

# READ YOURSELF WELL

## BOOKS ON PRESCRIPTION READING LIST

### ALCOHOL, SMOKING & DRUGS

Overcoming Problem Drinking  
Sex, Drugs, Gambling & Chocolate  
The Smokefree Formula

### ANGER

Overcoming Anger And Irritability:  
Talks With Your Therapist (CD)

### ANXIETY

Overcoming Anxiety:  
A Self-help Guide Using  
Cognitive Behavioural Techniques

### BREASTFEEDING

Womanly Art Of Breastfeeding

### DEPRESSION

All Blacks Don't Cry:  
A Story of Hope  
I Had a Black Dog: His Name  
was Depression  
Mind Over Mood: Change How  
You Feel By Changing the Way  
You Think  
Mothers Cry Too  
Overcoming Depression and Low  
Mood: A Five Areas Approach  
The Mindful Way Through  
Depression (includes CD)

### DIABETES & HEART DISEASE

Diabetes And Wellbeing  
Living A Healthy Life With  
Chronic Conditions; 4th Edition  
Mayo Clinic Healthy Heart  
For Life!  
This Can't Happen To Me!  
Tackling Type 2 Diabetes  
Type 2 Diabetes And How To Live  
With It

### FOOD CHOICES

Crave: Why You Binge Eat And  
How To Stop  
If Not Dieting, Then What?  
Lose Weight For Life

### GRIEF

Coming To Grief: A Survival  
Guide to Grief And Loss  
Dream New Dreams: Reimagining  
My Life After Loss

### LOW SELF-ESTEEM

Overcoming Low Self Esteem:  
A Self-help Guide Using  
Cognitive Behavioural Techniques  
Overcoming Low Self-Esteem:  
Talks with Your Therapist (CD)

### MINDFULNESS

8 Minute Meditation:  
Quiet Your Mind, Change Your Life  
Mindfulness:  
An Eight-Week Plan For Finding  
Peace In A Frantic World (CD)  
Quiet The Mind

### MOOD BOOSTING FICTION

Just Listen  
My Name Is Mina  
Reading In Bed  
The Alchemist  
The Heart Alphabet  
The Little Book Of Resilience  
Tuesday's With Morrie

### OCD

Understanding Obsessions And  
Compulsions: A Self-Help Manual

### OTHER MOOD

49 Ways To Think Yourself Well  
49 Ways To Write Yourself Well  
The Happiness Trap  
When Happiness Is Not Enough

### PANIC & TRAUMA

I Can't Get Over It: A Handbook  
For Trauma Survivors  
Living With It: Survivors Guide To  
Panic Attacks

### RELATIONSHIPS

Hold Me Tight: Seven  
Conversations For A Lifetime of  
Love  
Stand By Me  
The 5 Love Languages:  
The Secret To Love That Lasts  
The Relationship Cure

### STRESS/WORRY

How To Stop Worrying  
The Relaxation And Stress  
Reduction Workbook  
The Stress Reduction Workbook  
For Teens: Mindfulness Skills To  
Help You Deal With Stress

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