

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.

Psychological: why mental health goes wrong and how to make sense of it by D. Burnett (2021)

The instant mood fix: emergency remedies to beat anxiety, panic or stress by O. Remes (2021)

Anxious man: notes on a life lived nervously by J. Roberts (2020)

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

Freedom from anxious thoughts and feelings: a 2 step mindfulness approach for moving beyond fear and worry by S. Symington (2019)

This book could help: the men's headspace manual by R. 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 N. Bird (2019)

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

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

My anxiety handbook: getting back on track by S. 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 J. Conowart (2017)

Anxiety and panic: how to reshape your anxious mind and brain by Dr. H. Barry (2017)

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

Breaking mad: the insiders guide to conquering anxiety by A. Williamson (2017)

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

Depression and anxiety the drug free way by M. Greener (2015)

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

