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| **Title** | **Author** | **Copies** |
| An Introduction to Coping with Health Anxiety | Brenda Hogan and Charles Young | 1 |
| An Introduction to Coping with Phobias | Brenda Hogan | 1 |
| Depressive Illness, the Curse of the Strong | Tim Cantopher | 3 |
| Easy Way to Stop Smoking | Allen Carr | 2 |
| I Can Make You Sleep | Paul McKenna | 1 |
| Living With Dying | Margaret McCartney | 1 |
| Living With Fear | Isaac Marks | 1 |
| Manage Your Mind | Gillian Butler/Tony Hope | 1 |
| Mindfulness | Mark Williams and Danny Penman | 2 |
| Overcoming Anger and Irritability | William Davies | 1 |
| Overcoming Anxiety | Helen Kennerley | 1 |
| Overcoming Bulimia Nervosa and Binge Eating | Peter Cooper | 1 |
| Overcoming Chronic Fatigue | Mary Burgess | 1 |
| Overcoming Chronic Pain | Frances Cole and others | 1 |
| Overcoming Depression | Paul Gilbert | 1 |
| Overcoming Health Anxiety | Rob Willson and David Veale | 1 |
| Overcoming Insomnia and Sleep Problems | Colin Espie | 1 |
| Overcoming Low Self Esteem | Melanie Fennell | 1 |
| Overcoming Obsessive Compulsive Disorder | David Veale and Rob Willson | 1 |
| Overcoming Panic and Agoraphobia | Derrick Silove and Vijar Manicavasagar | 1 |
| Overcoming Relationship Problems | Michael Crowe | 1 |
| Overcoming Social Anxiety and Shyness | Gillian Butler | 1 |
| Take Care Son | Tony Husband | 1 |
| The New Glucose Revolution Low GI Guide to Diabetes | Jennie Brand-Miller | 2 |
| The Relaxation and Stress Reduction Workbook | Martha Davis and Others | 1 |
| The Sixty Minute Father | Rob Parsons | 3 |
| The Sixty Minute Marriage | Rob Parsons | 2 |
| The Sixty Minute Mother | Rob Parsons | 3 |
| Thoughts and Feelings | Matthew McKay | 1 |

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