

Read Yourself Well booklist

- Brosan, Lee - An introduction to coping with depression
- Brosan, Lee - An introduction to coping with obsessive compulsive disorder
- Burns, David D. - Feeling good, the new mood therapy
- Fennell, Melanie J. V. - Overcoming low self-esteem
- Gilbert, Paul - Overcoming depression
- Greenberger, Dennis - Mind over mood
- Hogan, Brenda - An introduction to coping with anxiety
- Kennerley, Helen - Overcoming anxiety
- Schwartz, Jeffrey M. - Brain lock
- Silove, Derrick - Overcoming panic
- Young, Charles - An introduction to coping with panic

More self-help titles

- Bloom, William - Feeling safe
- Carlson, Richard - Don't sweat the small stuff
- Carlson, Richard - Stop thinking & start living
- Greener, Mark - The Which? Guide to managing stress
- Lindenfield, Gael - Self esteem
- Persaud, Raj - Staying sane
- Powell, Trevor J. - Stress free living
- Rowe, Dorothy - Depression
- Servan-Schreiber, David - Healing without Freud or Prozac
- Weekes, Claire - Essential help for your nerves
- Weekes, Claire - Self help for your nerves

More titles in the "Overcoming" series

- Blaszczynski, Alex - Overcoming compulsive gambling
- Burgess, Mary - Overcoming chronic fatigue
- Butler, Gillian - Overcoming social anxiety and shyness
- Cole, Frances - Overcoming chronic pain
- Cooper, Peter J. - Bulimia nervosa and binge-eating
- Crowe, Michael - Overcoming relationship problems

- Davies, William - Overcoming anger and irritability
- Fennell, Melanie J. - Overcoming low self-esteem
- Ford, Vicki - Overcoming sexual problems
- Freeman, Christopher - Overcoming anorexia nervosa
- Gauntlett-Gilbert, J - Overcoming weight problems
- Gilbert, Paul - Overcoming depression
- Herbert, Claudia - Overcoming traumatic stress
- Kennerley, Helen - Overcoming anxiety
- Kennerley, Helen - Overcoming childhood trauma
- Marks, David - Overcoming your smoking habit
- Scott, Jan - Overcoming mood swings
- Silove, Derrick - Overcoming panic