

October 2008

BOOKS FOR CFS/ME PATIENTS

Room 2.14
CFS/ME CNCC
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
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	
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 (Imagination Reality S.) (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 [IMPORT] (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
CBT based books	
Mind Over Mood: Cognitive Treatment Therapy Manual for Clients	Christine Padesky, Dennis Greenberger
Clinician's Guide to Mind Over Mood	Dennis Greenberger, Christine Padesky
The Shyness and Social Anxiety Workbook: Proven Techniques for Overcoming Your Fears	Martin M. Antony, Richard P. Swinson
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 (Self-help S.)	Melanie Fennell
Reinventing Your Life: How to Break Free from Negative Life Patterns	Jeffrey E. Young, Klosko
The Feeling Good Handbook	David D. Burns
Mindfulness	
Mindfulness for Beginners (Audio CD)	Jon Kabat-Zinn
Full Catastrophe Living: How to Cope with Stress, Pain and Illness Using Mindfulness Meditation	Joan Borysenko (Foreword), Jon Kabat-Zinn
Mindfulness-Based Cognitive Therapy for Depression	Zindel V. Segal, J. Mark G. Williams, John D. Teasdale