

**BOOKS IN THE RESOURCE ROOM**

BOOK TITLE	AUTHOR	NO OF COPIES	CATEGORY
BUILDING SELF CONFIDENCE - FOR DUMMIES	BURTON AND PLATTS	3	VOLUNTEERS
LIFE COACHING - FOR DUMMIES	JENI MUMFORD	1	VOLUNTEERS
PERSONAL DEVELOPMENT - FOR DUMMIES	GILLIAN BURN	1	VOLUNTEERS
COGNITIVE BEHAVIORAL THERAPY - FOR DUMMIES	WILSON AND BRANCH	2	VOLUNTEERS
COUNSELLING SKILLS - FOR DUMMIES	GAIL EVANS	1	VOLUNTEERS
PSYCHOLOGY AT A LEVEL	CARDWELL, CLARK AND MELDRUM	1	VOLUNTEERS
COGNITIVE BEHAVIORAL THERAPY AND EATING DISORDERS	CHRISTOPHER FAIRBURN	1	VOLUNTEERS
FIRST STEPS IN COUNSELLING	PETE SANDERS	1	VOLUNTEERS
COGNITIVE BEHAVIORAL FOR EATING DISORDERS	WALLER, CORBER, LAWSON, RUSSELL	1	VOLUNTEERS
FEEL THE FEAR WORKBOOK	SUSAN JEFFERS	1	VOLUNTEERS
THE CLINICIANS GUIDE TO COLLABORATIVE CARING IN EATING DISORDERS	TREASURE, SCHMIDT AND MACDONALD	1	VOLUNTEERS
TREATING BULIMIA	WEISS, KATZMAN AND WOLCHIK	1	VOLUNTEERS
HELPING PEOPLE WITH EATING DISORDERS	BOB PALMER	1	VOLUNTEERS
FIRST STEPS IN COUNSELLING 2ND EDITION	PETE SANDERS	1	VOLUNTEERS
A FIRST COURSE IN PSYCHOLOGY	NICKY HAYES	1	VOLUNTEERS
THE PREVENTION OF EATING DISORDERS	VANDERECYCKEN AND NOORDENBOS	1	VOLUNTEERS
EATING DISORDERS FOR DUMMIES	SUSAN SCHILLER	1	VOLUNTEERS
TEACH YOURSELF PSYCHOLOGY	NICKY HAYES	1	VOLUNTEERS
THE BODY IMAGE WORKBOOK	THOMAS CASH	2	BOBY IMAGE
OVERCOMING BODY IMAGE DISTURBANCE	BELL AND RUSHFORTH	1	BOBY IMAGE
REAL GORGEOUS	KAZ COOKE	1	BOBY IMAGE
BOBY GOSSIP	GOK WAN	4	BOBY IMAGE
OVERCOMING BODY IMAGE PROBLEMS	VEALE ,WILLSON AND CLARKE	1	BOBY IMAGE
WEIGHT WISDOM	BURNS, KINGSBURY AND WILLIAMS	1	FOOD AND NUTRITION
YOU ARE WHAT YOU EAT	GILLIAN MCKEITH	2	FOOD AND NUTRITION
MAKING PEACE WITH FOOD	SUSAN KANO	1	FOOD AND NUTRITION
DR GILLIAN MCKEITHS ULTIMATE HEALTH PLAN	GILLIAN MCKEITH	1	FOOD AND NUTRITION
SUPERFOODS	STRATEN AND GRAGGS	1	FOOD AND NUTRITION
PREVENTING EATING DISORDERS AMONG PRE-TEEN GIRLS	BEVERLEY MANNASA	1	YOUTH
IM LIKE SO FAT	DIANNE NEUMARK- SZTAINER	1	YOUTH
HELP YOUR TEENAGER BEAT AN EATING DISORDER	LOCK AND GRANGE	3	YOUTH
EATING DISORDERS IN CHILDHOOD AND ADOLESCENCE	LASK AND BRYANT-WAUGH	1	YOUTH
ANOREXIA AND RELATED EATING DISORDERS IN CHILDHOOD AND ADOLESCENCE	LASK AND BRYANT-WAUGH	1	YOUTH
CHILDHOOD ONSET ANOREXIA AND RELATED EATING DISORDERS	LASK AND BRYANT-WAUGH	1	YOUTH
LET ME BE	A.H.CRISP	1	YOUTH
MEALTIMES AND MILESTONES - A TEENAGERS DIARY OF MOVING ON FROM ANOREXIA	CONSTANCE BARTER	3	YOUTH
BOYS GET ANOREXIA TOO	JENNY LANGLEY	3	MEN AND EATING DISORDERS
THE INVISIBLE MAN	JOHN F MORGAN	2	MEN AND EATING DISORDERS
SKINNY BOY	GARY A GRAHL	1	MEN AND EATING DISORDERS
BECOMING JOHN	JOHN EVANS	1	MEN AND EATING DISORDERS
SELF HARM - THE PATH TO RECOVERY	MIDDLETON AND GARVIE	2	SELF HARM
THE PARENTS GUIDE TO SELF HARM	JANE SMITH	1	SELF HARM
THE SCARED SOUL	TRACT ALDERMAN	2	SELF HARM
HEALING THE HURT WITHIN	JAN SUTTON	2	SELF HARM
STOPPING THE PAIN	LAWRENCE SHAPIRO	1	SELF HARM
THE SECRETS OF REIKI	CHARLISH AND ROBERTSHAW	1	GENERAL
FIRST STEPS THROUGH BEREAVEMENT	SUE MAYFIELD	1	GENERAL
CHICKEN SOUP FOR THE SOUL	CANFIELD AND HANSON	1	GENERAL
LIVING WITH BEREAVEMENT	SUE MAYFIELD	1	GENERAL
HOW TO DEVELOP YOUR SIXTH SENSE	DAVID LAWSON	1	GENERAL
FAMILIES AND HOW TO SURVIVE THEM	SKYNNER AND CLISE	1	GENERAL
THE MIRROR WITHIN	ANNE DICKSON	2	GENERAL
WHO MOVED MY CHEESE	SPENCER JOHNSON	2	GENERAL
MEN ARE FROM MARS AND WOMEN ARE FROM VENUS	JOHN GRAY	1	GENERAL
I WASNT READY TO SAY GOODBYE	NOEL AND BLAIR	1	GENERAL
MY BODY MY ENEMY	BEEKEN AND GREENSTREET	2	AUTOBIOGRAPHY
WASTED	MARVA HORNBACHER	1	AUTOBIOGRAPHY
HUNGRY HELL	KATE CHISHOLM	1	AUTOBIOGRAPHY
TO DIE FOR	CAROL LEE	1	AUTOBIOGRAPHY
GROWING PAINS - BILLIE PIPPER	BILLIE PIPPER	1	AUTOBIOGRAPHY
SLEEPING DRAGONS AND POPPY SEEDS	ALISON ALDEN	1	AUTOBIOGRAPHY
OVERCOMING ANXIETY	HELEN KENNERLEY	1	DEPRESSION/ANXIETY/LOW SELF ESTEEM
FEEL THE FEAR	SUSAN JEFFERS	1	DEPRESSION/ANXIETY/LOW SELF ESTEEM
THE SUCCESSFUL SELF	DOROTHY ROWE	1	DEPRESSION/ANXIETY/LOW SELF ESTEEM
HOW FULL IS YOUR BUCKET	RATH AND CLIFTON	2	DEPRESSION/ANXIETY/LOW SELF ESTEEM
YOU CAN HEAL YOUR LIFE	LOUISE L HAY	1	DEPRESSION/ANXIETY/LOW SELF ESTEEM
THE POWER IS WITHIN YOU	LOUISE L HAY	1	DEPRESSION/ANXIETY/LOW SELF ESTEEM
MINDFULNESS	WILLIAMS AND PENMAN	7	DEPRESSION/ANXIETY/LOW SELF ESTEEM
THE COMPASSIONATE MIND	PAUL GILBERT	5	DEPRESSION/ANXIETY/LOW SELF ESTEEM
OVERCOMING LOW SELF ESTEEM	MELANIE FENNEL	5	DEPRESSION/ANXIETY/LOW SELF ESTEEM
OVERCOMING DEPRESSION	PAUL GILBERT	1	DEPRESSION/ANXIETY/LOW SELF ESTEEM
EVERYDAY POSITIVE THINKING	LOUISE L HAY	1	DEPRESSION/ANXIETY/LOW SELF ESTEEM
YOUR POCKET LIFE COACH	CAROL GASKELL	2	DEPRESSION/ANXIETY/LOW SELF ESTEEM
ROOT YOUR CONFIDENCE	MELANIE FENNEL	1	DEPRESSION/ANXIETY/LOW SELF ESTEEM
FIRST STEPS OUT OF DEPRESSION	SUE ATKINSON	1	DEPRESSION/ANXIETY/LOW SELF ESTEEM
HEAL YOUR BODY	LOUISE L HAY	1	DEPRESSION/ANXIETY/LOW SELF ESTEEM
BORN TO WIN	JAMES AND JONGEWARD	1	DEPRESSION/ANXIETY/LOW SELF ESTEEM
IM NOT GOOD ENOUGH	CHRIS WILLIAMS	3	DEPRESSION/ANXIETY/LOW SELF ESTEEM
ARE YOU STRONG ENOUGH TO KEEP YOUR TEMPER	CHRIS WILLIAMS	2	DEPRESSION/ANXIETY/LOW SELF ESTEEM
HOW TO FIX ALMOST ANYTHING	CHRIS WILLIAMS	3	DEPRESSION/ANXIETY/LOW SELF ESTEEM
WHY DO I FEEL SO BAD	CHRIS WILLIAMS	2	DEPRESSION/ANXIETY/LOW SELF ESTEEM
I CANT BE BOTHERED DOING ANYTHING	CHRIS WILLIAMS	2	DEPRESSION/ANXIETY/LOW SELF ESTEEM
WRITE ALL OVER YOUR BATHROOM MIRROR	CHRIS WILLIAMS	1	DEPRESSION/ANXIETY/LOW SELF ESTEEM
WHY DOES EVERYTHING ALWAYS GO WRONG	CHRIS WILLIAMS	2	DEPRESSION/ANXIETY/LOW SELF ESTEEM
THE THINGS YOU DO THAT MESS YOU UP	CHRIS WILLIAMS	3	DEPRESSION/ANXIETY/LOW SELF ESTEEM
CHALLENGING OCD	OCD ACTION	1	DEPRESSION/ANXIETY/LOW SELF ESTEEM
WELLNESS ACTION RECOVERY PLAN	MARY ELLEN COPELAND	2	DEPRESSION/ANXIETY/LOW SELF ESTEEM
RETHINK A RECOVERY PROGRAMME FOR DEPRESSION	LOVELL AND RICHARDS	1	DEPRESSION/ANXIETY/LOW SELF ESTEEM
DIARY DRAWINGS	BOBBY BAKER	1	DEPRESSION/ANXIETY/LOW SELF ESTEEM
LOVE YOURSELF REAL YOUR LIFE	LOUISE L HAY	1	DEPRESSION/ANXIETY/LOW SELF ESTEEM
MINDFULNESS PLAN AND SIMPLE	OLI DOYLE	1	DEPRESSION/ANXIETY/LOW SELF ESTEEM
HEALTHY SENSE OF SELF	ANTONETTA VOGELS	1	DEPRESSION/ANXIETY/LOW SELF ESTEEM
THE SENSE OF SELF WORKBOOK	ANTONETTA VOGELS	1	DEPRESSION/ANXIETY/LOW SELF ESTEEM
AN INTRODUCTION TO COPING WITH ANXIETY	HOGEN AND BROSNAN	1	DEPRESSION/ANXIETY/LOW SELF ESTEEM
AN INTRODUCTION TO COPING WITH DEPRESSION	HOGEN AND BROSNAN	1	DEPRESSION/ANXIETY/LOW SELF ESTEEM
THE PRIMARY CARE GUIDE TO MANAGING MENTAL ILLNESS	COHEN SINGH AND HAGUE	1	DEPRESSION/ANXIETY/LOW SELF ESTEEM
THE SECRET	RHONDA BYRNE	2	DEPRESSION/ANXIETY/LOW SELF ESTEEM
THE INVISIBLE GIRL	PETER BARNHAM	1	CARERS
ANOREXIA NERVOSA - A SURVIVAL GUIDE FOR FRIENDS,FAMILIES AND SUFFERERS	JANET TREASURE	6	CARERS
EATING DISORDERS - HELPING YOUR CHILD RECOVER	STEVE BLOOMFIELD	1	CARERS
ANOREXIA AND OTHER EATING DISORDERS - HOW TO HELP YOUR CHILD	EDA MUSHY	4	CARERS
ANOREXIA NERVOSA AND BULIMIA - HOW TO HELP	DUKER AND SLADE	1	CARERS
BRAVE GIRL EATING	HARRIET BROWN	5	CARERS
EATING DISORDERS ASSOCIATION - A CARERS GUIDE	EDA	1	CARERS
TALKING TO EATING DISORDERS	HEATON AND STRAUSS	1	CARERS
WHEN ANOREXIA CAME TO VISIT	BEV MATTOCKS	3	CARERS
PLEASE EAT	BEV MATTOCKS	2	CARERS
HOPE WITH EATING DISORDERS	LYNNE CRILLY	7	CARERS
THE WEIGHT OF WORDS	EMMA FULLHAM	1	CARERS
ALICE IN THE LOOKING GLASS	JO AND ALICE KINGSLEY	1	CARERS
MY KIDS BACK	ALEXANDER AND LE GRANGE	1	CARERS
THE PARENTS GUIDE TO EATING DISORDERS	ROB PARSONS	1	CARERS
EATING DISORDERS A PARENTS GUIDE	BRYANT-WAIGHT AND LASK	2	CARERS
CONQUERING ANOREXIA	CLAIRE LINDSAY	1	EATING DISORDERS
KEYS TO RECOVER FROM AN EATING DISORDER	COSTIN SHUBERT AND GRABB	2	EATING DISORDERS
THE ESSENTIAL HANDBOOK OF EATING DISORDERS	TREASURE, SCHMIDT AND VAN FURTH	1	EATING DISORDERS
EATING DISORDERS AND OBESITY	FAIRBURN AND BROWNELL	1	EATING DISORDERS
THE BINGE EATING AND COMPULSIVE OVEREATING WORKBOOK	CAROLYN COKER ROSS	2	EATING DISORDERS
LETS DISCUSS ANOREXIA AND BULIMIA	SANDERS AND MYERS	1	EATING DISORDERS
DIARY OF AN EATING DISORDER	SMITH AND RUNYON	1	EATING DISORDERS
THE DEADLY DIET - RECOVERING FROM ANOREXIA AND BULIMIA	TERENCE SANDBEK	2	EATING DISORDERS
STARVED	NANCY ALCORN	1	EATING DISORDERS
THE WISH TO CHANGE	CRISP, JOUGHLIN, HALEK AND BOWMYER	1	EATING DISORDERS
GETTING BETTER BITE BY BITE	TREASURE AND SCHMIDT	6	EATING DISORDERS
SKELETON IN THE CUPBOARD	DANA HARVEY	1	EATING DISORDERS
OVERCOMING BINGE EATING	CHRISTOPHER FAIRBURN	4	EATING DISORDERS
FORGET THE FEAR OF FOOD	CHRISTINE FINN	1	EATING DISORDERS
EATING DISORDERS AND MARITAL RELATIONSHIPS	BROUCKE,VANDER CAKEN AND NORRE	1	EATING DISORDERS
FOOD ADDICTION	KAY SHEPPARD	1	EATING DISORDERS
SOLUTION FOCUSED RECOVERY FROM EATING DISTRESS	FREDERIKE JACOB	1	EATING DISORDERS
EATING YOUR HEART OUT	JULIA BUCKROYD	1	EATING DISORDERS
WHY WEIGHT	GENEEN ROTH	1	EATING DISORDERS
BREAKING FREE FROM EMOTIONAL EATING	GENEEN ROTH	1	EATING DISORDERS
THE ELEMENT GUIDE TO ANOREXIA AND BULIMIA	JULIA BUCKROYD	1	EATING DISORDERS
HUNGRY HELL	KATE CHISHOLM	1	EATING DISORDERS
PERFECT ANOREXIA AND ME	EMILY BALKAN	1	EATING DISORDERS
AN APPLE A DAY	EMMA WOOLE	2	EATING DISORDERS
MINDFUL EATING	JAN CHOSEN BAYS	1	EATING DISORDERS
OVERCOMING ANOREXIA NERVOSA	CHRISTOPHER FREEMAN	5	EATING DISORDERS
OVERCOMING BULIMIA AND BINGE EATING	PETER COOPER	5	EATING DISORDERS
FEAR OF FOOD	GENEVIEVE BLAIS	1	EATING DISORDERS
OVERCOMING PERFECTIONISM	SHAFRAN, EGAN AND WADE	1	EATING DISORDERS
UNDERSTANDING EATING DISORDERS	BOB PALMER	1	EATING DISORDERS
THE BEST LITTLE GIRL IN THE WORLD	STEVEN LEVENBERG	1	EATING DISORDERS
ANOREXIC	ANNA PATERSON	1	EATING DISORDERS
BREAKING FREE FROM COMPULSIVE OVEREATING	LINDA MENTLE	1	EATING DISORDERS
LIFE WITHOUT EATING DISORDERS	JENNI SCHEAFER	1	EATING DISORDERS
FIRST STEPS OUT OF AN EATING DISORDER	KATE MIDDLETON	1	EATING DISORDERS
THE SECRET - MEDITATION	KELLY HOWELL	2	CD'S
ANOREXIA SELF HYPNOSIS	HYPNOTIC WORLD	1	CD'S
ULTIMATE RELAXATION	HILARY JONES	1	CD'S
THE WELL BEING RELAXATION CD	NIS	1	CD'S
RELAXATION TAPE	UNKNOWN	2	CD'S
GETTING WELL AGAIN	MC MILLAN CANCER RELIEF	3	CD'S
CLASSICAL WELLNESS DREAMS	UNKNOWN	1	CD'S
THE SECRET SOUNDTRACK	UNKNOWN	1	CD'S
DVD - VARIOUS TOPICS ON EATING DISORDERS FROM TV SHOWS (NUMBERS 1 TO 8)	UNKNOWN	8	DVD'S