

These books provide advice on a range of common conditions to help you better understand your health. Some titles include information to help you cope with daily issues such as stress, anxiety and low self-esteem. Please note that the Dr You books do not offer or replace a doctor-patient relationship or consultation. Should your reading not provide the answers or support you need, you can seek further advice from your doctor or other medical professionals.

These books are available at a number of the branch libraries, but not all of the titles are available at every library. If a book you want isn't available at your local or mobile library, you can always request it, either from a member of staff, or online through the library catalogue.

Author	Title	Where to find it in the library
Addiction		
Atkins, Simon	First steps out of smoking	613.85
Blaszczynski, Alex	Overcoming compulsive gambling	616.85841
Carr, Allen	Allen Carr's easy way to stop smoking: be a happy non-smoker for the rest of your life	616.85
Carr, Allen	The easy way to control alcohol	613.81
Chick, Jonathan Dr	Understanding alcohol & drinking problems	616.861
Lefever, Robert	The twelve-step programme to kick your habit	362.29
Allergies / Intolerances		
Brody, Karen	Coping with coeliac disease	616.399
Carson, Paul	Hay fever	616.20206
Gazzola, Alex	Coeliac disease	616.399
Gazzola, Alex	Living with food intolerance	616.975
Anger		
Dryden, Windy	Overcoming anger	152.47
Davies, William, Dr	Overcoming anger and irritability	152.47

Pudney, Warwick	Adolescent volcanoes	155.51247
Whitehouse, Eliane	A volcano in my tummy	155.41247
Anxiety, Worry and Panic attacks		
Burns, David D.	When panic attacks	616.85223
Eriksen, Carina	The panic workbook	616.8
Hogan, Brenda	An introduction to coping with phobias	616.85225
Huebner, Dawn	What to do when you worry too much: a kid's guide to overcoming anxiety	Children's NF J152.46
Ingham, Christine	Panic attacks: what they are, why they happen and what you can do about them	616.85223
Ironside, Virginia	The huge bag of worry	Children's NF J152
Jeffers, Susan J.	Feel the fear and do it anyway	158.1
Kennard, Jerry	Overcoming worry and anxiety	152.46
Kennerley, Helen	Overcoming anxiety	616.8522
Leahy, Robert L.	The worry cure	152.46
Rapee, Ronald	Helping your anxious child	618.928522
Rowe, Dorothy	Beyond fear	152.46
Silove, Derrick, Prof	Overcoming panic and agoraphobia	616.85223
Tallis, Frank	How to stop worrying	152.46
Vickers, Laura	Flying to see Janet: a fun guide to the airport experience	Children's NF J618.8982
Weekes, Claire	Essential help for your nerves	616.85206
Willetts, Lucy	Can I tell you about anxiety?	616.8522
Williams, Christopher	Overcoming anxiety, stress and panic: a five areas approach	616.85223
Willson, Rob	Overcoming health anxiety	616.8525
Young, Charles	An introduction to coping with health anxiety	616.85223
Asthma		
Greener, Mark	Coping with asthma	616.238
Autism / Asperger Syndrome		
	Been there. Done that. Try this!	616.858832
Aitken, Kenneth J.	Sleep well on the autism spectrum	618.928498
Al-Ghani, K. I.	The Panicosaurus	616.8982
Al-Ghani, K. I.	The Red beast	616.8982
Aston, Maxine C.	The Other half of Asperger Syndrome	616.858832
Attwood, Tony	The Complete guide to Asperger's syndrome	616.8982

Barton, Michael	A Different kettle of fish	362.1968588
Bissonnette, Barbara	The Complete guide to getting a job for people with Asperger's syndrome	650.140874
Boyd, Brenda	Parenting a teen or young adult with Asperger syndrome	649.154
Brosen, Sofie Koborg	Do you understand me?	Children's NF J618.8982
Dater, Brenda	Parenting without panic	649.154
Dura-Vila, Gloria	My autism book	Children's NF J616.8982
Elder, Jennifer	Autistic planet	Children's picturebook
Hoopman, Kathy	Inside Asperger's looking out	616.858832
Ives, Martine	Caring for a child with autism	618.928982
Jackson, Luke	Freaks, geeks and Asperger syndrome	616.8982
Jansen, Herman	Autipower	616.85882
Johnson, Jane	Siblings	618.928588
Jones, Heather	Talk to me	618.9
Kidd, Susan Larson	My child has autism, now what?	616.85882
Klemenc, Alenka	What is it like to be me?	616.8982
Marshall, Fiona	Living with autism	616.8982
Miller, Arnold	101 tips for parents of children with autism	616.8982
Moor, Julia	Playing, laughing and learning with children on the autism spectrum	618.92
O'Halloran, Cathie	Diagnosis asparagus	618.928588
O'Toole, Jennifer Cook	Asperkid's launch pad	616.8982
O'Toole, Jennifer Cook	The Asperkid's (secret) book of social rules	618.9
O'Toole, Jennifer Cook	The Asperkid's game plan	371.94
Purkis, Jeanette	The wonderful world of work	650.1
Reynolds, Kate E.	Party planning for children and teens on the autism spectrum	362.1
Reynolds, Kate E.	Sexuality and severe autism	618.9
Reynolds, Kate E.	Things Tom likes	616.8982
Reynolds, Kate E.	Tom needs to go	616.8982
Reynolds, Kate E.	What's happening to Tom?	616.8982
Riley-Hall, Eileen	Parenting girls on the autism spectrum	616.8982
Rudy, Lisa Jo	Get out, explore, and have fun!	649.154
Santomauro, Josie	Fathering your special child	618.9

Santomauro, Josie	Mothering your special child	618.9
Santomauro, Josie	A Special book about me	Children's NF J618.8982
Santomauro, Josie	You are special too	Children's NF J618.8982
Santomauro, Josie	Your special friend	Children's NF J618.8982
Santomauro, Josie	Your special grandchild	616.8982
Schlegelmilch, Andrew	Parenting ASD teens	649.154
Show, Joyce	Teaching your child with love and skill	379.14
Tozer, S.	M129	Children's Fiction
Welton, Jude	Adam's alternative sports day	Children's Fiction
Welton, Jude	Can I tell you about Asperger syndrome?	Children's NF J616.8982
Welton, Jude	Can I tell you about autism?	Children's NF J616.8982
Woodcock, Linda	Managing family meltdown	649.154
Yoshida, Yuko	Raising children with Asperger's syndrome and high-functioning autism	618.928588
Cancer		
American Cancer Society	Lung cancer	616.99424
Bailey, Christine	Nourish: the cancer care cookbook	614.5631
Bor, Robert	Coping with the psychological effects of cancer	616.994
Ericson, Penny	Chemo cookery club	641.5631
Eustace, Ian	Bowel cancer	616.994347
Freeman, Jane	How to eat well when you have cancer	616.994
Goodhart, Frances	The cancer survivor's companion	616.994
Hamill, Christine	B is for breast cancer	616.99449
Heiney, Sue P.	Cancer in our family	616.994
Markman, Maurie	Cancer nutrition and recipes for dummies	641.5631
Matthews, Anni	Anni's cancer companion	616.994
O'Regan, Ruth	Breast cancer journey	616.99449
Plant, Jane	Beat cancer	616.99406
Priestman, Terry J.	Breast cancer	616.99449
Priestman, Terry J.	Coping with radiotherapy	616.994
Shah, Priya	Testicular cancer	616.99463
Smith, Tom	Coping successfully with prostate cancer	616.99463

Children's Collection		
	Simple low-cost games and activities for sensorimotor learning	618.9285889
	Special brothers and sisters	Children's NF J618.9
Banks, Jane Whelen	Liam goes poo in the toilet	Children's picturebook
Banks, Jane Whelen	Liam knows what to do when kids act snitty	Children's picturebook
Banks, Jane Whelen	Liam says "Hi"	Children's picturebook
Banks, Jane Whelen	Liam says "Sorry"	Children's picturebook
Banks, Jane Whelen	Liam wins the game, sometimes	Children's picturebook
Banks, Jane Whelen	Loveable Liam	Children's picturebook
Biggs, Victoria	Caged in chaos: a dyspraxic guide to breaking free	616.8552
Boon, Maureen	Can I tell you about dyspraxia? A guide for friends, family and professionals	618.9283
Brukner, Lauren	The kid's guide to staying awesome and in control	Children's non-fiction J155.418
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Leicester, Mal	Can I tell you about Tourette Syndrome?	616.83
Nichol, Tim	Stephen Harris in trouble: a dyspraxic drama in seven clumsy acts	823.92
O'Sullivan, Noreen	I'll tell you why I can't wear those clothes!	618.9285
Thomas, Bonnie	Creative coping skills for children	615.8515
Rubinstien, Marcia Brown	Raising NLD superstars	618.92
Stanton, Marion	Can I tell you about cerebral palsy? A guide for friends, family and professionals	616.836
Chronic Fatigue / ME		
Campling, Frankie	Chronic fatigue syndrome	616.0478
Craggs-Hinton, Christine	How to manage chronic fatigue	616.0478
Downing-Orr, Kristina	Beating chronic fatigue	616.0478
Green, Wendy	50 things you can do today to manage fibromyalgia	616.742
Rayner, Jacqueline	Can I tell you about ME	616.8528
Cognitive Behavioural Therapy		
Dryden, Windy	Ten steps to positive living	158.1
Dryden, Windy	Transforming eight deadly emotions into healthy ones	152.4
Garratt, Gill	CBT for work	616.891

Dementia		
	ABC of dementia	616.83
	Telling tales about dementia	616.83
Andrews, June	Dementia: the one-stop guide	616.83
Atkins, Simon	First steps to living with dementia	616.83
Baxendale, Sallie	Coping with memory problems	616.83
Beaumont, Helen	Losing Clive to younger onset dementia	616.83
Bryden, Christine	Dancing with dementia	616.83
Carling, Chris	But then something happened	362.19683
Cayton, Harry	Alzheimer's and other dementias	616.831
Dodd, Karen	About dementia: for people with learning disabilities	616.83
Donaghy, Ian	Dear dementia: the laughter and the tears	362.19683
Draper, Brian	Understanding Alzheimer's Disease & other dementias	616.83
Elliot-Wright, Susan	When someone you love has dementia	362.19683
Genova, Lisa	Still Alice	Fiction
Graham, Nori	Understanding Alzheimer's Disease & other dementias	616.83
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Stuart-Hamilton, Ian	Introduction to the psychology of ageing for non-specialists	155.67
Welton, Jude	Can I tell you about dementia?	616.831
Zoutewelle-Morris, Sarah	Chocolate rain: 100 ideas for a creative approach to activities in dementia care	362.19683
Depression		
Burton, Neel L.	Living with bi-polar disorder	616.895
Cantopher, Tim	Depressive illness: the curse of the strong	616.8527
Cartwright-Hatton, Sam	Coping with an anxious or depressed child	618.928527
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Independence	Understanding depression	616.8527

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Parker, Gordon	Navigating teenage depression	616.85
Schab, Lisa	Beyond the blues: a workbook to help teens overcome depression	618.92
Sounds True	The mindful way through depression	Audiobook 362.25
Williams, Christopher	Overcoming depression and low mood	616.8527
Diabetes		
Smith, Tom	Living with type 1 diabetes	616.4622
Eating Disorders		
Brown, Harriet	Brave girl eating	616.85262
Cohn, Marjorie Nolan	Overcoming binge eating for dummies	616.8526
Cooper, Peter J	Overcoming bulimia self-help course: a self-help practical manual using cognitive behavioural techniques (3-book set)	616.85263
Fairburn, Christopher	Overcoming binge eating, second edition: the proven program to learn why you binge and how you can stop	616.8526
Freeman, Chris	Overcoming anorexia nervosa: a self-help guide using cognitive behavioural techniques	616.85262
Independence	Eating disorders	616.8526
Lacey, J. Hubert	Bulimia, binge-eating and their treatment	616.85263
Lacey, J. Hubert	Overcoming anorexia	616.85262
Lask, Bryan	Can I tell you about eating disorders?	616.8526
Schmidt, Ulrike	Getting better bit(e) by bit(e): a survival kit for sufferers of bulimia nervosa and binge eating disorders	616.85263
Todd, Gillian	An introduction to coping with eating disorders	616.852606
Treasure, Janet	Anorexia nervosa: a recovery guide for sufferers, families and friends	616.85262
Elderly – Care & Support		
Eckersley, Jill	Helping elderly relatives	305.26
Emotional Trauma		
Ainscough, Carolyn	Breaking free workbook: practical help for survivors of child sexual abuse	362.76
Dryden, Windy	Coping with guilt	152.44
McGregor, Jane	Coping with difficult families	306.87
Epilepsy		
Crawford, Pam	Coping with epilepsy	616.853

Fibromyalgia		
Craggs-Hinton, Christine	Fibromyalgia: your treatment guide	616.74206
Craggs-Hinton, Christine	Living with fibromyalgia	616.742
Craggs-Hinton, Christine	The Fibromyalgia healing diet	616.74
Grief and Bereavement		
	All in the End is Harvest	152.434
Ironside, Virginia	'You'll get over it': the rage of bereavement	155.937
Lewis, C. S.	A grief observed	242.4
Rivett, Rachel	Are you sad, Little Bear?	Children's picturebook
Taylor, Liz McNeill	Living with loss	155.937
Wallbank, Susan	Facing grief	306.88
White, Craig A.	Living with complicated grief	155.937
Head Injury		
Powell, Trevor	Head injury: a practical guide	362.19751
Health conditions		
Arroll, Megan A.	Invisible illness: coping with misunderstood conditions	616
Craggs-Hinton, Christine	Coping successfully with varicose veins	616.143
Francis-Cheung, Theresa	The IBS healing plan	616.342
Frith, Alison	Coping with headaches and migraine	616.8491
Greener, Mark	Coping with liver disease	616.362
McFerran, Don	Living with hearing loss	362.1978
Heart Problems		
Greener, Mark	The heart attack survival guide	616.123
Smith, Tom	Living with angina	616.122
Mental Health / Mood		
Bailey, Sue	The young mind	362.2083
Burns, David	Feeling good: the new mood therapy	616.895
Burns, David D.	The feeling good handbook	616.89142
Burton, Maddie	An introduction to child and adolescent mental health	362.2083
Burton, Neel L.	Living with bipolar disorder	616.895
Butler, Gillian	Managing your mind	158
Gournay, Kevin	Coping with schizophrenia	616.898
Greenberger, Dennis	Mind over mood	616.89142
Scott, Jan	Overcoming mood swings	616.8527

Motor Neurone Disease		
Talbot, Kevin	Motor Neuron disease	616.744
Multiple Sclerosis		
Craggs-Hinton, Christine	Living with multiple sclerosis	616.834
Jelinek, George	Recovering from multiple sclerosis	616.83406
Kalb, Rosalind	Multiple sclerosis for dummies	616.834
Obsessive Compulsive Behaviour		
Challacombe, Fiona	Break free from OCD	616.85227
Jassi, Amita	Can I tell you about OCD?	616.85227
Tallis, Frank	Understanding obsessions and compulsions	616.85227
Veale, David	Overcoming obsessive compulsive disorder	616.85227
Pain Management		
Cole, Frances	Overcoming chronic pain: a self-help guide using cognitive behavioural techniques	616.0472
Shone, Neville	The Pain management handbook	616.0472
Parkinson's Disease		
Hultquist, Alan M.	Can I tell you about Parkinson's disease?	616.833
Tagliati, Michele	Parkinson's disease for dummies	616.833
Personality Disorder		
Chapman, Alexander L.	Borderline personality disorder	616.85852
Elliott, Charles H.	Borderline personality disorder for dummies	616.85852
Post Natal Depression		
Burrows, Catherine	Postnatal depression	618.76
Curham, Siobhan	Antenatal and postnatal depression	618.76
Jolin, Lucy	Coping with birth trauma and postnatal depression	618.4019
Parker, Gordon	Overcoming baby blues	618.76
Post-traumatic Stress Disorder		
Schiraldi, Glenn	Post-traumatic stress disorder sourcebook: a guide to healing, recovery and growth	616.8521
Self-esteem		
Fennell, Melanie J. V.	Overcoming low self-esteem	616.891425
Field, Lynda	Self-esteem for women: a practical guide to love, intimacy and success	158.1082
Field, Lynda	The self-esteem coach: 10 days to a confident new you	158.1

Lindenfield, Gael	Self esteem	158.1
Self-harm		
Fitzpatrick, Carol	A short introduction to understanding and supporting children and young people who self-harm	616.8582
McGough, Greta	Self-harm: the essential guide	616.8582
Smith, Jane	The parent's guide to self-harm	616.8582
Shyness & Social Anxiety		
Butler, Gillian	Overcoming social anxiety & shyness	152.46
Byrne, Renee	Stammering: advice for all ages	616.855406
Cottrell, Sue	Can I tell you about stammering?	616.8554
Edelmann, Robert J.	Coping with blushing	152.4
Sleep Problems		
Espie, Colin A.	Overcoming insomnia and sleep problems	616.8
Special Needs		
Beckerleg, Tracey	Fun with messy play	371.9
Newman, Sarah	Small steps forward	649.5
Ochiai, Midori	Different croaks for different folks	618.9285882
Thompson, Charlotte	Grandparenting a child with special needs	649.151
Stress		
Bor, Robert	Overcoming stress	155.9042
Davis, Martha	Relaxation and stress reduction workbook	616.85223
Herbert, Claudia	Overcoming traumatic stress: a self-help guide using cognitive behavioural techniques	616.8521
Stroke		
Raymond, Mareeni	Coping with life after stroke	616.81
Sassoon, Rosemary	Understanding stroke: for patients, carers and health professionals	616.81
Souter, Keith M.	Understanding and dealing with stroke	616.81
Suicide		
Wertheimer, Alison	A special scar: the experiences of people bereaved by suicide	362.284

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