

BOOKS FOR CFS/ME PATIENTSRoom 2.14 2nd floor

William Harvey House, 61 Bartholomew Close, St Bartholomew's Hospital

Opening Hours:**Monday: 10:00am – 12:00 noon****Wednesday 2:30pm – 4:30pm****Friday 10:00am to 12:00 noon****Or prior arrangement by therapist****Tel: Pauline Stone 0207 601 8511**

Name of Book	Author
CFS self help	
Coping with Chronic Fatigue (Overcoming Common Problems)	Trudie Chalder
Self Help for Chronic Fatigue Syndrome: A Guide for Young People	Trudie Chalder, Kaneez Hussain
Overcoming Chronic Fatigue : A self-help guide using Cognitive Behavioural Techniques	Mary Burgess with Trudie Chalder
Fighting Fatigue	Sue Pemberton, Catherine Berry
Work/volunteering	
Life is Not Work, Work is not Life: Simple Reminders for Finding Balance in a 24/7 World	Robert Johnston, J.Walker Smith
The Virgin Guide to Volunteering: Give Your Time and Get Work and Life Experience in Return	Rebecca Hardy
Exercise, stretching	
Occupational Therapy and CFS	Diane L Cox
Physical Activity and Health: The Evidence Explained	Adrienne Hardman, David Stensel
Relaxation, meditation	
The Ultimate Relaxation Album (Box Set – Audio CD)	Mike Oldfield (Composer), et al
Sleep (Audio CD)	Richard Latham, et al
Body and Soul – Relaxation (Audio CD)	Various Artists
Tai Chi Vol.2 (Audio CD)	Dr. Paul Lam & Llewellyn
AM Yoga Meditations (Audio CD)	Gael Chiarella
Body and Soul – Sleep (Audio CD)	Various Artists
1001 Ways to Relax: How to Beat Stress and Find Perfect Calm	Mike George
Meditation for beginners (Book and CD)	Jack Kornfield
CBT based books	
Mind Over Mood: Cognitive Treatment Therapy Manual for Clients	Christine Padesky, Dennis Greenberger
Overcoming Social Anxiety: A Self-help Guide Using Cognitive Behavioural Techniques	Gillian Butler
Coping with Blushing	Robert Edelmann
Families and How to Survive Them	Robin Skynner, et al
Overcoming Anxiety	Helen Kennerley
Overcoming Low Self-esteem: Self-help Guide Using Cognitive Behavioural Techniques	Melanie Fennell
Reinventing Your Life: How to Break Free from Negative Life Patterns	Jeffrey E. Young, Klosko
Asserting Yourself: A Practical Guide for Positive Change	Sharon A Bower
The Feeling Good Handbook	David D. Burns
When perfect isn't good enough: strategies for coping with perfectionism	Martin M Anthony, Richard P Swinson
Mindfulness	
Arriving at your own door	Jon Kabat-Zinn
The Happiness Trap	Russ Harris
Mindfulness for beginners (Audio CD)	Jon Kabat-Zinn
The Mindful Way through Depression	Zindel Segal, Mark Williams, John Teasdale, Jon Kabat-Zinn
The Mindful Way through Depression (Audio CD)	Zindel Segal, Mark Williams, John Teasdale, Jon Kabat-Zinn
Get out of your mind and into your life: the new acceptance and commitment therapy	Spencer Smith
Full Catastrophe Living: How to Cope with Stress, Pain and Illness Using Mindfulness Meditation	Joan Borysenko (Foreword), Jon Kabat-Zinn