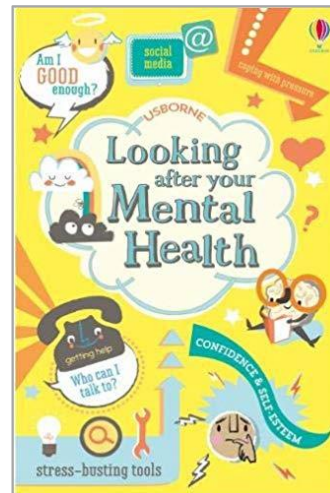


### **Looking After Your Mental Health by Alice James and Louie Stowell**

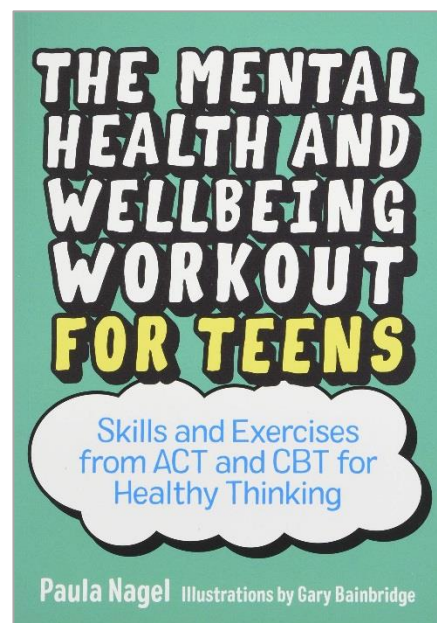
We talk about our physical health - but not so much about how we're feeling. With lots of practical advice, this lively, accessible guide explains why we have emotions, and what can influence them. Covering everything from friendships, social media and bullying to divorce, depression and eating disorders, this is an essential book for young people.



### **The Mental Health and Wellbeing Workout Book for Teens by Paula Nagel**

This easy-to-understand, engaging guide arms teens with healthy thinking habits and coping strategies for staying on top of their mental health. Using tried and tested therapeutic techniques, readers are given the tools to build their own personalised mental health 'workout' to boost their emotional resilience and well-being.

Informed by the experiences of teens themselves, this friendly guide gives practical tips and strategies on how to overcome everyday stresses and ditch negative thinking 'frenemies' before they develop into more serious issues. Teens will be better equipped to recognise negative thoughts and emotions, monitor their mood and behaviour, and flex their positive thinking muscles in order to combat the mental health blips we all face sometimes.

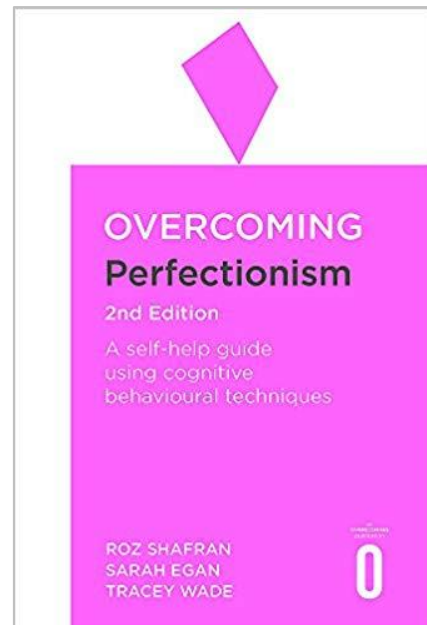


## Overcoming Perfectionism by Roz Shafran, Sarah Egan and Tracey Wade

How to break the circle of 'never good enough' Striving for something can be a healthy and positive attribute; it's good to aim high. But sometimes whatever we do just isn't good enough; we want to be too perfect and start setting unrealistic goals. Such high levels of perfectionism, often driven by low self-esteem, can turn against success and develop into unhealthy obsession, triggering serious mental-health problems, such as anxiety, depression and eating disorders. Cognitive behavioural therapy (CBT), on which this self-help book is based, has been found to be a highly effective treatment and provides relief from that disabling sense of not being good enough. In this essential self-help guide, you will learn:

- How clinical perfectionism manifests itself
- Effective coping strategies with invaluable guidance on how to avoid future relapse

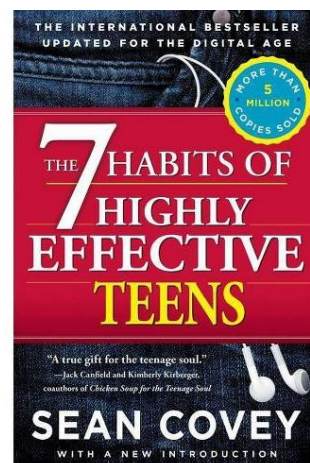
OVERCOMING self-help guides use clinically-proven techniques to treat long-standing and disabling conditions, both psychological and physical.



## The Seven Habits of Highly Effective Teens by Sean Covey

Imagine you had a roadmap--a step-by-step guide to help you get from where you are now, to where you want to be in the future. Your goals, your dreams, your plans...they're all within reach. You just need the tools to help you get there.

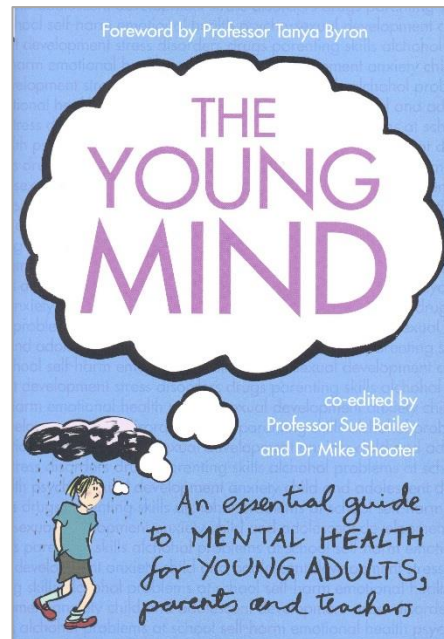
That's what Sean Covey's landmark book, *The 7 Habits of Highly Effective Teens*, has been to millions of teens: a handbook to self-esteem and success.



## **The Young Mind by Sue Bailey and Mike Shooter**

Sadly, millions of children today are affected by mental health problems, almost a doubling of the number of sufferers in just one generation.

Now, in this timely new book, mental health experts provide invaluable information and guidance for concerned parents, teachers and young adults. With chapters covering subjects such as child and adolescent development, parenting skills, problems at school, emotional health and wellbeing.

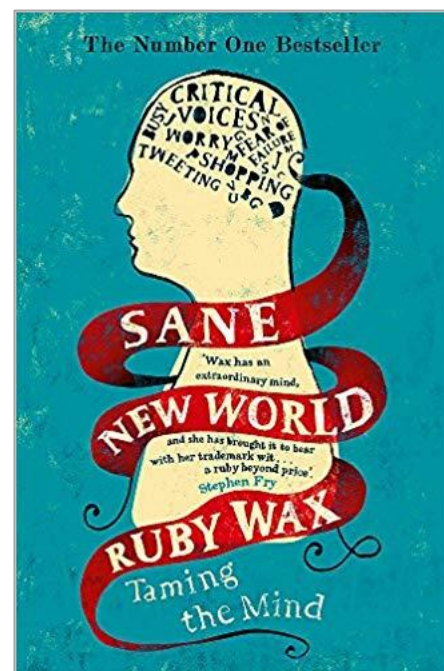


## **Sane New World by Ruby Wax**

Ruby Wax - comedian, writer and mental health campaigner - shows us how our minds can jeopardize our sanity.

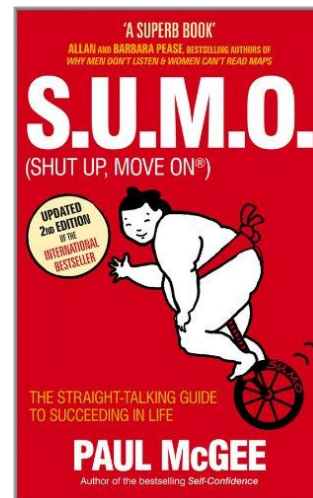
With her own periods of depression and now a Masters from Oxford in Mindfulness-based Cognitive Therapy to draw from, she explains how our busy, chattering, self-critical thoughts drive us to anxiety and stress.

If we are to break the cycle, we need to understand how our brains work, rewire our thinking and find calm in a frenetic world.



## **S.U.M.O (Shut Up and Move On) by Paul McGee**

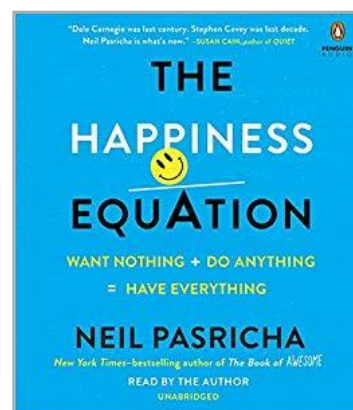
Paul McGee's international bestselling personal development heavyweight S.U.M.O. has helped hundreds of thousands of people around the world fulfil their potential, seize opportunities, succeed at work, and respond to adverse situations with a positive attitude. Weighing in with humour, insight, practical tips, and personal anecdotes, it's a thought provoking and possibly life-changing read.



## **The Happiness Equation by Bridget Grenville-Cleave, Ilona Boniwell and Tine Tessina**

*The Happiness Equation* will teach you such principles as:

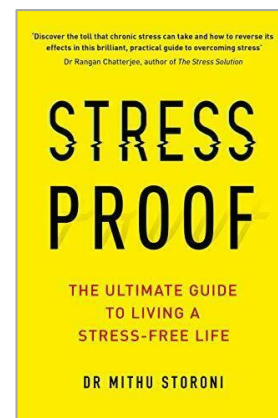
- Why success doesn't lead to happiness
- How to make more money than a Harvard MBA
- Why multitasking is a myth
- How eliminating options leads to more choice



## **Stress Proof Your Life by Elisabeth Wilson**

This book will help you to ensure that a brief stressful episode doesn't turn into systematic overload, leading to inflammation, anxiety, depression or other chronic health issues.

Each chapter examines a common stress agent and presents simple ways to minimise its harmful effects with changes in diet, exercise and other daily habits.

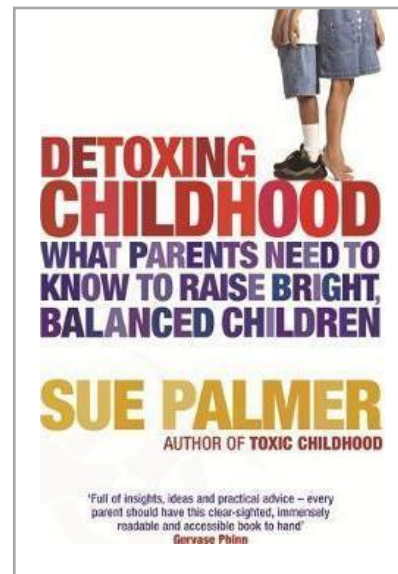




## **Detoxing Childhood – What parents need to know to raise bright balanced children by Sue Palmer**

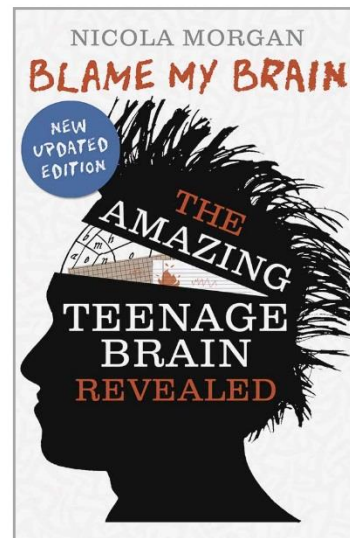
Sue Palmer's ground-breaking book **TOXIC CHILDHOOD** generated national debate. Now, in this important follow-up book, she provides an essential guide on how to bring up children in a way that avoids the problems of a toxic world.

With so many pressures across so many parts of our lives today, this book is the one-stop solution to all our concerns about raising healthy, happy children in the modern world.



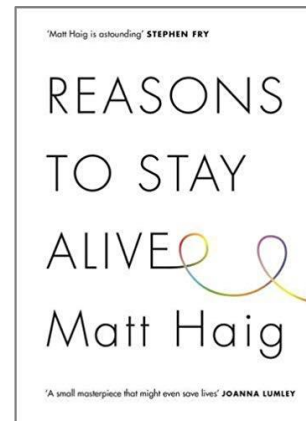
## **Blame My Brain by Nicola Morgan**

Contrary to popular (parental) opinion, teenagers are not the lazy, unpleasant louts they occasionally appear to be. During the teenage years the brain is undergoing its most radical and fundamental change since the age of two. Nicola Morgan's carefully researched, accessible and humorous examination of the ups and downs of the teenage brain has chapters dealing with powerful emotions, the need for more sleep, the urge to take risks, the difference between genders and the reasons behind addiction or depression. The revised edition of this classic book contains important new research, including information on mirror neurons and their effect on the teenage brain.



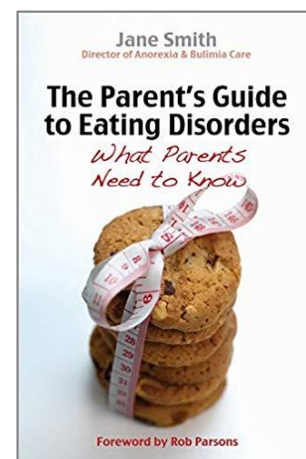
## Reasons to Stay Alive by Matt Haig

Aged 24, Matt Haig's world caved in. He could see no way to go on living. This is the true story of how he came through crisis, triumphed over an illness that almost destroyed him and learned to live again. A moving, funny and joyous exploration of how to live better, love better and feel more alive, *Reasons to Stay Alive* is more than a memoir. It is a book about making the most of your time on earth.



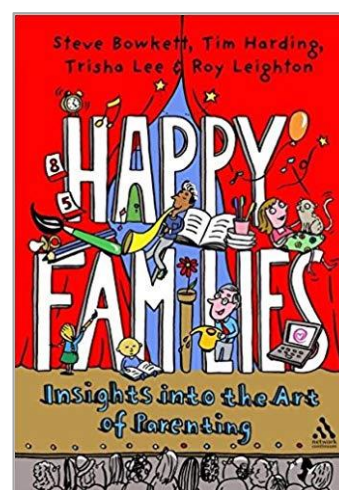
## The Parents' Guide to Eating Disorders by Jane Smith

At least 1.1 million people in the UK are affected by an eating disorder, with people aged 14-25 most at risk. Books about eating disorders are often quite academic and aimed at the sufferer themselves. Very little is available for parents of sufferers. Jane Smith, director of Anorexia Bulimia Care charity has written this book, in collaboration with Care for the Family to provide practical advice for parents of eating disorder sufferers.



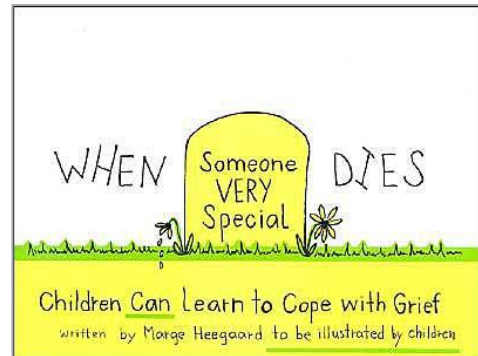
## Happy Families by Steve Bowkett

Young people are entering a world that requires more than straight 'A's (if it ever did) and yearns for the well rounded, multiply intelligent, creative and mature individual that can manage change and complexity without getting upset, petulant and stomping off in a huff. The focus in this informative, entertaining and ultimately practical book is very straight forward: to provide parents with practical skills, based on solid research, to assist their children to become, not only life long learners, but live a long and happy learned life.



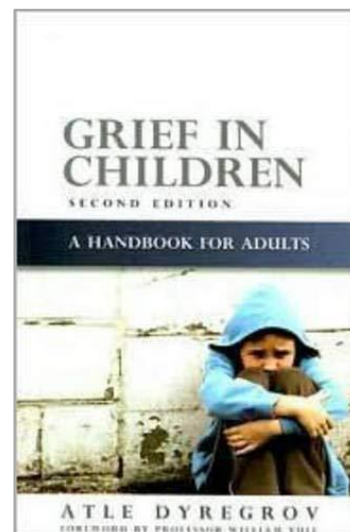
## **When Someone Very Special Dies by Marge Heegaard**

A workbook to help children work out feelings about death. Heegaard provides a practical format for allowing children to understand the concept of death and develop coping skills for life. Children, with the supervision of an adult, are invited to illustrate and personalise their loss through art. When Someone Very Special Dies encourages the child to identify support systems and personal strengths.



## **Grief in Children – a handbook for adults by Atle Dyregrov**

Whether a child experiences the death of a parent, sibling, other relation or friend, or of a classmate or teacher, it is important for those caring for bereaved children to know how to respond appropriately to the child's needs. This book deals with a range of common physical and psychological responses and describes the methods of approaching grief in children that have been shown to work best. The author provides guidance on how loss and bereavement should be handled at school, explains when it is appropriate to involve expert professional help and discusses the value of bereavement groups for children and support for caregivers.



## Good Grief by Dipti Tait

Grief can be your best friend, or your worst enemy.

Whether we are grieving for a loved one or for a time in our lives that has passed, each loss we face brings with it an element of change.

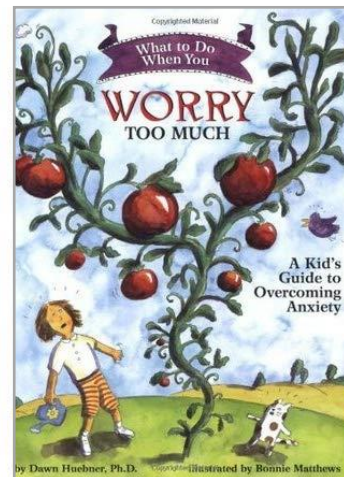
Our abilities to step out of the old and adjust to the new can often be held back by our fear of these changes, preventing us from defining a new, positive pathway.

Whatever your loss, and however you are adjusting to it, this book can help you move forward into a state of acceptance.



## What to Do When You Worry Too Much by Dawn Huebner

What to Do When You Worry Too Much is an interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioural techniques most often used in the treatment of generalized anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change



## A Mindfulness Guide for the Frazzled by Ruby Wax

Five hundred years ago no one died of stress: we invented this concept and now we let it rule us.

In *A Mindfulness Guide for the Frazzled*, Ruby Wax shows us how to de-frazzle for good by making simple changes that give us time to breathe, reflect and live in the moment. It's an easy-to-understand introduction to mindfulness, weaved together with Ruby's trademark wit and humour.

