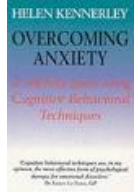

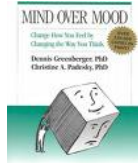
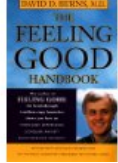




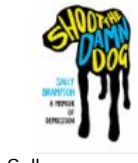



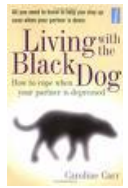




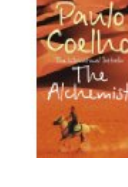

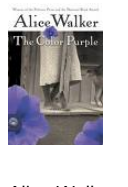

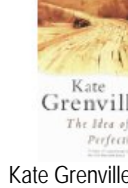

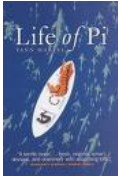



Read Yourself Well: Mental Health

If you would like help finding any of these books at your library, please tick the appropriate box and give to library staff. They will be happy to help you.

 Helen Kennerley	<p><u>OVERCOMING ANXIETY</u> Step-by-step, self-help guide for anxiety, panic attacks and phobias.</p> <p><i>"Having suffered for many years from anxiety and thinking it was quite "normal" to feel that way, this book was a revelation".</i></p>	<p>Please Tick</p> <input type="checkbox"/>	 Paul Gilbert	<p><u>OVERCOMING DEPRESSION</u> For those affected with depression their friends and families, psychologists and those working in the medical profession.</p> <p><i>"This book played a significant role in me getting better".</i></p>	<p>Please Tick</p> <input type="checkbox"/>
 Dennis Greenburger	<p><u>MIND OVER MOOD</u> Guide for people suffering from depression, stress and panic attacks.</p> <p><i>"This book helped me to learn how to deal with my depression and anxiety".</i></p>	<p>Please Tick</p> <input type="checkbox"/>	 David Burns	<p><u>THE FEELING GOOD HANDBOOK</u> Guide on overcoming fears, phobias, and panic attacks.</p> <p><i>"This book is fantastic, for relief for those suffering from depression".</i></p>	<p>Please Tick</p> <input type="checkbox"/>
 Derrick Silove	<p><u>OVERCOMING PANIC</u> Beat panic attacks and the stresses they cause using self-help techniques.</p> <p><i>"A genuinely helpful and practical book".</i></p>	<p>Please Tick</p> <input type="checkbox"/>	 Terry Looker	<p><u>MANAGING STRESS</u> Assess and identify your own stress and develop your own stress management plan.</p> <p><i>"Packed with good, easy to understand advice".</i></p>	<p>Please Tick</p> <input type="checkbox"/>
 Eckhart Tolle	<p><u>THE POWER OF NOW</u> A guide to spiritual enlightenment.</p> <p><i>"It's like a burden has been lifted. Now there is more lightness, ease and joy to living".</i></p>	<p>Please Tick</p> <input type="checkbox"/>	 Stephanie Merritt	<p><u>THE DEVIL WITHIN</u> An honest, moving and life affirming book about depression.</p> <p><i>"A wonderful book that seemed to be detailing my own life experiences".</i></p>	<p>Please Tick</p> <input type="checkbox"/>
 Sally Brampton	<p><u>SHOOT THE DAMN DOG</u> An unflinching story of one woman's journey through depression.</p> <p><i>"I found this book inspiring and useful to see that there is a way to get through life"</i></p>	<p>Please Tick</p> <input type="checkbox"/>	 Matthew Johnstone	<p><u>I HAD A BLACK DOG</u> Illustrations on low mood and depression.</p> <p><i>"These pictures really sum it up for me. It reminds me that I'm not alone".</i></p>	<p>Please Tick</p> <input type="checkbox"/>

 <p>Paul Gascoigne</p>	<p>BEING GAZZA Gascoigne's journey from alcoholism, drug abuse, gambling, eating disorders and compulsive behaviour.</p> <p><i>"An insight into the problems that Paul faced and continues to face and his method of recovery".</i></p>	<p>Please Tick</p> <p><input type="checkbox"/></p>	 <p>Brooke Shields</p>	<p>DOWN CAME THE RAIN The actresses' battle with post natal depression and her journey of recovery.</p> <p><i>"This will be of comfort to any woman battling post natal depression and who, like me, has been through it alone".</i></p>	<p>Please Tick</p> <p><input type="checkbox"/></p>
 <p>Caroline Carr</p>	<p>LIVING WITH THE BLACK DOG Coping with a partner with depression.</p> <p><i>"This book is so easy to read. Useful information on depression in general and some useful contacts".</i></p>	<p>Please Tick</p> <p><input type="checkbox"/></p>	 <p>Fannie Flagg</p>	<p>CAN'T WAIT TO GET TO HEAVEN Interwoven lives in small town America</p> <p><i>"It's nice to read something that puts a real smile on your face and gives a warm, cosy feeling inside".</i></p>	<p>Please Tick</p> <p><input type="checkbox"/></p>
 <p>Mark Haddon</p>	<p>A SPOT OF BOTHER A very funny portrait of a dignified man trying to go insane politely.</p> <p><i>"A warm-hearted tale of an everyday family in melt-down".</i></p>	<p>Please Tick</p> <p><input type="checkbox"/></p>	 <p>Marian Keyes</p>	<p>RACHEL'S HOLIDAY Comedy novel about how easy it is to fall into drug use and how hard it is to stop.</p> <p><i>"It is uplifting, funny and very honest. I for one found it a great help in my recovery".</i></p>	<p>Please Tick</p> <p><input type="checkbox"/></p>
 <p>Anne Tyler</p>	<p>DIGGING TO AMERICA A story about love, family and belonging.</p> <p><i>"A really charming book that will stay with you long after you finish it".</i></p>	<p>Please Tick</p> <p><input type="checkbox"/></p>	 <p>Paulo Coelho</p>	<p>THE ALCHEMIST A fable about following your dreams.</p> <p><i>"Full of messages about following your heart and soul in your quest for finding yourself, your meaning, your purpose".</i></p>	<p>Please Tick</p> <p><input type="checkbox"/></p>
 <p>Alexander McCall Smith</p>	<p>THE NO. 1 LADIES DETECTIVE AGENCY Funny and heart warming tale of Botswana's only female private detective.</p> <p><i>"If you want to read something happy and uplifting, this will send your spirits soaring".</i></p>	<p>Please Tick</p> <p><input type="checkbox"/></p>	 <p>Alice Walker</p>	<p>THE COLOR PURPLE A black woman in the Deep South overcomes discrimination, poverty and abuse.</p> <p><i>"Such despair. Such courage. Such victory. I am richer for having read this. I think anyone would be".</i></p>	<p>Please Tick</p> <p><input type="checkbox"/></p>
 <p>Toni Jordan</p>	<p>ADDITION A young woman with OCD tries to balance a new relationship with old habits.</p> <p><i>"It's a sweet, quirky, warm book and a celebration of the way that we are all unique".</i></p>	<p>Please Tick</p> <p><input type="checkbox"/></p>	 <p>Kate Grenville</p>	<p>THE IDEA OF PERFECTION Tells the story of two outsiders, bruised by the past who find each other in the Australian outback.</p> <p><i>"A beautiful exploration of loss and hope...a pleasure to read".</i></p>	<p>Please Tick</p> <p><input type="checkbox"/></p>

 Meera Syal	<u>ANITA AND ME</u> The story of a young girl trying to fit in to small town life. <i>"Sparkling, witty, intelligent and poignant"</i>	Please Tick <input type="checkbox"/>	 Alan Bennett	<u>THE UNCOMMON READER</u> What would happen if the Queen became a reader of taste and discernment? The answer is a perfect story. <i>"If you need some brightening up at the end of a dull day, then this is the book to pick up".</i>	Please Tick <input type="checkbox"/>
 Yann Martel	<u>LIFE OF PI</u> A young boy and a tiger are adrift in a lifeboat – a book that defies categorisation. <i>"It is a wonderful, life-affirming, poetic flight of the imagination".</i>	Please Tick <input type="checkbox"/>	 Sandi Toksvig	<u>FLYING UNDER BRIDGES</u> The story of a housewife whose life seems to be falling apart. <i>"A brilliant novel. Warm and witty, it brings a smile to your face".</i>	Please Tick <input type="checkbox"/>
 Mitch Albom	<u>THE FIVE PEOPLE YOU MEET IN HEAVEN</u> A man awakens in the afterlife to have the meaning of his life explained by 5 people who were in it. <i>"A beautifully written novel that explores how we touch people's lives and what happens after we die".</i>	Please Tick <input type="checkbox"/>	You can find your nearest library by using these contacts: Website: www.northamptonshire.gov.uk/leisure/libraries/public/libs.htm Telephone: 01604 462049 Email: enquiredirect@northamptonshire.gov.uk		

Would you like some help deciding which book would be most helpful?

Would you like some support whilst you are reading these books?

Peer Supporters are available for one-to-one meetings in libraries across Northamptonshire.

You could also come along to a reading group where you can share experiences and talk about books that you have enjoyed.

If you are interested, please phone the Peer Support manager:
 Lisa Boland on: **01604 893461**