life and so much more!



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books for 18+
**self esteem &
assertiveness**



Overcoming Low Self-Esteem

by **Melanie Fennell**

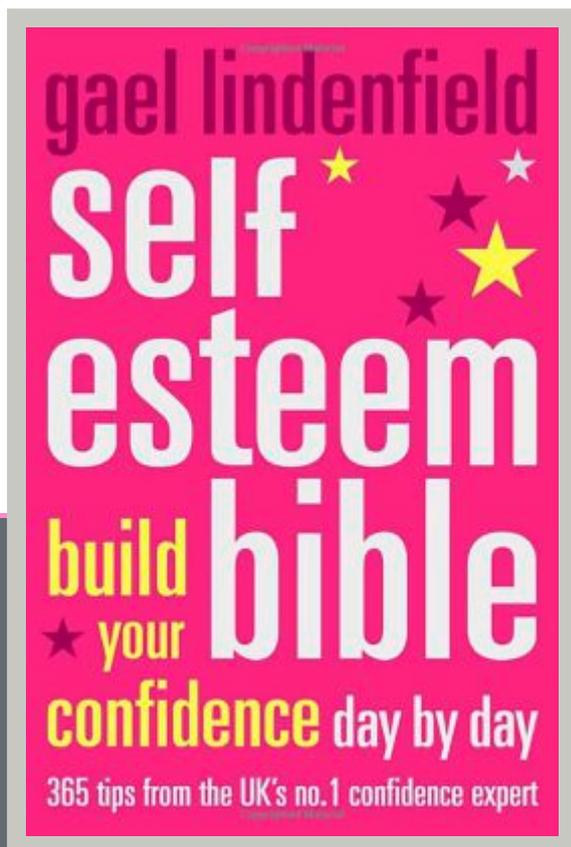
Melanie Fennell's *Overcoming Low Self-Esteem* is a classic of self-help literature, winning acclaim for its practical and user-friendly approach and now recommended on the National Health Service's self-help scheme known as Books on Prescription.

This book will aid readers to understand their condition and with this knowledge enable them to break out of the vicious circle of negative self-image, learn the art of self-acceptance and alter their lives for the better.

It explains the nature of low self-esteem and self-destructive thinking. The book also contains a complete self-help programme and monitoring sheets. It is based on clinically proven techniques of cognitive therapy.

books for 18+
self esteem &
assertiveness

65



Self-Esteem Bible

by Gael Lindenfield

Lindenfield gives you all the advice you need for building confidence in yourself and your abilities. Designed to be dipped into as and when you need a confidence boost, or followed as a personal development programme, this is a highly practical self-help handbook that will give you concrete results.

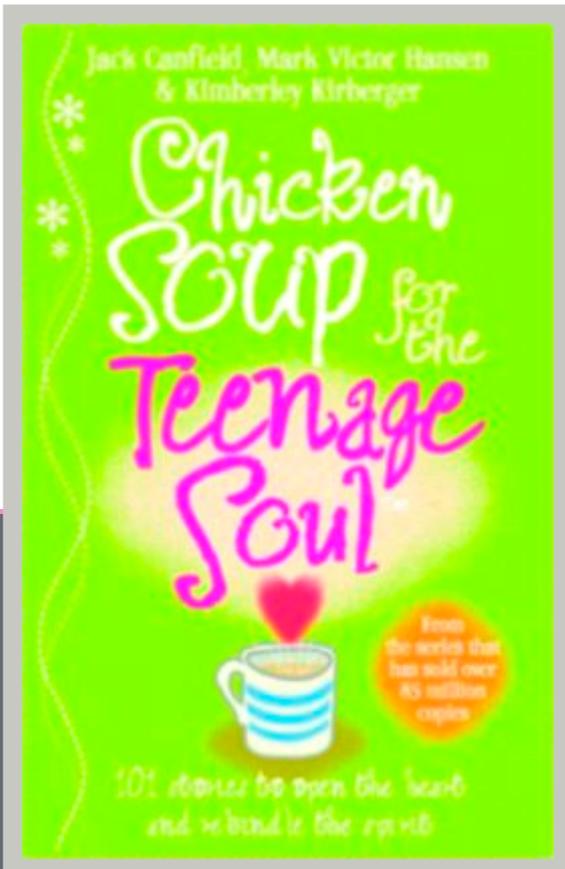
The book includes sections on work, social life, relationships, health and personal development, so you will regain self-esteem by making new friends, getting over past hurts, boosting assertiveness, learning how to deal with difficult people and situations, think positively and get motivated to achieve your dreams.

With tips for both the short- and long-term, this book provides ways to boost your self-esteem immediately - and then reveals how to stay self-confident for life!



66

books for 18+
self esteem &
assertiveness



Chicken Soup for the Teenage Soul

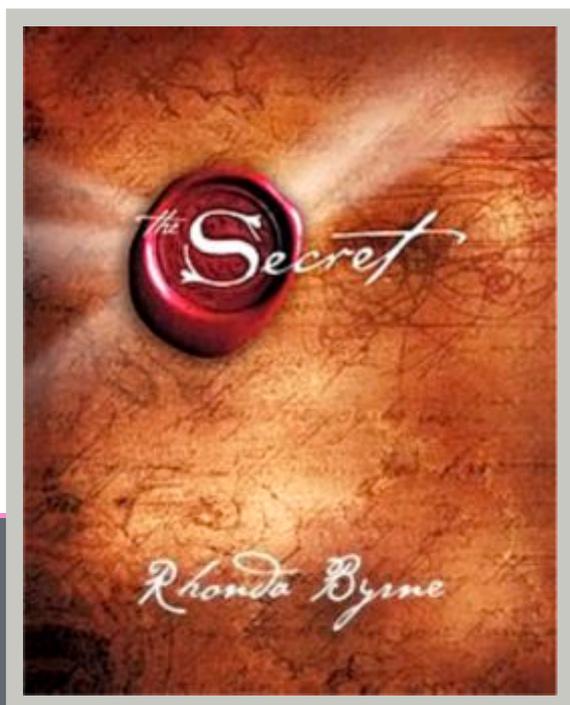
by Jack Canfield, Mark Victor Hansen & Kimberly Kirberger

Chicken Soup for the Teenage Soul is a handbook for surviving and succeeding during the exciting teenage years with both your sanity and sense of humour intact. It contains invaluable lessons on the nature of friendship and love, the importance of belief in the future and the value of respect for yourself and others. It also deals with tough issues like death, suicide and the loss of love.

The reader will relate to and learn from the inspirational stories, without feeling criticised or judged. Like a good friend, Chicken Soup for the Teenage Soul will be there for you when you need someone and cheer you up when you're down.

books for 18+
self esteem &
assertiveness

67



The Secret

by Rhonda Byrne

Beautiful in its simplicity, and mind-dazzling in its ability to really work, *The Secret* reveals the mystery of the hidden potential within us all. By unifying leading-edge scientific thought with ancient wisdom and spirituality, the riveting, practical knowledge will lead readers to a greater understanding of how they can be the masters of their own lives

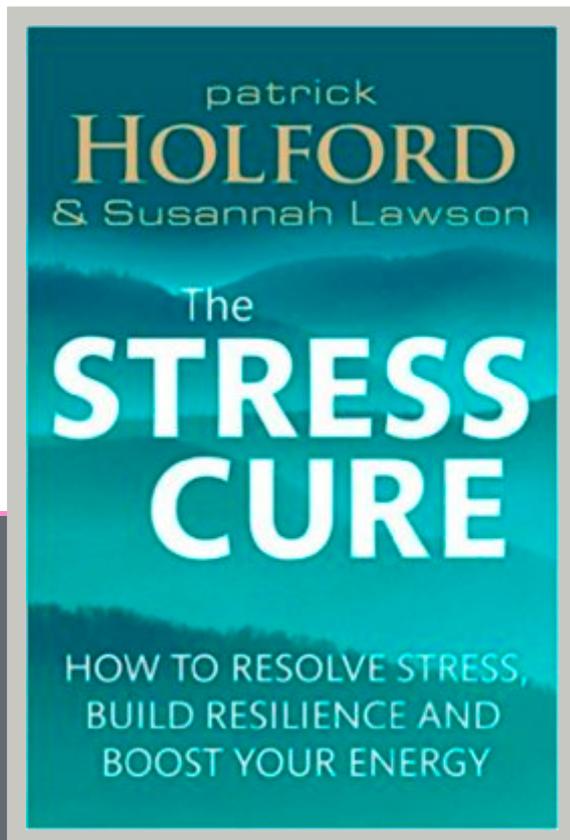
Once known only by an elite who were unwilling to share their knowledge of the power, 'the secret' of obtaining anything you desire is now revealed by prominent physicists, authors and philosophers as being based in the universal Law of Attraction. And the good news is that anyone can access its power to bring themselves health, wealth and happiness. Fragments of *The Secret* have been found in oral traditions, literature, religions and philosophies throughout the centuries. A number of the exceptional people who discovered its power went on to become regarded as the greatest human beings who ever lived. Among them: Plato, Leonardo, Galileo and Einstein. Now 'the secret' is being shared with the world.





books for 18+
stress

68



The Stress Cure

by Patrick Holford & Susannah Lawson

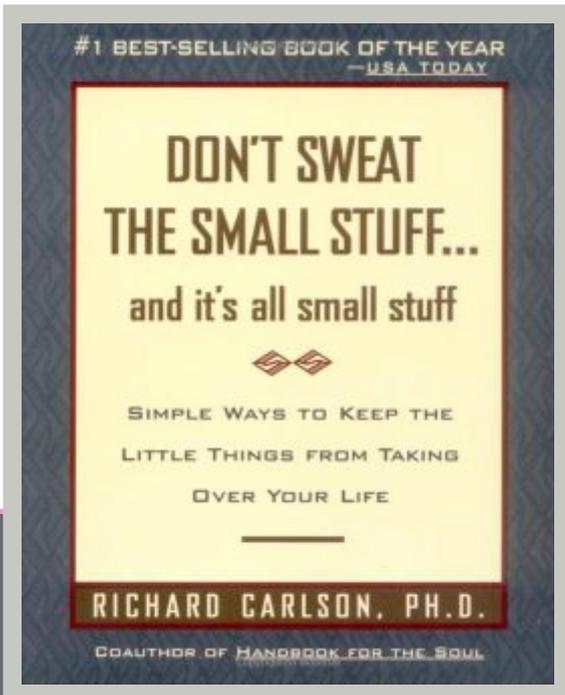
Stress is very much part of life in the 21st century, and has overtaken the common cold as the major reason for taking time off work. But while we cannot avoid life's pressures, we can influence the degree to which they affect us, and how we react. This book examines why we become stressed, how the stress response is unique to each of us, and why stress, particularly when combined with fatigue, can create a vicious circle that has serious implications for our long-term health.

The authors suggest a unique blend of practical solutions that include: uncovering your stress triggers and stress response, learning how to reframe negative beliefs, effective time management that includes relaxation and fun, becoming more resilient by tuning up your stress hormones, utilizing the power of sleep and exercise, beating the sugar and stimulant trap, and discovering the key nutrients for energy and resilience. With a section on quick fixes to feel better now, as well as guidance on putting together a long-term action plan, this book will empower you to take back control and live a healthier, more balanced life.



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books for 18+
stress



Don't Sweat the Small Stuff

by Richard Carlson

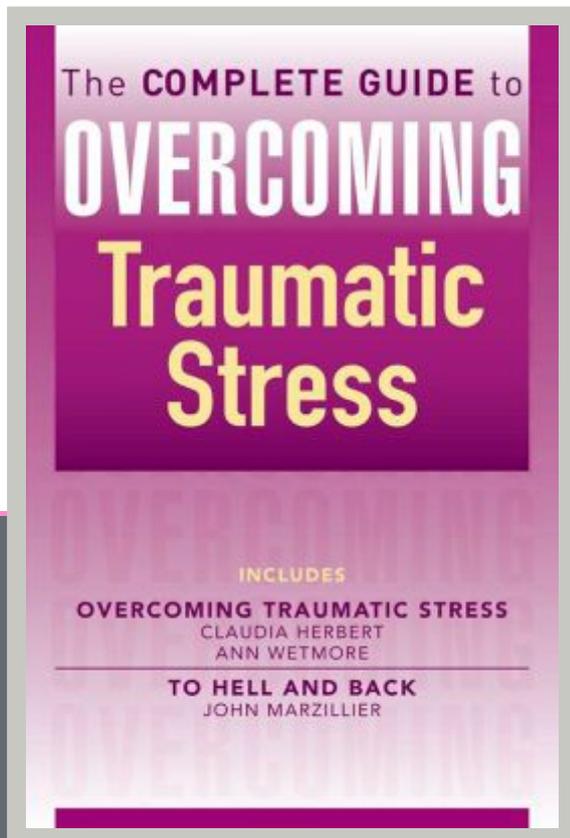
Don't Sweat the Small Stuff ...and It's All Small Stuff is a book that tells you how to keep from letting the little things in life drive you crazy. In thoughtful and insightful language, author Richard Carlson reveals ways to calm down in the midst of your incredibly hurried, stress-filled life.

You can learn to put things into perspective by making the small daily changes Dr. Carlson suggests, including advice such as "Choose your battles wisely"; "Remind yourself that when you die, your 'in' box won't be empty"; and "Make peace with imperfection". With Don't Sweat the Small Stuff... you'll also learn how to:

- Live in the present moment
- Let others have the glory at times
- Lower your tolerance to stress
- Trust your intuitions
- Live each day as it might be your last

books for 18+
stress

70



Overcoming Traumatic Stress

by Claudia Herbert & Ann Wetmore

Terrible events are very hard to deal with. Those who go through a catastrophic life experience often feel permanently changed by the impact of what has happened. They become numb and shut off from those around them, or grief or guilt may constantly weigh them down. Memories of horrifying scenes may intrude unexpectedly during waking hours while sleep may be disturbed by vivid, unpleasant dreams.

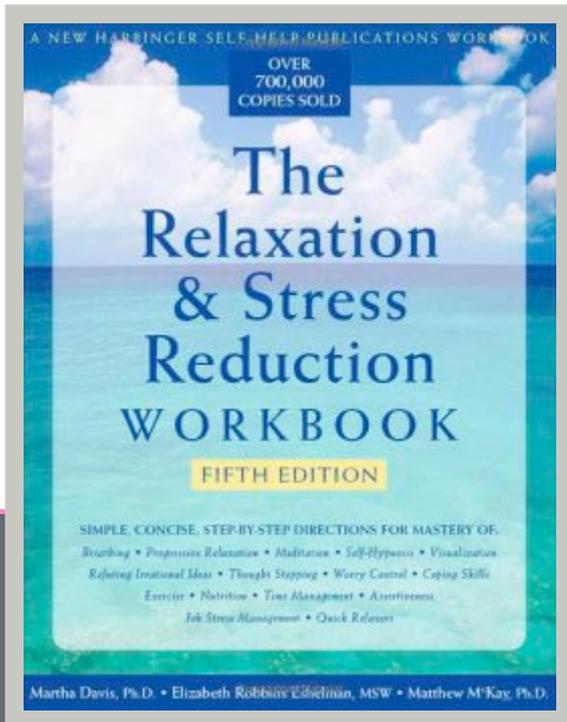
Traumatic stress responses, including Post-Traumatic Stress Disorder are psychological conditions that result from a person's coping mechanisms having been completely overwhelmed by a terrible experience. These 'flashbacks' may be so severe that sufferers may feel that they are losing their sanity and subsequently become ever more isolated in their distress. To overcome the effects of trauma it is necessary to change those reactions and begin to see events in a different light.

This book demonstrates, with practical advice and tested exercises, how to find new, effective ways of coping with, and finally overcoming traumatic stress.



71

books for 18+
stress



The Relaxation & Stress Reduction Workbook

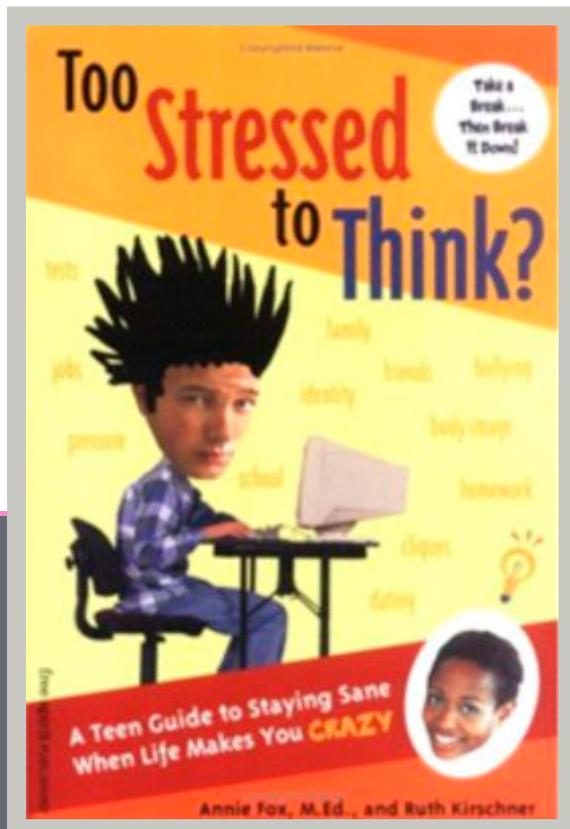
by Martha Davis, Elizabeth Robbins Eshelman
& Matthew McKay

Since its first publication in 1980, *The Relaxation and Stress Reduction Workbook* has become the most indispensable resource for effective and up-to-date techniques for relaxing the body, calming the mind, and refreshing the spirit.

Therapists recommend the book to their clients; readers pass it on to their friends. More than half a million copies have helped millions of people just like you take the edge off their stressful lives and find the peace they need to foster happiness and success.

books for 18+
stress

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Too Stressed to Think

by Annie Fox & Ruth Kirschner

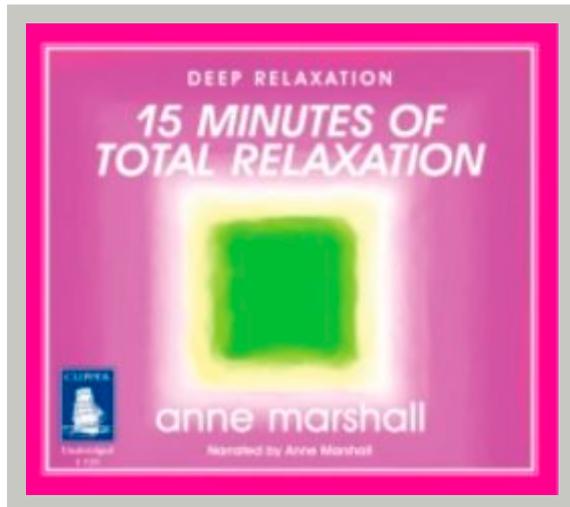
When stress has the “survival brain” on overdrive, what happens to the “thinking brain”? How can you learn to use the mind-body connection to stay cool and make smart choices when the pressure is on? This book is packed with practical information and stress-lessening tools you can use every day.

Too Stressed to think? describes dozens of realistic scenarios and stressful situations that readers can relate to. Each scenario is followed by a clear, understandable process for reducing or stopping the stress and making decisions that won't leave you regretting them. Throughout the book, quotes remind readers that they are not alone - that stress affects everyone, but it doesn't have to ruin your life.



audio books

73



15 Minutes of Total Relaxation

by Anne Marshall

Everybody needs to relax and refresh our energy from time to time and this audio book has been carefully crafted to help you do just that. It's about learning how to protect your wellbeing by helping your body and mind switch off from the pressures of the day.

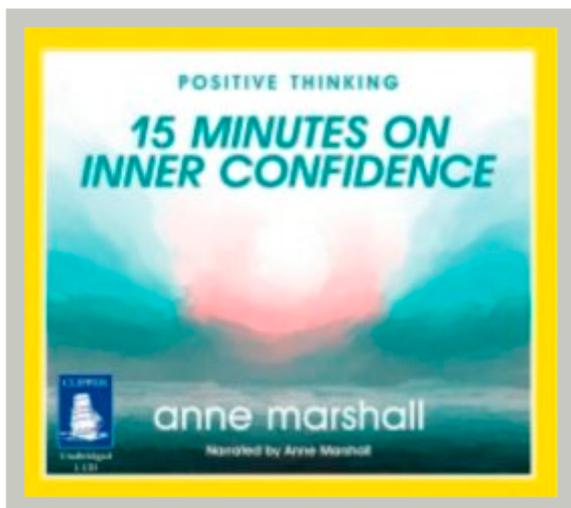
Anne Marshall is a clinical hypnotherapist and her gently soothing voice will guide you to a place of deep relaxation, release accumulated tensions and enjoy a brief period of inner refreshment.

Important: This track contains powerful suggestions to turn your attention inwards and should only be played at a time and in a place where it is safe for you to rest deeply. Please do not listen whilst performing any activity that requires your external conscious awareness.



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audio books



15 Minutes on Inner Confidence

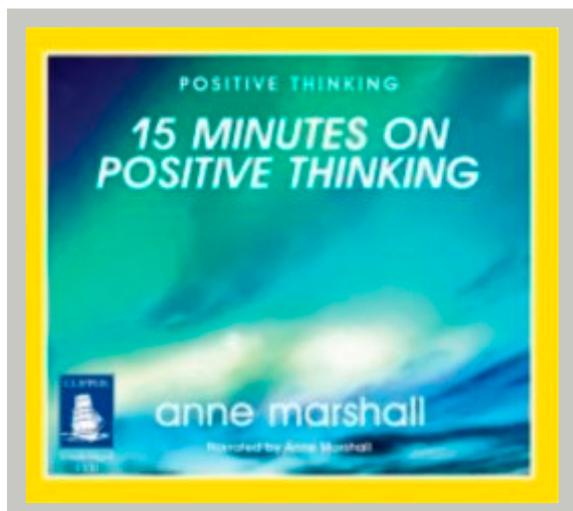
by Anne Marshall

Self-confidence is arguably one of the most precious qualities you have. It reflects your assessment of your own self-worth and plays a large part in determining your happiness in life. In this recording Anne Marshall shares some simple techniques with you to help your inner confidence grow. You will discover how you can begin to identify any unhelpful limiting beliefs and then replace them with new templates for enhanced confidence and inner strength. You will also discover three simple tips that you can use straight away for an instant confidence boost.

Anne Marshall is author of *The Health Factor - Coach Yourself to Better Health* and offers both Hypnosis and Coaching to help her clients achieve their goals with speed and ease.

audio books

75



15 Minutes on Positive Thinking

by Anne Marshall

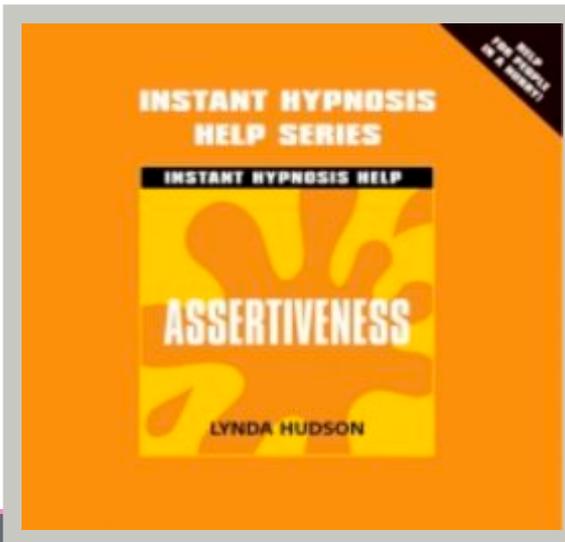
Most of us have suffered from negative or unhelpful thinking patterns at one time or another, but if these patterns are left unchecked they can begin to spoil your happiness and limit your potential. Wellness Coach Anne Marshall guides you into raising your awareness of what your own self-talk, or internal dialogues, might be like on a day-to-day basis. She will then show you how you can begin to release, or soften, any unhelpful thought patterns you may have replacing them with self-talk and beliefs that can actually help to enhance your wellbeing.

Anne Marshall is author of *The Health Factor - Coach Yourself to Better Health* and offers both Hypnosis and Coaching to help her clients achieve their health goals with speed and ease.



76

audio books



Assertiveness

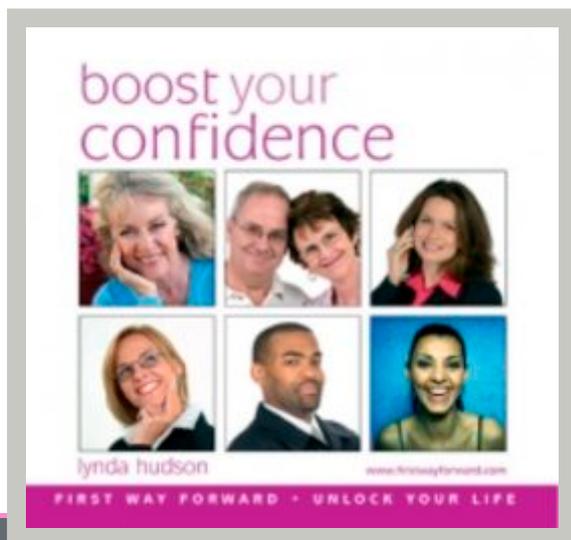
by Lynda Hudson

This audio book will help you to let go of feelings of inadequacy, and respect your own needs, rights and wishes. It contains powerful suggestions for the creation of a more assertive, empowered state of mind. It is gentle and relaxing and aims to give some instant confidence just when you need it most. When used regularly it also helps build your self-esteem so you are more able to stand up for yourself with a natural ease.

As a former teacher and clinical hypnotherapist of many years standing, Lynda has helped thousands worldwide through her CDs and downloads. Her work has been featured in the press, TV and radio and she is the author of two widely acclaimed books on the use of hypnotherapy with adults and children.

Important: Play the recording at a quiet time where you won't be disturbed and never listen while driving or when you need to concentrate on something else.

audio books



Boost your Confidence

by Lynda Hudson

This audio book will help build your confidence and self-esteem by removing old, outdated, limiting self - beliefs and giving powerful suggestions for the creation of positive belief in yourself and your ability. The more you listen, the more you become emotionally strong and confident and able to cope more positively and effectively with a wide range of situations faced in everyday life. Lynda's gentle voice calms and re-assures as she gives suggestions for boosting confidence and self-esteem.

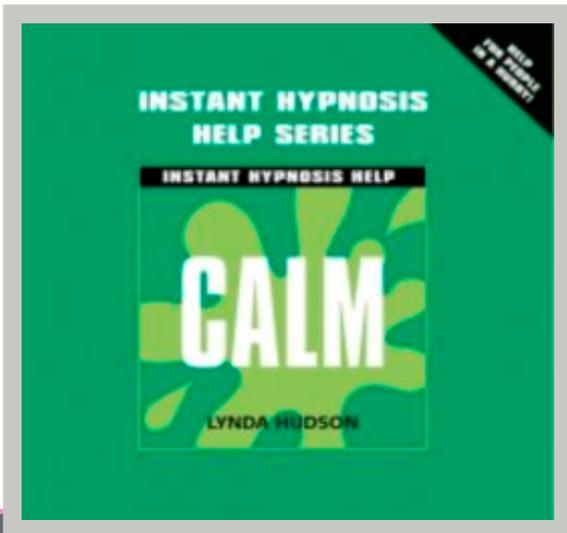
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78

audio books



Calm

by Lynda Hudson

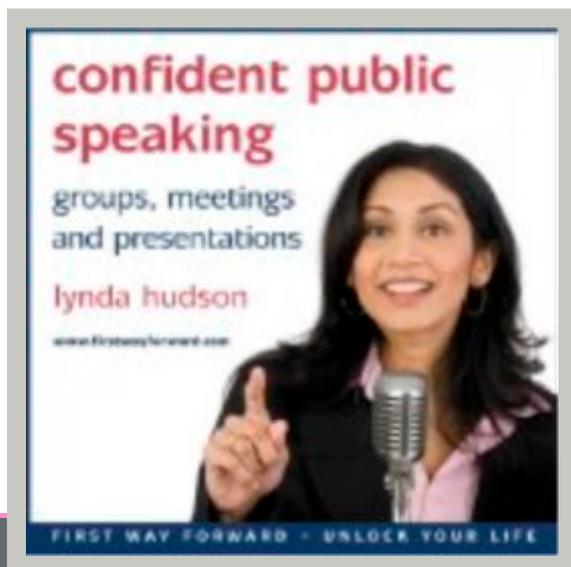
This audio book contains powerful suggestions for creation of an immediate feeling of inner calm. It is gentle and relaxing and aims to give instant relief just when you need it most. It also helps build a stronger, more lasting, calm inner response when used regularly.

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audio books

79



Confident Public Speaking

by Lynda Hudson

This audio book will help you overcome your fear of speaking in public. It will help you become more confident and at ease when speaking in groups or to an audience in any given situation. This successful approach is based on natural, safe, sound hypnotherapy principles: act out each positive step in the imagination and dramatically increase the chance of success in the real world.

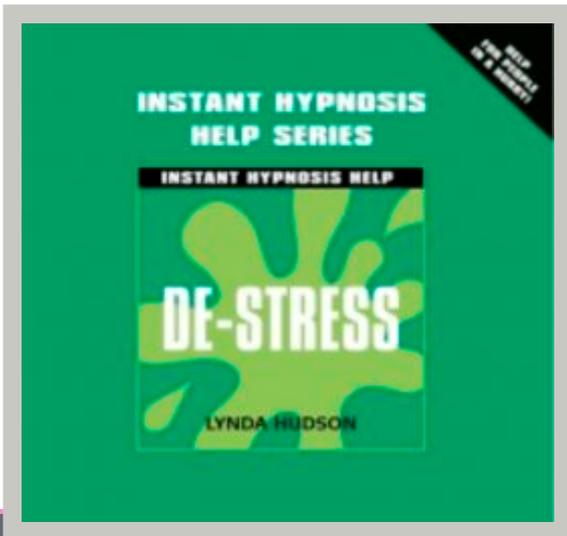
Leading clinical hypnotherapist Lynda Hudson has helped thousands of people achieve their goals through the use of her self-hypnosis recordings based on years of clinical experience. Lynda's gentle voice calms, re-assures as she gives suggestions for boosting confidence and self-esteem.

Important: Play the recording at a quiet time where you won't be disturbed and never listen while driving or when you need to concentrate on something else.



80

audio books



De-Stress

by Lynda Hudson

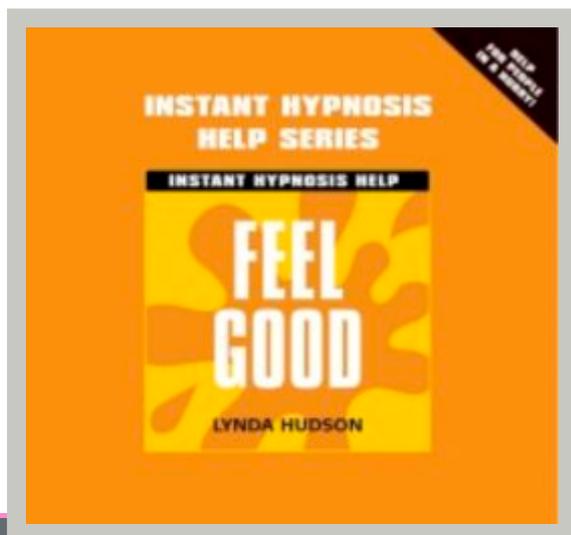
This audio book will help you let go of tension and self-doubt. It contains powerful suggestions for the creation of an immediate feeling of inner calm, and will help you set up a trigger for calm at just the moment you most need it. It is gentle and relaxing and will help build a stronger, lasting inner response where you see things in a more helpful perspective and handle things with a sense of proportion.

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audio books

81



Feel Good

by Lynda Hudson

This audio book will help you to focus more on the positive aspects of life. It contains powerful suggestions for the creation of an immediate feeling of well-being. It is gentle and relaxing and aims to give you an instant boost just when you need it most. It also helps build a stronger, more optimistic, enthusiastic readiness to appreciate the moment.

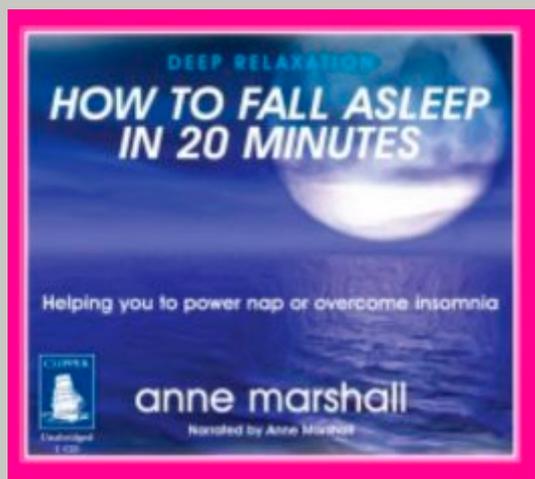
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82

audio books



How to Fall Asleep in 20 Minutes

by Anne Marshall

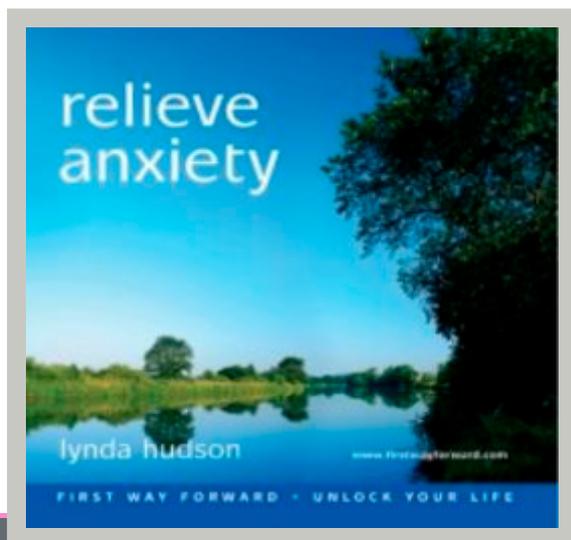
Falling into a deep and restful sleep isn't always easy, especially if your mind is busy. Sometimes what is needed is just a little bit of help to quieten down and let go of the busy thought traffic of the day, and in this 20 minute audio book you will be guided to do just that.

Anne Marshall is a clinical hypnotherapist and her gently soothing voice will guide you step-by-step into a deeply relaxed and highly receptive state of mind in which you can take control of the depth and quality of your sleep - helping you to take effective power naps or to overcome insomnia and develop the habit of deep and restful sleep at night.

Important: This track contains powerful suggestions to turn your attention inwards and should only be played at a time and in a place where it is safe for you to rest deeply. Please do not listen whilst performing any activity that requires your external conscious awareness.

audio books

83



Relieve Anxiety

by Lynda Hudson

This audio book will help you to get your life back in your control. It is designed to help you let go of unwanted unnecessary anxious feelings and negative thoughts. It includes imagery of a fountain washing away stress and anxiety as you listen and relax. The more you listen, the more you become emotionally strong, calm and in control of your thought patterns. Lynda's gentle, well-modulated voice calms, re-assures and encourages as you listen.

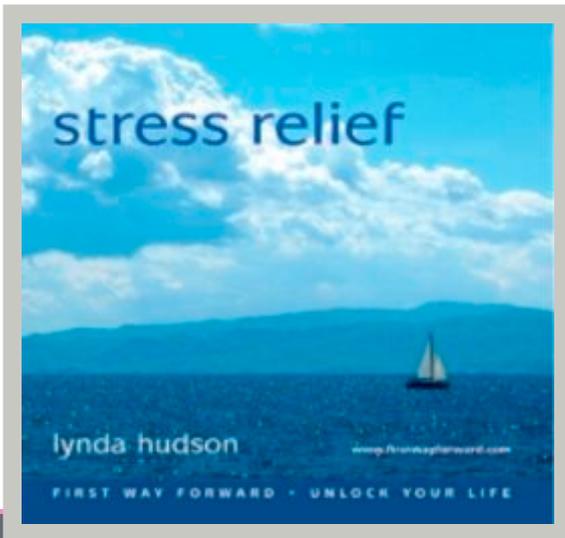
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84

audio books



Stress Relief

by Lynda Hudson

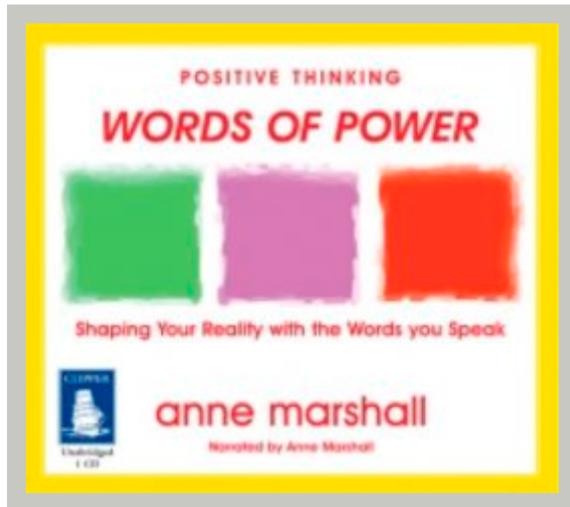
This audio book will help you to relax comfortably and calmly, and will direct you how to use all your senses to let go of tension. You will learn techniques to see things from a calmer perspective. The more you listen, the more you are able to get things back in proportion. Lynda has produced this recording to help people gain relief from stress-related conditions. Based on many hours of clinical experience, it will help you relax and feel as if a weight has been lifted from your shoulders.

As a former teacher and clinical hypnotherapist of many years standing, Lynda has helped thousands worldwide through her CDs and downloads. Her work has been featured in the press, TV and radio and she is the author of two widely acclaimed books on the use of hypnotherapy with adults and children.

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audio books

85



Words of Power

by Anne Marshall

Your words are immensely powerful and they determine how you will experience the world around you. In this audio book Anne Marshall explains how and why the words you choose to speak either out loud, or as inner mental chatter, can have an immense influence on your quality of life. Learn about the importance of keeping all of your language positive, and of focusing your attention completely on what you do want, rather than on what you are trying to avoid. Discover how negative self-talk can affect your performance and what you can do about it. Explore some practical techniques to help you discover your own words of power.

Anne Marshall is author of *The Health Factor - Coach Yourself to Better Health* and offers both Hypnosis and Coaching to help her clients achieve their health goals with speed and ease.







HEAD
STRONG

JIGSAW DONEGAL

Young people's
health in mind

read
your
mind

Book project



Connecting for Life



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Comhairle Contae
Dhún na nGall
Donegal County Council