

.....

Books on prescription

.....

How books can help
improve your wellbeing

Public information booklet

.....



Books on Prescription

The Books on Prescription service is a scheme where doctors and other health professionals can offer their clients a recommended self help book from their local library. The book may help you learn more about, and therefore manage, a particular health problem.

This service is also available on a self-referral basis. You will find the referral slip at the end of this booklet.

Subjects Covered	Page
Addictions	4
Anger	4
Anxiety / Stress / Worry	5
Bereavement / Death & Dying	6
Carers	6
Childhood	6
Coping & Managing	
Physical Illness	7
Depression	7
Eating Disorders	8
General Wellbeing	8
Postnatal Depression	8
PTSD	9
Relationships & Sex	9
Self Esteem / Confidence / Assertiveness	10
Self Harm	11
Sexual Abuse	11
Sexuality	11
Sleep difficulties	11
Talking Books	12

Acknowledgements

We would like to thank the following publishers for giving us their kind permission to use front cover images of their publications and book descriptions.

Constable & Robinson – Living with bereavement, Overcoming depression, Overcoming anxiety, Overcoming traumatic stress, Overcoming insomnia, Overcoming depression (talking book),

Sheldon Press – How to stop worrying, Anorexia Nervosa: a survival guide for family, friends and sufferers

Polperro Press – Selfish pig’s guide to caring

Quartet Books Ltd – A woman in your own right

Infinite Ideas Ltd – Healthy heart

Jessica Kingsley Publishers – Surviving postnatal depression, Coping with postnatal depression

How to Books Ltd – Healing the hurt within

Duncan Baird Publishers – Learn to find inner peace

Divinit Publishing Ltd – Complete relaxation (talking book)

The Random House Group Ltd – Change your life in 7 days, Toxic parents, I can mend your broken heart

Hazelden Foundation – Stop the chaos

Penguin Group UK – Easy way to stop smoking

Kings College London and Taylor and Francis Books UK – Getting better bite by bite, Breaking free from anorexia nervosa

MindFields College, HG Publishing – How to master anxiety, Freedom from addiction, Understanding and lifting depression (talking book), How to lift depression



How does the scheme work?

Your doctor or health professional will give you a book prescription, or you can refer yourself by completing the slip at the back of this booklet.

Take the prescription to the library

The library staff will help you to find the book on the shelves. If you are familiar with the library you may not wish to ask for help to find the book you want.

Take the book and any others you may want to borrow to the counter to be stamped.

Do I have to be a member of the library?

No - but if you're not a member you will be asked to join when you take your prescription to the library. As long as your prescription has your name and address on it, you won't be asked for any other proof of identification.

You can use this library card to borrow other, non-prescribed books if you wish.

What if I don't like reading or find it difficult to find the time?

We have a selection of talking books which are perfect for those on the go. Try listening to the tapes in your car, whilst doing the housework or before going to bed.

What if the book isn't available?

If all of the copies of the book you have been prescribed are out on loan, a free reservation will be offered so we can get the book to you as quickly as possible.

How long can I borrow books for?

Library books are issued for four weeks, this can be extended as long as no-one else is waiting for it.

What if the book doesn't help?

You will need to go back to whoever prescribed you the book – they will give you further advice. Alternatively you may want to try a different book within the same or similar category. A member of the library staff will be able to help you find books within your required subject.

Addictions



Freedom from addiction By Joe Griffin and Ivan Tyrrel

If you want to overcome your own addictive behaviour – whatever it is – or are interested in helping others to overcome theirs, this down-to-earth, easy-to-read book gives the clear guidance and practical steps you need to do so. The encouraging case histories, covering all kinds of addictive behaviours, show you how others have successfully stopped the behaviours that were harming them.



Easy Way to Stop Smoking By Allen Carr

This is the revolutionary international bestseller that will stop you smoking - for good. Reading this book is all you need to give up smoking. You can even smoke while you read. There are no scare tactics, you will not gain weight and stopping will not feel like deprivation. If you want to kick the habit then go for it. The author's unique method removes your psychological dependence on cigarettes and literally sets you free.



Stop The Chaos: How to Get Control of Your Life by Beating Alcohol & Drugs By Allen Tighe

A practical self-help guide to recovery for those who suspect they, a family member, or a friend have a problem with alcohol or other drugs, and want to do something about it. It helps readers decide whether a problem exists and, if so, how serious it is, and also explores the many issues addicts must address.

Anger



Managing Anger By Gael Lindenfield

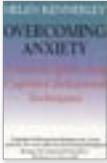
This book explains anger as a natural response to certain life circumstances and experiences. However, anger can result in violence, stress and guilt. Lindenfield explains how anger effects our minds and bodies, and discusses methods of dealing with our own and others anger.

"I realised I'm not the only person who suffers from an anxiety disorder. I felt the author was writing about me."

No Image Available

Feeling Good Handbook By David Burns

Discusses how to overcome fears, phobias and panic attacks, improve intimate communication and cope with anxiety disorders.



Overcoming Anxiety By Helen Kennerley

This book explains how to overcome fears and anxieties from panic attacks and phobias to executive 'burn out', in order to regain confidence and self-control. A step-by-step self-help plan is included.

No Image Available

Mind Over Mood By Dennis Greenberger

This book can help readers successfully understand and improve their moods, alter their behaviour, and enhance their relationships. It presents the skills for identifying problems, setting goals, and achieving the desired changes, through real life examples.



How to Master Anxiety By Joe Griffin and Ivan Tyrrell

This book gives clear advice and practical steps for anyone wanting to conquer their own over-anxious behaviour - whatever it is - or help others overcome theirs. Full of practical techniques for learning how to relax, it also teaches you how to avoid "black and white thinking", gives examples of how to change your perspective on something you fear and reframe your thinking.



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.



"The service and availability was excellent."

Bereavement / Death and Dying



Living with Bereavement

By Alex James

This book is published with the hope that those who seek to comfort the bereaved will find deeper understanding and that the bereaved will come to know that the thoughts and feelings they are experiencing in grief are usual.

No Image Available

Death: the Final Stage of Growth

By Elisabeth Kubler-Ross

This book can be a helpful resource to anyone coming to terms with a death of another, but also to those trying to cope with their own impending death. It approaches the subject from a variety of cultural perspectives.

Carers

The Selfish Pig's Guide to Caring

By Hugh Marriott



This book is a fantastic read, and it may leave you with some new coping mechanisms, more confidence, and a lot less needless guilt! With great humour and a sharply sarcastic wit, the author gets right to the heart of all the difficulties caregivers encounter – emotionally, financially and physically. If you ever thought a nasty thought, lost your temper, felt like you were going insane, felt isolated, friendless, frustrated with bureaucratic idiocy, or wondered why you were being a caregiver in the first place, The Selfish Pig offers understanding, comfort and assurance that you are not alone, insane or a bad person.

Childhood

Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life

By Susan Forward



The connection between controlling abusive or alcoholic parents and adult problems with self-esteem, work, or intimacy is examined in a compelling guide to coming to terms with a troubled childhood. This self-help guide can help you free yourself from the frustrating patterns of your relationship with your parents – and discover a new world of self-confidence, inner strength and emotional independence.

“Due to time limits you only feel better for a short time after seeing a health professional. But the book was always there to look into if I begun to feel panic, or depressed again.”

Coping and Managing Physical Illness

No Image Available

The Healing Code By Dermot O'Connor

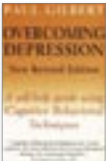
This book is an inspiring, practical guide to how a person can achieve the best health of their life despite a physical illness.

Healthy Heart: Keep Your Heart Happy By Ruth Chambers



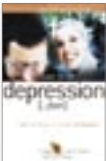
Heart disease and stroke kill about 17 million people every year, and it's not just the stereotypical over-worked, over-weight, middle-aged and middle income man who needs to worry. Cardiovascular disease can affect anyone. Dr Ruth Chambers reveals 52 brilliant and practical ideas to keep you and your ticker fighting fit. You'll be amazed at how easy it is to keep your heart strong and happy.

Depression



Overcoming Depression By Paul Gilbert

A self-help guide full of step-by-step suggestions, case examples and practical ideas for gaining control over depression and low mood. It can help those affected and their friends and families.



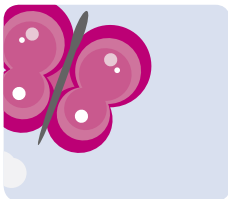
How to Lift Depression - Fast By Joe Griffin and Ivan Tyrell

This book makes it easy to understand the causes of depression, explains why so many of us are so vulnerable to it and describes how to overcome it.

No Image Available

Mind Over Mood By Dennis Greenberger

This book can help readers successfully understand and improve their moods, alter their behaviour, and enhance their relationships. It presents the skills for identifying problems, setting goals, and achieving the desired changes, through real life examples.



"The book taught me breathing techniques and relaxation."

Eating Disorders



Getting Better Bite By Bite: Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating

By Ulrike Schmidt and Janet Treasure

This self-help book empowers sufferers to take control of their own lives and tackle their eating difficulties in their own home. Easy to read and illustrated with many real-life examples, this book addresses the specific problems faced on a daily basis by bulimia sufferers.

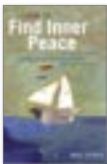


Anorexia Nervosa: A Survival Guide for Family, Friends and Sufferers

By Janet Treasure

This book includes sections for parents and other carers alongside a section for the sufferer themselves. It is a clearly written, practical guide for sufferers and their families.

General Wellbeing



Learn to Find Inner Peace

By Mike George

Achieve peace and tranquility with step-by-step exercises and inspirations for a more unruffled life. It is easy to become vulnerable to stress and frustration in our daily lives. This book shows that by paying attention to our spirit we can attain greater clarity and depth of thinking, greater self-understanding, self-esteem and self-confidence and greater peace of mind. At the same time, we can begin to enjoy life more. Throughout the book a blend of philosophical reflection, intuitive spiritual wisdom and practical self-development is conveyed through clear, down-to-earth advice.

Postnatal Depression



Surviving Postnatal Depression: At Home No One Hears You Scream

By Cara Aitken

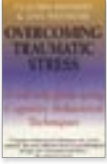
The book tells the stories of ten women from very different backgrounds who have suffered post-natal depression. Their stories should be a source of strength and hope for other sufferers. The book offers positive suggestions and practical advice, based on personal and professional experience.



Coping with Postnatal Depression

By Fiona Marshall

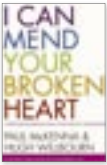
An exploration of post-natal depression. This book outlines the symptoms of post-natal depression, such as anxiety, exhaustion, feelings of isolation, confused thinking and loss of libido. It examines the links between PND and health, as well as taking social factors into account.



Overcoming Traumatic Stress
By Claudia Herbert and Ann Wetmore

This is a self help guide aimed to help sufferers, their families and those who work with them to understand the physical, mental and emotional reactions of traumatic stress. It works through accepting and managing those reactions, learning to accept the trauma itself and then letting go and moving on.

Relationships and Sex



I Can Mend Your Broken Heart
By Paul McKenna and Hugh Willbourn

Almost everyone, at one time or another, is affected by a broken heart. But how can we cope with this most personal of traumas? This book is packed with simple, highly effective, practical techniques which will make you feel better fast, and bring about lasting change. It shows how to: understand emotional healing; make crucial connections between key events in relationships and achieve a new understanding of love; change bad habits and eliminate destructive emotional patterns; and, open the door to a new love.

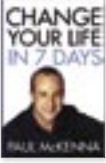
No Image Available

Resurrecting Sex: Solving Sexual Problems and Revolutionising Your Relationship
By David Schnarch

This book addresses issues of low sexual desire, arousal and difficulties in orgasm. It offers practical advice but also empowers the reader to become the person they want to be and helps them understand more about themselves in relationships.

**HAPPINESS
IS YOUR GREATEST GIFT!**





Change your life in 7 days

By Paul McKenna

Success and happiness are not accidents that happen to some people and not to others. They are created by specific ways of thinking and acting in the world. Paul McKenna has made a study of highly successful and effective people, and distilled core strategies and techniques that will help the reader begin to think in the same way as a super-achiever. Learn how to master your emotions and run your own brain, how to have supreme self-confidence and become the person you really want to be.

No Image Available

Positive thinking

By Vera Peiffer

For anyone suffering under the strains of every day life, such as work, children, social life and general stress of too many commitments, this book offers solutions and ways of raising your self confidence and reviving your lust for life.

No Image Available

Assert Yourself

By Gael Lindenfield

This book addresses feelings of inadequacy, shyness and self blame by offering ways to improve self-esteem and motivation, and become a more assertive individual. It covers topics such as how to cope with criticism and communicating effectively with others.



A Woman in Your own Right

By Anne Dickson

An assertive approach builds self-esteem and strengthens the ability to make choices by helping to manage the anxiety and stress of communication in different situations. Instead of being governed by the need to either please or blame others, assertiveness involves taking responsibility for our own feelings and behaviour.

The book helps the reader to recognise their rights, including the right to be treated with respect; the right to express feelings, opinions and values; the right to say 'yes' and 'no'; and the right not to accept responsibility for other peoples problems.



Self-harm



Healing the Hurt Within By Jan Sutton

"Healing the Hurt Within" offers solace, hope, and direction to those who self-injure; guidance to family and friends supporting a loved one who self-injures; and guidelines to professionals and voluntary caregivers on how to respond to clients that self-injure.

Sexual Abuse



Breaking Free: Help for Survivors of Child Sexual Abuse By Carolyn Ainscough and Kay Too

This manual is designed to help survivors of child sexual abuse. It investigates all the effects of child sexual abuse, which often persist into adult life - guilt and shame, depression and anxiety, eating disorders, fear of relationships and sexual problems. It includes discussion of false memory syndrome and female abusers, and draws on accounts of survivors who want their voices to be heard, offering a positive and optimistic approach to help survivors break free from the past.

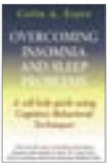
Sexuality



Outing Yourself By Signorile

Outing Yourself offers structure, guidance, and straightforward advice to all who are struggling with their sexuality and unsure what to do, who accept that they are gay but are still afraid to come out, or who consider themselves out but realise they have farther to go.

Sleep Difficulties



Overcoming Insomnia and Sleep Problems By Colin A. Espie

Being unable to sleep is one of the most common health problems. This manual teaches you how to ensure your bedroom encourages a good night's sleep; how to develop good pre-bedtime routines; how to deal with a racing mind; and how to relax. It helps in establishing a new sleeping and waking pattern. It teaches us how to make effective use of sleeping pills and also helps in dealing with special problems including jet lag and sleepwalking.



"Re-discover the happiness and wellbeing you already have inside you"

Talking Books



Overcoming Depression By Paul Gilbert

The talks on this audio book are focused on the following themes: the nature of depression; how our thoughts and feelings are related; how to look after our body and help it recuperate; relaxation - advice and techniques; the role that our styles of thinking play in depression; self-criticism; being kind and compassionate to oneself; and becoming more active and exploring different ways to think about and tackle life's challenges.



Understanding and Lifting Depression Without Drugs By Joe Griffin and Ivan Tyrell

This uplifting CD dispels myths and throws light on fundamental questions: why depression is on the increase? The effects of our modern diet, the reasons people become depressed and how to diagnose the cycle of depression: the crucial link between worry and dreaming why depressed people wake up exhausted and lose motivation; the risks involved in taking antidepressants, and the damage they can do; the problem with addictive lifestyles: alcohol, TV, materialism, etc.



Complete Relaxation By Glenn Harrold

"Complete Relaxation" by Glenn Harrold is the best selling self-help CD in the UK. The two 30-minute tracks, combining skilled hypnotherapy techniques with state-of-the-art digital recording technology and Glenn's soothing voice, will guide you into a completely relaxed state of mind and body.

No Image Available

Self Esteem By Gael Lindenfield

This is a practical programme that helps to raise confidence and self-esteem and helps the individual on their path to self-fulfilment.



"Enables one to address issues quickly and you do not have to wait for an appointment."

Books on Prescription Referral Card

Please hand this referral card in at your local library when you go to borrow the book

Your Name:

Male Female

Date of Birth:

Address:

.....

Postcode:

Telephone No:

E-mail:

Please tick your ethnic origin from the list below:

White (British)

White (Irish)

White (Other)

Black (Caribbean)

Black (African)

Black (Other)

Asian (Indian)

Asian (Bangladeshi)

Asian (Pakistani)

Asian (Other)

Chinese

Any other group

Is this a self referral? Yes No

If you are a professional referring a client, please fill in your details below.

I refer this client to the books on prescription scheme. I have got the patients consent to refer and have given them this information booklet.

Signature of referrer: Date:

Name: Job Title:

Organisation Name:

Address:

If recommending a particular book please fill in below:

Book Title

Author

.....
.....
.....
.....
.....

Books on Prescription Referral Information

- Please take this completed referral card to your local library – or any Sandwell library that is convenient for you.

- If you require it, the library staff will help you find the books you wish to borrow.

- Please remember that if the book you have borrowed was not helpful, you may find one of the other books on our list to be more suitable.

- If you find that the scheme has not been helpful to you, we would advise you to return to the person that referred you and discuss your experiences.

Please note: In order for us to develop the service to the highest standards, you may be contacted by the 'Books on Prescription' coordinator for feedback on your experience of using this scheme. You are under no obligation to participate in this research.

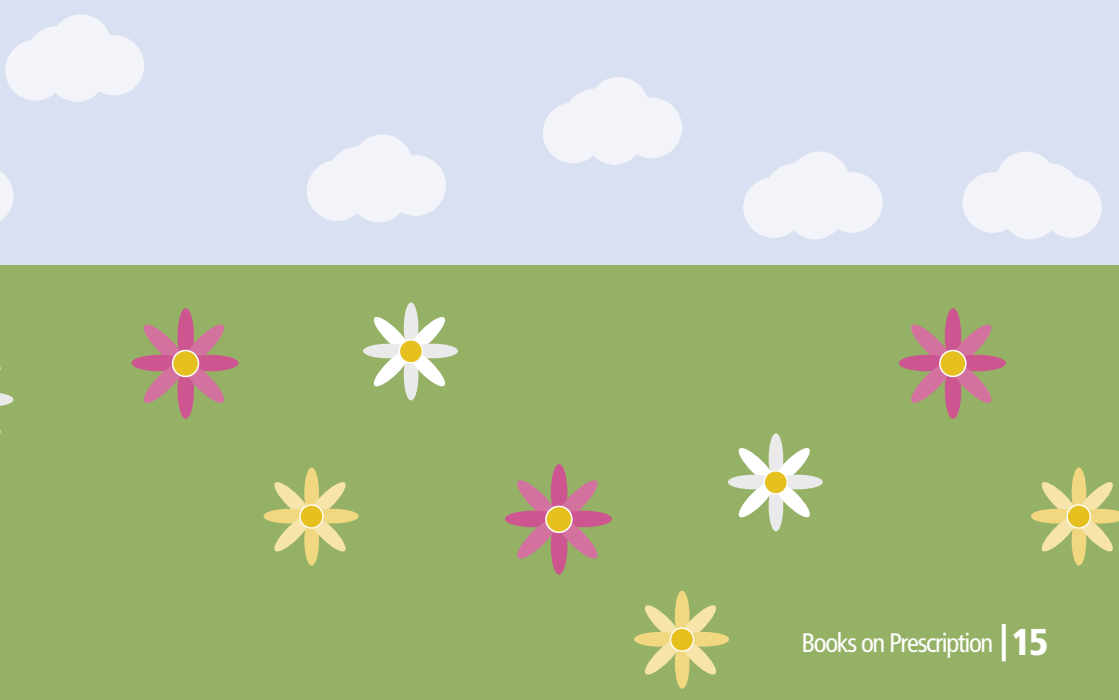
Be an inspiration to others!

If you have accessed the Books on Prescription service and have found it has been helpful to you, then please tell us your story. We would like to publish your inspirational journeys for others to read and be inspired by!

Be a part of other peoples' journey towards wellbeing and a source of their inspiration.

If you are interested then please get in touch with us. Your privacy will be protected at all times and no material will be published without your consent.

**Call us today on 0121 612 1466 or
Email: socialprescribing@sandwell-pct.nhs.uk**



“I wouldn’t have considered self-help books for my condition without my doctor suggesting this scheme. All the books were helpful and have improved the way I feel.”

How to access the service

If you are interested in this service, please speak to your local library. You may also contact us direct using the contact details below.

We would also like to hear from you if you have had any difficulties accessing this service, or if you have any other feedback about your experience of Books on Prescription.

Our details...

Wellbeing Team (Sandwell Primary Care Trust)

Books on Prescription
Kingston House, 438 High Street,
West Bromwich, West Midlands B70 9LD

Tel: 0121 612 1466

Email: socialprescribing@sandwell-pct.nhs.uk

