

## ACUMEN LIBRARY

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I Had a Black Dog	Matthew Johnstone	<input type="checkbox"/>
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The Spirit Level – Why More Equal Societies Almost Always Do Better	Richard Wilkinson and Kate Pickett	<input type="checkbox"/>
Skills-based Learning for Caring For a Loved One With An Eating Disorder	Janet Treasure,Gráinne Smith, Anna Crane	<input type="checkbox"/>
Families Carers and Professionals	Gráinne Smith	<input type="checkbox"/>
Anorexia and Bulimia in the Family	Gráinne Smith	<input type="checkbox"/>
Toxic Psychiatry	Peter Breggin	<input type="checkbox"/>
The Wisdom of Barrhead and Neilston	Various contributors	<input type="checkbox"/>
The Tipping Point	Malcolm Gladwell	<input type="checkbox"/>
Mind Readings – Writers' Journeys Through Mental States	Various contributors	<input type="checkbox"/>
Out of Tragedy Comes a Vision	Theatre Nemo	<input type="checkbox"/>
My Journey to Freedom – a collection of creative writing	Anne Bardsley	<input type="checkbox"/>
Experiencing Psychiatry – Users' Views of Services	Various contributors	<input type="checkbox"/>
Living with Grief	Dr. Tony Lake	<input type="checkbox"/>
Mind over Mood – Changing how you feel by changing the way you think	Dennis Greenberger and Christine Padesky	<input type="checkbox"/>
The Anxiety & Phobia Workbook	Edmund J. Bourne	<input type="checkbox"/>

No More Sleepless Nights	P. Hauri and S. Linde	<input type="checkbox"/>
Overcoming Anger – when anger helps and when it hurts	Dr. Windy Dryden	<input type="checkbox"/>
Overcoming Anxiety – a self help guide	Helen Kennerley	<input type="checkbox"/>
Overcoming Anger and Irritability – a self help guide	William Davies	<input type="checkbox"/>
Overcoming Depression	Dr. Windy Dryden and Sarah Opie	<input type="checkbox"/>
Overcoming Traumatic Stress – a self help guide	C. Herbert and A. Wetmore	<input type="checkbox"/>
Managing Anger – Simple steps to dealing with frustration and threat	Gael Lindenfield	<input type="checkbox"/>
Getting a Good Night's Sleep	Fiona Johnston	<input type="checkbox"/>
Confidence Booster Workout – 10 steps to beating self doubt	Martin Perry	<input type="checkbox"/>
Overcoming Low Self-Esteem – a self help guide	Melanie Fennell	<input type="checkbox"/>
Panic Attacks	Christine Ingham	<input type="checkbox"/>
Overcoming Panic – a self help guide	D. Silove and V. Manicavasagar	<input type="checkbox"/>
Understanding Obsessions and Compulsions – a self help manual	Dr. Frank Tallis	<input type="checkbox"/>
Manage your Mind – The Mental Fitness Guide	Gillian Butler and Tony Hope	<input type="checkbox"/>