

Book My Mind - Book list

Author	Title	Year	Subject
Luci Freed	A Season to Heal	2001	Abortion
Luke Sutton	Back from the Edge: Mental Health and Addiction in Sport	2019	Addiction
Russell Brand	Recovery: Freedom From Our Addictions	2018	Addiction
Andy Ramage & Ruri Fairbairns	The 28 Day Alcohol-Free Challenge: Sleep Better, Lose Weight, Boost Energy, Beat Anxiety	2017	Addiction
Christopher Raddings	The Insanity of Gambling	2019	Addiction
James Langton	No Need For Weed: Understanding and Breaking Cannabis Dependency	2008	Addiction
Kevin Roberts	Cyber Junkie	2010	Addiction
Gary Wilson	Your Brain On Porn: Internet Pornography And The Emerging Science Of Addiction	2015	Addiction
Patrick Carnes	Facing The Shadow: Starting Sexual And Relationship Recovery	2010	Addiction
Catherine Gray	The Unexpected Joy Of Being Sober	2017	Addiction
Catherine Price	How to break up with your phone	2018	Addiction
Jack Trimpey	Rational Recovery	1996	Addiction
Mark S Bauer	A mind apart: poems of melancholy, madness and addiction	2009	Addiction
Alis Rowe	The Girl with the curly hair: Asperger's and Me	2013	ADHD/Asperger's/Autism
Gabor Mate	Scattered Minds: The Origins and Healing of Attention Deficit Disorder	2019	ADHD/Asperger's/Autism
Naoki Higashida	The Reason I Jump: one boys voice from the silence of autism	2014	ADHD/Asperger's/Autism
Temple Grandin	The Autistic Brain	2014	ADHD/Asperger's/Autism
J.F Browne	Stuff Asperger's Like	2018	ADHD/Asperger's/Autism
Dinah Murray	Coming Out Asperger: Diagnosis, Disclosure and Self-Confidence	2006	ADHD/Asperger's/Autism
Nancy Verrier	The Primal Wound: Understanding the adopted child	2009	Adoption
William Davies	Overcoming Irritability and Anger	2016	Anger
John Crawford	Anger Management: Understanding. Healing. Freedom.	2016	Anger
W Robert Nay	Overcoming Anger in Your Relationship: How to Break the Cycle of Arguments, Put-Downs and Stoney Silences	2010	Anger
Helen Kennerley	Overcoming Anxiety: A Self Help Guide Using Cognitive Behavioural Techniques	1997	Anxiety & Stress
Matt Haig	Notes on a Nervous Planet	2019	Anxiety & Stress
Ant Middleton	The Fear Bubble	2019	Anxiety & Stress
Niall Breslin	Me and My Mate Jeffrey	2015	Anxiety & Stress

Book My Mind - Book list

Dominique Thompson	Anxiety at University: Student Wellbeing Series	2019	Anxiety & Stress
David Veale	Overcoming Health Anxiety	2009	Anxiety & Stress
Aaron Gillies	How to Survive the End of the World (When it's in Your Own Head)	2019	Anxiety & Stress
Stephen Palmer & Angela Puri	Coping with Stress at University: A Survival Guide	2006	Anxiety & Stress
Kate Joseph	Managing Stress	2018	Anxiety & Stress
David Burns	When Panic Attacks	2007	Anxiety & Stress
Susan Jeffers	Feel the fear and do it anyway	2007	Assertiveness & Self Esteem
Brene Brown	The Gifts of Imperfection	2018	Assertiveness & Self Esteem
Melanie Fennell	Overcoming Low Self-Esteem	2009	Assertiveness & Self Esteem
Claire Cairns	Public Speaking Without Fear	2019	Assertiveness & Self Esteem
Clarissa Pinkola Estes	Women Who Run With The Wolves	2008	Assertiveness & Self Esteem
Jennie Miller & Victoria Lambert	Boundaries: How to Draw the Line in Your Head, Heart and Home	2018	Assertiveness & Self Esteem
Ilene Cohen	When it's Never About You: The People Pleasers Guide to Reclaiming Your Health, Happiness and Personal Freedom	2017	Assertiveness & Self Esteem
Ichiro Kishimi & Fumitake Koga	The Courage to be Disliked: How to Free Yourself, Change Your Life and Achieve Real Happiness	2019	Assertiveness & Self Esteem
Gael Lindenfield	Assert Yourself	2014	Assertiveness & Self Esteem
Sue Bishop	Develop Your Assertiveness	2013	Assertiveness & Self Esteem
Jonny Bairstow	A Clear Blue Sky	2018	Bereavement
Elisabeth Kubler Ross	On Death and Dying	2014	Bereavement
Elisabeth Kubler Ross	On Death and Dying: What the Dying Have to Teach Doctors, Nurses, Clergy and Their Own Families	2009	Bereavement
Alexander Levey	The Orphaned Adult	2000	Bereavement

Book My Mind - Book list

Simon Thomas	Love Interrupted: Navigating Grief One Day at a Time	2019	Bereavement
Beverley Cobain	Dying To Be Free: A Healing Guide for Families After a Suicide	2018	Bereavement
Rebecca Abrams	When Parents Die: Learning to Live with the Loss of a Parent	2013	Bereavement
Samara Linton	The Colour of Madness	2018	Cultural Issues
Gal - Dem	I Will Not Be Erased: Our stories about growing up as people of colour	2019	Cultural Issues
Mariam Khan	It's Not About the Burqa: Women on Faith, Feminism, Sexuality and Race	2020	Cultural Issues
Nikesh Shukla	The Good Immigrant	2017	Cultural Issues
Darren Chetty	A Change Is Gonna Come	2017	Cultural Issues
George Yancy	Black Bodies White Gazes	2016	Cultural Issues
Toni Morrison	The Origin of Others	2017	Cultural Issues
George Yancy	Look, a White!: Philosophical Essays on Whiteness	2012	Cultural Issues
Alexander Khan	Orphan of Islam	2012	Cultural Issues
Scott Sirg Al-Haqq Kugle	Homosexuality in Islam: Critical Reflection on Gay, Lesbian and Transgender Muslims	2010	Cultural Issues
Sabrina Mahfouz	The Things I Would Tell You: British Muslim Women Write	2017	Cultural Issues
Toni Morrison	Beloved	2007	Cultural Issues
Alice Walker	In Search of Our Mother's Gardens	2005	Cultural Issues
Rose Thomas	Bess: Now That I Have Found The Words	2018	Cultural Issues
Yomi Adegoke & Elizabeth Uviebinene	Slay In Your Lane: The Black Girl Bible	2018	Cultural Issues
Nicci Gerrard	What Dementia Teaches Us About Love	2019	Dementia
Maggy Van Eijk	Remember This When You're Sad	2018	Depression
Matt Haig	Reasons to Stay Alive	2015	Depression
Dominique Thompson	Depression at University: Student Wellbeing Series	2019	Depression
Matthew Jack Parker	Overcoming Depression - Get Happy Again: A Self-Help Workbook for Understanding Depression, Anxiety and Panic Attacks	2019	Depression
Matthew Johnstone	I Had a Black Dog	2007	Depression
Tim Grayburn	Boys Don't Cry	2018	Depression
Mark Williams	The Mindful Way Through Depression: Freeing Yourself From Chronic Unhappiness	2007	Depression
Susan Calman	Cheer Up Love: Adventures in Depression with the Crab of Hate	2016	Depression
Dorothy Rowe	Depression: The Way Out of Your Prison	2001	Depression

Book My Mind - Book list

Paul Gilbert	Overcoming Depression: A Self-Help Guide Using Cognitive Behavioural Techniques	2009	Depression
Hope Virgo	Stand Tall Little Girl: Facing Up to Anorexia	2018	Eating Disorder/Body Image
Megan Jayne Crabbe	Body Positive Power: How to Stop Dieting, Make Peace With Your body and Live	2017	Eating Disorder/Body Image
Marissa La Roca	Starving In Search Of Me: A Coming Of Age Story Of Overcoming An Eating Disorder and Finding Self-Acceptance	2018	Eating Disorder/Body Image
John Morgan	The Invisible Man: A Self-help Guide for Men with Eating Disorders, Compulsive Exercise and Bigorexia	2008	Eating Disorder/Body Image
Lesley Fairfield	Tyranny	2011	Eating Disorder/Body Image
Lauren Callaghan et al	Body Image Problems	2017	Eating Disorder/Body Image
Craig Donnellan and Lisa Firth	Self-esteem and body image	2006	Eating Disorder/Body Image
Thomas F Cash	The Body Image Workbook: An Eight Step Programme for Learning to Like Your Looks	2008	Eating Disorder/Body Image
Janet Treasure & June Alexander	Anorexia Nervosa: A Recovery Guide for Sufferers, Families and Friends	2013	Eating Disorder/Body Image
Richard Reed	If I Could Just Tell You One Thing: Encounters with Remarkable People and Their Most Valuable Advice	2016	General
Michelle Thomas	My Sh*t Therapist & other mental health stories	2020	General
Charlie Mackesy	The Boy, The Mole, The Fox and The Horse	2019	General
Antoine de Saint-Exupery	The Little Prince	2017	General
Ben Sedley	Stuff That Sucks: A teens guide to accepting what you can't change and committing to what you can	2017	General
Michael Heppell	Flip It: How to get the best out of everything	2011	General
Steve Peters	The Chimp Paradox	2012	General
Rick Hanson & Forrest Hanson	Resilient: Find your inner strength	2018	General
Erling Kagge	Silence: In the Age of Noise	2017	General
Robert Poynton	Do Pause: you are not a To Do list	2019	General

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Writing on the Wall	With a Splash of Triumph	2018	General
Writing on the Wall	Mental Health and Me 2016	2016	General
Spencer Johnson	Who Moved My Cheese? An Amazing Way to Deal with Change in Your Work and in Your Life.	2002	General
Elizabeth Day	How To Fail Everything: Everything I've Ever Learned From Things Going Wrong	2019	General
Matthew P Walker	Why We Sleep: The New Science of Sleep and Dreams	2017	General
Chris Riddell	Poems to Live Your Life By	2018	General
Kerry Hudson	Lowborn: Growing up, Getting Away and Returning to Britain's Poorest Towns	2020	General
Thomas A Harris	I'm Ok, You're Ok	2012	General
Arnold Thomas Fanning	Mind On Fire: Memoir of Madness and Recovery	2019	Mental Health
Nathan Filer	The Heartland: finding and losing schizophrenia	2019	Mental Health
Fearne Cotton	Calm: Working through life's daily stresses to find a peaceful centre	2018	Mindfulness
Mind	Take a moment: Refocus, recentre and relax wherever you are	2018	Mindfulness
Eckhart Tolle	The Power of Now: Guide to Spiritual Enlightenment	2016	Mindfulness
Ruby Wax	Sane New World	2014	Mindfulness
David Mair	The Student Guide to Mindfulness	2019	Mindfulness
Shamash Alidina	Mindfulness For Dummies	2014	Mindfulness
Shamash Alidina	Become More Mindful In A Day For Dummies	2012	Mindfulness
Jon Kabat-Zinn	Coming To Our Senses: Healing Ourselves and the World Through Mindfulness	2005	Mindfulness
Jon Kabat-Zinn	Full Catastrophe Living: How to cope with stress, pain and illness using mindfulness meditation	2013	Mindfulness
Saki Santorelli	Heal Thyself: Lessons on mindfulness in medicine	2000	Mindfulness
Bhante Henepola Gunaratana	Beyond Mindfulness in Plain English: An Introductory Guide to Deeper States of Meditation	2011	Mindfulness
Stella Cottrell	Mindfulness for Students	2018	Mindfulness
Mark Williams & Danny Penman	Mindfulness: a Practical Guide to Finding Peace in a Frantic World	2011	Mindfulness
Michael Chaskalson	Mindfulness in Eight Weeks: The revolutionary 8 week plan to clear your mind and calm your life	2014	Mindfulness
Ray Owen	Facing the Storm: Using CBT, Mindfulness and Acceptance When Your Worlds Falling Apart	2011	Mindfulness



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Jon Kabat-Zinn	Wherever You Go, There You Are: Mindfulness meditation for everyday life	2004	Mindfulness
Cheryl Rezek	Mindfulness For Carers: How to Manage the Demands of Caregiving Whilst Finding Peace For Yourself	2015	Mindfulness
David Adam	The Man Who Couldn't Stop: The Truth About OCD	2015	Obsessions & Compulsions
Bryony Gordon	Mad Girl: A Happy Life With A Mixed Up Mind	2016	Obsessions & Compulsions
Shala Nicely & Reid Wilson	Is Fred in the Refrigerator? Taming OCD and Reclaiming My Life	2018	Obsessions & Compulsions
David Veale & Rob Wilson	Overcoming Obsessive Compulsive Disorder	2009	Obsessions & Compulsions
Joe Wells	Touch and go Joe: An Adolescents Experience of OCD	2006	Obsessions & Compulsions
Jared Douglas Kant & Martin Franklin	The Thought That Counts: A first-hand account of one teenager's experince with obsessive-compulsive disorder	2008	Obsessions & Compulsions
Frances Goodhart & Lucy Atkins	How To Feel Better	2015	Pain & Illness
George Pransky	The Relationship Handbook: A Simple Guide to Satisfying Relationships	2017	Relationships
Erich Fromm	The Art of Loving	2013	Relationships
Susan Cain	Quiet: The Power of Introverts in a World That Won't Stop Talking	2013	Self-Acceptance
Stephen Grosz	The Examined Life: How We Lose and Find Ourselves	2014	Self-Acceptance
Robert de Board	Counselling for Toads: A Psychological Adventure	1998	Self-Acceptance
Beth McColl	How to come alive again: A guide to killing your monsters	2019	Self-Acceptance
Marianne Power	Help Me!: One Woman's Quest to Find Out if Self-help Really Can Change Her Life	2019	Self-Acceptance
Yong Kang Chan	Parent Yourself Again: Love Yourself the Way You Have Always Wanted to be Loved	2018	Self-Acceptance
Paul Gilbert	The Compassionate Mind	2010	Self-Acceptance
Robert Webb	How Not To Be a Boy	2017	Self-Acceptance
Stephen Josephth	Authentic: How to be yourself and why it matters	2016	Self-Acceptance
Erich Fromm	The Art of Being	2013	Self-Acceptance
Rotimi Akinsete	This Book Could Help (Men's Head Space)	2019	Self-Care

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Nadia Narain & Katia Narain Phillips	Self-Care for the Real World: Practical self-care advice for everyday life	2017	Self-Care
Ellen M Bard	This is for You: A Creative Toolkit for Better Self Care	2019	Self-care
Jan Sutton	Healing the Hurt Within: Understanding Self-Injury and Self-Harm and Heal the Emotional Wounds Within	2007	Self-Harm
Marliee Strong	A Bright Red Scream: Self-mutilation and the language of pain	2005	Self-Harm
Writing on the Wall	What's Your Pride Story	2017	Sexuality
Jeanette Winterson	Why Be Happy When You Could Be Normal?	2012	Sexuality
Gareth Thomas	Proud	2015	Sexuality
Matthew Todd	Straight Jacket: Overcoming Society's Legacy of Gay Shame	2018	Sexuality
CN Lester	Trans Like Me: A Journey for All of Us	2018	Sexuality
Gershen Kaufman	Shame: The Power of Caring	1992	Shame
His holiness the Dalai Lama	The Joy of Living and Dying in Peace	1998	Spirituality
Paulo Coelho	The Alchemist	2001	Spirituality
Benjamin Hoff	The Tao of Pooh	2018	Spirituality
Ellen Bass & Laura Davies	The Courage To Heal: A Guide for Women Survivors of Child Sexual Abuse	2002	Trauma & Abuse
Mike Lew	Victims No Longer: The Classic Guide for Men Recovering from Child Sexual Abuse	2014	Trauma & Abuse
Rebecca Mitchell	New Shoes: Stepping Out of the Shadow of Sexual Abuse and Living Your Dreams	2011	Trauma & Abuse
Norva Semay Abiona	Time To Go: Leaving Emotional Abuse and other forms of Abusive Relationships	2015	Trauma & Abuse
Bessel Van Der Kolk	The Body Keeps The Score: Brain and Body in the Transformation of Trauma	2015	Trauma & Abuse
Janina Fisher	Healing the fragmented selves of trauma survivors: overcoming internal self-alienation	2017	Trauma & Abuse
Babette Rothschild	8 Keys To Safe Trauma Recovery: Take-charge Strategies to Empower Your Healing	2010	Trauma & Abuse
Roddy Doyle	The Woman Who Walked Into Doors	1997	Trauma & Abuse
Dena Rosenbloom	Life After Trauma: A Workbook for Healing	2010	Trauma & Abuse