

## Anxiety

*The Library has a growing collection of books for improving staff well-being.*

*The following books on anxiety are available to borrow from the Library.*

**Live more , think less: overcoming depression and sadness** by P. Calleson (2020) (e-book)

**This book could help: the men's headspace manual** by Rotimi Akinsete (2019)

**Declutter your mind: how to stop worrying, relieve **anxiety**, and eliminate negative thinking** by S.J. Scott (2019)

**A little peace of mind: the revolutionary solution for freedom from anxiety, panic attacks and stress** by Nicola Bird (2019)

**Asking for help: an honest guide to depression and anxiety from rock bottom to recovery** by K. Braddock (2018)

**Calm the f\*\*k down : how to control what you can and accept what you can't and stop freaking out and get on with your life** by Sarah Knight (2018)

**My anxiety handbook: getting back on track** by Sue Knowles (2018)

**An introduction to coping with anxiety** 2nd ed.by B. Hogan (2018)

**The ABCs of coping with anxiety: using CBT to manage stress and anxiety** by James Conowart (2017)

**Anxiety and panic: how to reshape your anxious mind and brain** by Harry Barry (2017)

**We're all mad here: the no nonsense guide to living with social anxiety** by Claire Eastham (2017)

**Breaking mad: the insiders guide to conquering anxiety** by Anna Williamson (2017)

**Mindfulness for worriers, overcome everyday stress and anxiety** by Padraig O'Morain (2016)

**Depression and anxiety the drug free way** by Mark Greener (2015)

**Rewire your anxious brain: how to use the neuroscience of fear to end anxiety, panic and worry** by Catherine Pittman (2015)

**Depression and anxiety the drug free way** by Mark Greener (2015)

**Managing anxiety with mindfulness for dummies** by Joelle Marshall (2015)

**Overcoming worry and generalised anxiety disorder: a self-help guide using cognitive behavioural techniques** 2nd ed by Kevin Meares (2015)

