



## ***Turn the Page* – Book List for South Taranaki District Libraries**

<b>Category</b>	<b>Dewey classification</b>	<b>Author</b>
<b>A - Anxiety</b>		
Overcoming anxiety	616.8522 KENN	Helen Kennerly
The feeling good handbook	616.89142 BURN	David Burns
Use your brain to beat panic & anxiety	616.89 ILLM	John Illman
Natural stress and anxiety relief	613.192 JOHN	Helen Johnson
Anxiety, phobias and panic	616.85223 PUER	Reneau Ruerifoy
Anxiety and depression	616.852 PRIE	Robert Priest
A brief history of anxiety	152.46 PEAR	Patrica Pearson
Dying of embarrassment	616.8522 DYIN	
Helping your socially vulnerable child	649.1567 EISE	Andrew Eisen
Helping your anxious child	649 HELP	
The worrywort's companion	152.46 POTT	Beverly Potter
<b>DE - Depression</b>		
Taming the Black Dog	616.852 AISB	Bev Aisbet
I had a black dog	616.8527 JOHN	Matthew Johnstone
Mind over mood	616.89142 GREE	Dennis Greenburger
I'm not supposed to feel this way	616.8527 WILL	Chris Williams
Help for depression and anxiety	616.8527 CABO	Sandra Cabot
Depression	616.8527 FLAW	Bob Flaws
Depression : exercise plans	616.8527 LAWR	Debbie Lawrence
What's up with James (graphic novel)	CHIL	Kim Chilman-Blair
Depression fallout	616.8527 SHEF	Anne Sheffield
Navigating teenage depression	616.8257 PARK	Gordon Parker
Understanding depression	616.8527 DEPA	J Raymond DePaulo
The depression cure	616.85 ILAR	Stephen Ilardi
Overcoming depression and low mood	616.8257 WILL	Chris Williams
The irritable male syndrome	616.8527 DIAM	Jed Diamond
Dealing with depression	616.8527 SHRE	Caroline Shreeve
Postnatal depression	618.2 BISH	Lara Bishop
Depression at work	616.8527 MAUD	Vicky Maud
Depression for dummies	616.85 SMIT	Laura Smith
Everything parent's guide to children with depression	618.928527 RUTL	Rebecca Rutledge
A ladder out of depression	248.8 KEEN	Bonnie Keen
Is he depressed or what?	616.85 WEXL	David Wexler
When someone you love is depressed	616.8527 ROSE	Laura Rosen

When nothing matters anymore	618.928527 COBA	Bev Conain
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#### **DR - Drug/Alcohol Addiction**

Drug repair that works	616.86 SAUE	Sauer, Jost
Hannah	618.92 WEST	Hannah Westberg
Not my family, never my child	362.29 TRIM	Tony Trimmingham
Stop the chaos	362.29 TIGH	Allen A Tighe
Get your loved one sober	362.2923 MEYE	Robert Meyer
Freeing someone you love from Alcohol and other drugs	616.86 ROGE	Ronald Rogers
Use your brain to beat addiction	616.86 ALDR	Susan Aldridge
Kick the habit	613.8 LEFE	Robert Lefever
Freedom from addiction	616.86 SIMO	David Simon

#### **E - Eating Disorders**

Overcoming anorexia	616.8526 LACE	Peter Cooper
Anorexia Nervosa: a survival guide for families, friends & sufferers	616.85262 TREA	Janet Treasure
Coping with eating disorders	616.8526 CRAG	Christine Craggs-Hinton
Eating disorders	616.8526 MIDD	Kate Middleton
Brave girl eating	92 BROW	Harriet Brown
Anorexia & bulimia	362.25 ANOR	
My kid is back	616.85262 ALEX	June Alexander
Food for fuel not feelings	616.8526 HANS	Alice Hansen

#### **G - Grief**

Overcoming Grief	155.937 MORR	Sue Morris
The courage to grieve	155.937 TATE	Judy Tatebaum
Children's grief	155.937 HEAN	Pam Heaney
Losing a parent	155.937 MARS	Fiona Marshall
Saying goodbye to someone you love	155.937 DRES	Norine Dresser
The grief club	155.93 BEAT	Melody Beattie
Guiding your child through grief	155.937 EMSW	Mary Ann Emswiler
The long goodbye	92 OROU	Meghan O'Rourke
A good death	155.937 LEE	Elizabeth Lee
Suddenly single	155.937 LARS	Hal Larson
Pet loss	155.937 BIEB	Herbert Bieburg
A time to grieve	155.937 PARK	Merren Parker
When a loved one dies	155.937 STOL	Hans Stolp

#### **P - Parenting Issues**

Positive parenting	306.874 BREW	Elizabeth Hartley Brewer
When Harry hit Sally	155.41 CLIF	Andrea Clifford-Poston
The explosive child	649.6 GREE	Ross W Greene
He'll be okay	649.132 LASH	Celia Lashlie
Parenting from the inside out	649.1 SIEG	Daniel Siegal and Mary Hartzell
The anger habit in parenting	649.1 SEMM	Carl Semmelroth
Before your kids drive you crazy	649.64 LATT	Nigel Latta
Shared parenting	649.1 BURR	Jill Burrett
You want to do what?	649.125 SULL	Karen Sullivan

With, not against	649.1 KING	King, Laughton
Growing great boys	649.132 GRAN	Ian Grant
Before your teenagers drive you crazy	306.874 LATT	Nigel Latta
Ask supernanny	649.6 FROS	Jo Frost
Growing great girls	649.133 GRAN	Ian Grant
Family first	158.24 MCGR	Dr Phil McGraw
Mending the bond	649.154 LAWL	Fank Lawlis

### **R - Relationships**

Act with love	158.2 HARR	Dr Russ Harris
Freedom from toxic relationships	158.1 CARR	Avril Carruthers
Keeping kids out of the middle	306.874 GARB	Benjamin Garber
Relationship resuce	158.24 MCGR	Dr Phil McGraw
Deal breakers	646.77 MARS	Bethany Marshall
The verbally abusive relationship	362.82 EVAN	Patricia
Live the life you long for	158.1 EVAN	Annie Evans
When good men behave badly	158.2 WEXL	David Wexler
Feel the fear guide to lasting love	158.2 JEFF	Susan J Jeffers

### **S – Stress**

Managing Stress	155.9042 LOOK	Terry Looker and Olga Gregson
Relaxation and stress reduction workbook	155.9042 DAVI	Martha Davis, Elizabeth Robbins, Eshelman Matthew Mckay
The stress answer	616.8527 LAWL	Frank Lawlis
Release your worries	155.9042 HOWE	Cate Howell
Heaing together	616.8915 PHIL	Suzanne Phillips
Shock waves	616.8521 ORAN	Cynthia Orange
Stress : exercise plans	155.9042 LAWR	Debbie Laerence
The stress answer	616.8527 LAWL	Frank Lawlis
The complete guide to reducing stress	616.8 WILD	Christine Wildwood
De-stressing your life in 7 easy steps	155.9 HARR	Glenn Harrold
Parenting your stressed child	649.1 BAIL	Michelle Bailey
I'm too busy to be stressed	155.418 JONE	Hilary Jones
Total stress relief	616.98 PEIF	Ver Peiffer
The truth about stress	155.9042 PATM	Angela Patmore
Beating stress at work	158.72 BROW	David Brown
Stress relief made simple	155.90 GEOR	Sue George
Release your worries	155.9042 HOWE	Cate Howell
From stress to success in just 31 days	158.1 DEMA	Jiohn Demartini
Change your thinking	158.1 ELDE	Sarah Edelman
Calm at work	158.72 WILS	Paul Wilson
I can't get over it	157 MATS	Aphrodite Matsakis