

Reading List

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.

The adult ADHD & anxiety workbook : cognitive behavioral therapy skills to manage stress, find focus, and reclaim your life by J. Russell Ramsay (2024) Wellbeing 616.89RUS

Healthy mind, happy you : how to take care of your mental health by E. MacDonagh (2024) Wellbeing 616.83MAC

How to be your own therapist : boost your mood and reduce your anxiety in 10 minutes a day by O.O'Kane (2024) Wellbeing 158.1OKA

Anxiety and depression workbook for dummies by L. Smith (2022) Wellbeing 616.83SMI

Beat Stress at Work: How to Balance Your Ambition with Your Anxiety by M Simmonds (2022) Wellbeing 158SIM

Why has nobody told me this before? By J. Smith (2022) Wellbeing 616.83SMI

How to build a healthy brain: reduce stress, anxiety and depression and future-proof your brain by K. Wilson (2022) Wellbeing 616.83WIL

Trans guide to mental health and wellbeing by K. Lees (2022) Wellbeing 616.83LEE

Psychological: why mental health goes wrong and how to make sense of it by D. Burnett (2021) Wellbeing 616.83BUR

The instant mood fix: emergency remedies to beat anxiety, panic or stress by O. Remes (2021) Wellbeing 616.83REM

We're all freaking out (and why we don't need to) by D. Marvin (2021) Wellbeing 616.83MAR

Unwinding anxiety: train your brain to heal your mind by J. Brewer (2021) Wellbeing 616.83BRE

Anxious man: notes on a life lived nervously by J. Roberts (2020) Wellbeing 616.83ROB

The book of over-thinking: how to stop the cycle of worry by G. Smith (2020) Wellbeing 616.83SMI

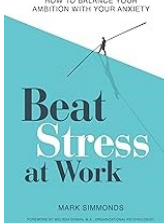
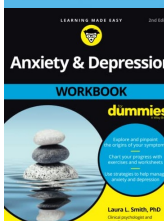
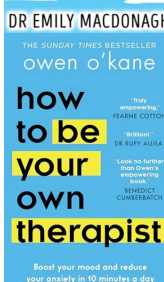
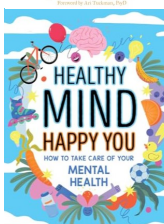
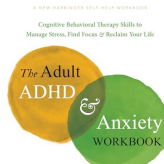
Live more , think less: overcoming depression and sadness by P. Calleson (2020) (e-book only)

Freedom from anxious thoughts and feelings: a 2 step mindfulness approach for moving beyond fear and worry by S. Symington (2019) Wellbeing 616.83SYM

Overcoming anxiety without fighting it by T. Cantopher (2019) Wellbeing 616.83CAN

Declutter your mind: how to stop worrying, relieve anxiety, and eliminate negative thinking by S.J. Scott (2019) Wellbeing 158SCO

Asking for help: an honest guide to depression and anxiety from rock bottom to recovery by K. Braddock (2019) Wellbeing 616.83BRA



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Scan for more of our Anxiety
books

