



## BIBLIOTHERAPY

Many people use the internet now instead of books for information, education and guidance. I happen to like books: they have been good companions to me over the years. The following is a list of books which I've read, or colleagues or clients have recommended. They deal with a range of issues related to emotional and psychological states but the list is by no means exhaustive. They also come in a range of styles – some are novels, some self-help books, some popular psychology, and a few text books. These books are not meant to be academic reading but there are a few exceptions. If you have read something which you found helpful and you think others might find helpful too, please let me know and I'll add it to the list.

- Depression:** Malignant Sadness: L. Wolpert, Faber 1999  
Coping with Depression: I. Blackburn, Chambers 1987  
Breaking the Bonds: D. Rowe, Fontana 1991  
Overcoming Depression: P. Gilbert, Robinson 1997  
The Bell Jar: S. Plath, Faber 1963
- Manic-Depression** An Unquiet Mind: K. Redfield Jamison, Picador 1996  
Coping with Depression & Elation: P. McKeon, Sheldon 1987
- Post-natal Depr.** Leaflets from the Post-Natal Depression Alliance  
Post-Natal Depression: Katarina Dalton
- Self-esteem** Overcoming low self-esteem: M. Fennell, Robinson  
Hold your Head up high: P. Hauck, Sheldon 1991  
Addiction to Perfection: Marion Woodman  
The Highly Sensitive Person: Elaine Aron, Broadway 1996
- Anxiety & Panic** Self-help for your Nerves: C. Weekes, Thorsons 1977  
Beyond Fear: D. Rowe, Fontana 1987  
Anxiety (Ideas in Psychoanalysis): R. Emanuel, Icon 2000  
Taking the Fear out of Flying: M. Yaffe, David & Charles Press 1987  
Overcoming Panic: D. Silove & V. Manicavasagar, Robinson 1997  
Feel the Fear and Do it anyway
- Stress** Managing Stress: D. Fontana, BPS Books 1989
- Alcohol** Bottling it up: V. Cuaran & S. Golombok, Faber 1985  
How to control your drinking: Miller & Munoz, Sheldon 1983  
Letters Home, and Letters to Daniel: Fergal Keane  
Getting beyond Sobriety: Michael Craig Clemmens
- Smoking** The Easy Way to Stop Smoking: A. Carr



- Drugs** Junk: M. Burgess  
Substance Abuse – A Layman’s Guide: W. M. Addenbrooke,  
Mid-Downs Health Authority, W. Sussex 1992
- Eating** Fat is a Feminist Issue: S. Orbach, Arrow 1978  
Being Fat is not a Sin: Bovey, Pandora 1989  
The Anorexic Experience: M. Lawrence, Women’s Press 1984  
Eating your Heart Out: J. Buckroyd, Macdonald 1989  
Getting better Bit(e) by Bit(e): U. Schmidt & J. Treasure,  
Psychology Press 1997  
On Eating: S. Orbach, Penguin 2002  
Life-size: J. Shute, Mandarin Press
- Irritable Bowel Syndrome** Gut Reaction: G. Jonsson, Vermillion 1998  
Irritable Bowel Syndrome & Diverticulitis: S. Trickett 1990
- Anger & Violence** Overcoming Anger & Irritability : W. Davies, Robinson  
Violent Women & the Myth of Innocence: P. Pearson, Virago  
1997  
Scream Quietly or the Neighbours will hear: E. Pizzey, Penguin  
1974  
Confronting Abusive Beliefs: M.N. Russell, Sage 1995  
The Angry Self: Gottlieb
- Self-Harm** Hidden Self-Harm: M. Turp, Jessica Kingsley 2003
- Sexual Abuse** If I should Die before I wake: M. Morris, Souvenir 1983  
Breaking Free: C. Ainscough & K. Toon  
The Courage to Heal: E. Bass & L. Davis, Harper & Row  
1988  
Child Sexual Abuse: D. Glaser & S. Frosh, Macmillan 1988  
Cry Hard and Swim: Jacqueline Spring  
Healing Tasks: James Kepner
- Rape** Sexual Violence: the London Rape Crisis Centre, Womens  
Press  
Male Rape: R. McMullen, GMP, 1990
- Sex (hetero)** Treat yourself to Sex: P. Brown & C. Faulder  
For Each Other: L. Barbach, Corgi 1982  
The Joy of Sex: A. Comfort, Quartet Books, 1972  
Men & Sex: B. Zilbergeld, Little, Brown 1979  
My Secret Garden: N. Friday  
Talk Dirty to Me: S. Tisdale, Pan 1994  
Passionate Marriage: D. Schnarch, Scribe 1997



- Gay, Lesbian, Bi-** Being Homosexual: R. Isay, Avon 1990  
Oranges are not the only Fruit: J. Winterson, Pandora 1985  
When your child comes Out: A. Lovell, Sheldon, 1995  
The Lost Language of Cranes: D. Leavitt, Penguin 1986  
The Woman Book of Love & Sex: D. Sanders, Sphere 1985  
Safer Sexy: P. Tatchell  
Bisexual Lives: Off Pink Publishing, 1988  
Ties that Bind: G. Baldwin, Daedalus Publ, 1993  
The Whole Lesbian Sex Book: F. Newman: Cleis Publ. 2004
- Transsexual** Trumpet: J. Kay  
Conundrum: J. Morris  
Dear Sir or Madam: M. Rees, Cassell 1996  
Trans Gender Warrior: L. Fienberg, Beacon 1996
- Men & Women** Men are from Mars, Women are from Venus: J. Gray,  
Vermilion 1993  
Mars & Venus together Forever: J. Gray, Vermilion 1996  
The Psychology of Romantic Love: R. Johnson, Arkana  
1983  
Love is never Enough: A. Beck, Penguin 1988  
You Just don't Understand: D. Tannen, Virago 1992  
The Art of Loving: E. Fromm, Allen & Unwin 1957  
Simply People: Susan Clayton  
Intimacy & Solitude: Stephanie Dowrick, Women's Press 1992  
Why marriages succeed or fail: J. Gottman, Bloomsbury 1997  
Turned On: D.E. Stafford, Witting Press 2010
- Co-dependency** Women who love Too much: R. Norwood, Arrow 1986  
Codependent No More: M. Beattie, Hazelden 1987
- Assertiveness** A Woman in your own Right: A. Dickson  
Be Assertive: B. Hare, Macdonald 1988
- Affairs** The Monogamy Myth: P. Vaughan, Grafton 1989  
Surviving Infidelity: R. Subotnik, Bob Adams Inc 1994  
Love Affairs: R. Taylor, Prometheus Books 1997  
Adultery: A. Lawson, Oxford UP 1990  
Swann's Way: M. Proust, Chatto & Windus 1922
- Men** Iron John: R. Bly, Element Books 1991  
On Men: A. Clare, Chatto & Windus 2000  
King Warrior Magician Lover: Robert Moore & Douglas  
Gillette  
The Essential Difference: S. Baron Cohen, Penguin 2003



- Women**                      What do women want? S. Orbach & L. Eichenbaum  
Women who run with the wolves: C. P. Estes, Rider 1992  
The Whole Woman: G. Greer, Anchor 2000  
Outside in, Inside Out: L. Eichenbaum & S. Orbach
- Mother/Daughter**        Hanna's Daughters: M. Fredriksson  
Hidden Lives: M. Forster  
My Mother My Self: N. Friday, Fontana 1979  
Mother can you Hear me?: M. Forster, Penguin 1981
- Childhood**                      The Drama of the Child: A. Miller, Virago 1987  
The Wrong Boy: W. Russell  
Angela's Ashes: F. McCourt, Flamingo  
Raising Cain: D. Kindlon & M. Thompson  
Breaking Free: Muriel James
- Step-parenting**              Step-parenting: B. Maddox, Unwin 1980  
Loving other people's children: D. Fowler, Vermilion 1992
- Families**                      Families and How to Survive Them: Skynner & Cleese,  
Methuen 1983  
Toxic Parents: S. Forward
- Miscarriage**                  Hidden Loss: V. Hey, Women's Press 1989
- Abortion**                      Between Freedom & Necessity: J. Hadley, Virago 1996
- Bereavement**                A Grief Observed: C.S. Lewis, Faber 1961  
The Courage to Grieve: J. Tatelbaum  
Living with Grief: T. Low, Sheldon 1984
- Terminal Illness  
& Death**                      I don't know what to say: R. Buckman, Macmillan 1988  
On Death & Dying: E. Kubler-Ross, Tavistock 1970  
AIDS Time to Reclaim our Power: C. Spence, Lifestory 1986  
The Art of Dying: S. Rasberry, Celestial Arts 2001  
Sudden Death: Bob Wright, Churchill Livingstone 1996
- Carers**                        Remind me who I am Again: L. Grant, Granta 1998  
Have the Men had Enough?: M. Forster, Penguin  
Forgetting, A biography of Alzheimer's Disease: D. Shenk  
Iris: J. Bailey  
The Selfish Pig's Guide to Caring: Hugh Marriott, Polperro  
Press, 2003
- Getting Older**                The Middle Passage: J. Hollis, Inner City 1993



<b>Health</b>	Ageless Body, Timeless Mind: Deepack Chopkra You can heal your Life: Louise Hay Our Bodies Ourselves: Boston Women's Health Collective
<b>Career</b>	What Color is your Parachute?: R. Nelson Bolles, 10 Speed Press, 1970
<b>Immigration</b>	The Tortilla Curtain: C. Boyle, Bloomsbury 1995
<b>Inspiration &amp; Encouragement</b>	A Life of One's Own: M. Milner, Virago 1986 The Inner Game of Tennis: W. T. Gallwey, Pan If you meet the Buddha on the road, Kill him: S. Kopp An Evil Cradling: B. Keenan, Vintage 1992 Games People Play: Eric Berne I Ching (transl R. Wilhem, Fwd by CJ Jung) To Have or to Be: Erich Fromm The Chasm of Fire: Irina Tweedie The Soul's Code: James Hillman The Prophet: Kahlil Gibran Jonathan Livingston Seagull: R. Bach 1972 By Grand Central Station I sat down & Wept: E. Smart, Granada 1966
<b>Retreats</b>	The Good Retreat Guide: Stafford Whiteaker