

Coventry and Warwickshire Health Libraries NEWSLETTER

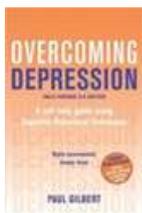


Issue 13: Book Collections for Well-Being

The importance and benefits of reading to provide self-help and improve wellbeing have been widely acknowledged. *'There is a wealth of evidence that supports the delivery of Bibliotherapy for a host of mental health disorders; such as depression and anxiety'* (p. 29)¹.

The library service would like to highlight two of our special wellbeing related collections: **Books on Prescription** and **Mood Boosting Books**. Both collections have been developed from lists produced by the Reading Agency (<https://readingagency.org.uk/>) and can be used to support both personal and client wellbeing.

Books on Prescription



Reading Well Books on Prescription provides self-help reading for adults based on cognitive behavioural therapy for a range of common mental health

conditions including anxiety, depression, phobias and some eating disorders.

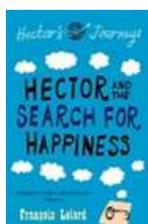
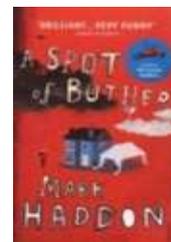
'Evidence suggests that bibliotherapy is likely to provide substantial relief and may render subsequent treatment more effective. Indeed, in some cases further treatment might no longer be necessary' (p. 10)².

Mood Boosting Books

The Mood-boosting Books scheme is a national promotion of uplifting titles, including novels, poetry and non-fiction, recommended by readers and reading groups around the country.

A good book can give a real boost to the way you feel.

'Reading novels isn't just entertaining, it helps you navigate the complex social world' (p. 1)³.



To support these schemes, CWPT Libraries have a range of the Reading Well Books on Prescription and Mood Boosting Books in stock and available for loan. You can search our catalogue (<http://cwpt.wordpress.ptfs-europe.co.uk/>) for the books you are interested in by using the terms **'Books on Prescription'** and **'Mood Boosting Books'** respectively.

Holds for the books can be placed and if you are unable to get to a library for collection, we can send them to your work base.

Please see overleaf some examples of the books we hold in stock. To see a wider selection, please ask a member of library staff to send you a copy of our leaflets on these subjects or pop by any of our 4 libraries and pick one up.

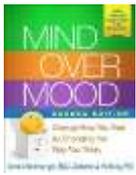
1. 'Bibliotherapy and information prescriptions'. Chamberlain, D; Heaps, D; Robert, I. (Journal of Psychiatry and Mental Health Nursing), Jan 2008; 15(1): 24-36.

2. 'Bibliotherapy as a Means of Delivering Psychological Therapy'. Neil Frude, (Clinical Psychology), 2004 Vol 39: 8-10

3. 'The Science of Fiction'. Keith Oatley. (New Scientist) June 25, 2008, Vol 198, Issue 2662: 42-43.

Mind over Mood

Dennis Greenberger and Christine Padesky



This is a hands-on workbook for clients suffering from depression, panic attacks, anxiety, eating disorders, substance abuse, and relationship problems. Using cognitive therapy, case examples and written exercises help clients to understand and use this method. It provides simple instructions for identifying problematic thoughts and replacing them with more realistic and positive ones.

The Eyre Affair

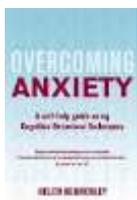
Jasper Fforde



There is another 1985, somewhere, where the Crimean War still rages, dodos are cloned in kits and everyone is deeply disappointed by the ending of 'Jane Eyre'. There are no jet-liners or computers, but there are policemen who time travel, a Welsh republic, a great interest in literature – and a woman called Thursday Next.

Overcoming Anxiety

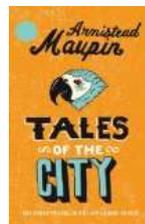
Helen Kennerley



This book explains why anxiety is a problem for some people and not others. It describes various types of anxiety, including panic attacks and phobias. The step-by-step plan enables the reader to overcome fears and anxieties of all kinds. It also highlights quotes from people, who have had similar problems and overcome them.

Tales of the City

Armistead Maupin



San Francisco, 1976. A naïve young secretary, fresh out of Cleveland, tumbles headlong into a brave new world of laundromat Lotharios, pot-growing landladies, cut throat debutantes and Jockey Shorts dance contests. The saga that ensues is manic, romantic, tawdry, touching and outrageous.

I Had A Black Dog

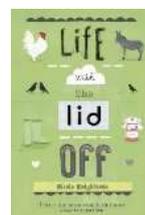
Matthew Johnstone



Winston Churchill popularized the phrase Black Dog to describe bouts of depression he felt. The author experienced depression himself and wrote this uplifting insight into what it is like to have a Black Dog as a companion and how he learned to tame it. It provides practical advice on recognising symptoms and managing depression.

Life with the Lid Off

Nicola Hodgkinson



When single mother Nicola decided to follow her rural dream, it involved transporting her young family, horse, donkey and two bantams to a ramshackle cottage in an idyllic seaside village. But amid the chaos, the magic of family life shines through, peppered with humour, love, moments of high drama, and nostalgia.

CWPT Library and Knowledge Services

See our library catalogue: <http://cwpt.wordpress.ptfs-europe.co.uk/> or follow us [Facebook/CWPTLibraries/](https://www.facebook.com/CWPTLibraries/)

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