



JIGSAW
Young people's
health in mind



Comhairle Cathrach
& Contae **Luimnigh**
Limerick City
& County Council

BOOK GUIDE



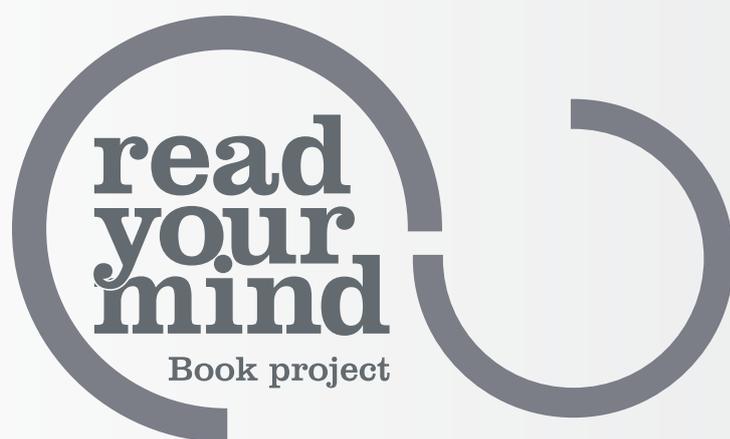
FOR MENTAL HEALTH RELATED ISSUES



Connecting for Life
Mid West



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



**JIGSAW
LIMERICK**
Young people's
health in mind

Floor 3, Arthur's Quay House, Arthur's Quay,
Limerick. V94 XVRO

t: 061 974 510
e: limerick@jigsaw.ie
w: www.jigsaw.ie/jigsaw_limerick/



Merchant's Quay, Limerick, V94 EH90
Dooradoyle Road, Limerick, V94 WV78

t: 061 556000
e: customerservices@limerick.ie
w: www.limerick.ie

BOOK GUIDE

for mental health related issues



Limerick City & County Library offers young people in Limerick an open, inclusive space, to engage, share knowledge and learn in both physical and virtual environments.



Limerick City & County Library

Your library card is your passport to everything the library offers. We have thousands of books waiting for you to read. From Graphic Novels to DVDs, ebooks to magazines, there is something for everyone!

If you don't have access to a computer at home or would like to learn more about computers and the internet then look no further. You have access to computers and FREE internet and WIFI. All you need to access our PCs and WIFI is your library card and PIN number. We also have a printing and photocopying service.



BACKGROUND

to the Read Your Mind book project

People of all ages experience challenges to maintaining good mental health. To support young people in facing these challenges Jigsaw Offaly (2014) and Jigsaw Donegal (2015) successfully launched a Read Your Mind catalogue in conjunction with local services.

Jigsaw Clondalkin, Jigsaw Tallaght and South Dublin County Libraries worked closely together to bring about an updated and revised catalogue in 2017.

The catalogue provides book suggestions across fourteen topics: mental health and wellbeing, parenting and families, stress, low mood, worry and anxiety, anger, loss and trauma, stress, self-esteem, social media, bullying, social relationships, social communication difficulties/autistic spectrum disorder, mindfulness and creativity.

The Read Your Mind book project allows young people the opportunity to borrow a book for an extended period via the network of libraries across Limerick City & County, when they are recommended by a professional. Also, these books can be borrowed by all members of Limerick Libraries holding an adult or young adult card.

It is hoped that the Read Your Mind book project will engage young people in learning new ways to support their own mental health and in doing so foster a sense of autonomy, independence and self-mastery.

Bibliotherapy is the use of reading material for therapeutic purposes. The term applies to a wide range of reading materials and is used to denote any form of directed reading which may serve a therapeutic purpose. Self-help books have been used in this way for many years and are now recognised as a useful support for people

experiencing emotional and psychological difficulties.

The effectiveness of bibliotherapy has been well established and has been recommended by the National Institute for Health and Clinical Excellence (NICE) UK as a useful start in managing mild to moderate depression, stress, anxiety and other mental health problems.

The Read Your Mind Book Project was developed by Jigsaw Clondalkin and Jigsaw Tallaght, in conjunction with staff from other Jigsaw Services, the Youth Advisory Panel of Jigsaw Tallaght and South Dublin County Libraries.

For more information please see

[#jigsawrym](#)

jigsaw.ie/jigsaw_limerick

www.limerick.ie/library

or follow us on Facebook at

www.facebook.com/Jigsaw-Limerick

www.facebook.com/LimerickLibrary

Our thanks also to Limerick City and County Council for co-funding this project.

The information contained in this catalogue is designed solely for general information and support purposes only. The information has been summarised from the authors' or publishers' description of the books. No liability is accepted by the authors or compilers for damages arising from its use or misuse and interpretation by others.

Mr. Conn Murray

Chief Executive of Limerick City and County Council

We at Limerick City and County Council are delighted to have this opportunity to partner with Jigsaw Limerick and make their Read your Mind catalogue available in our branch libraries. This collection of books is aimed at helping young people who may be going through some difficulty in their lives. It covers topics such as anger, anxiety, autism, bullying, creativity, low mood, mindfulness, parenting and families, social media, and much more. It is an accessible and carefully chosen list and allows us to support our local community and respond to our young people with their mental health needs.

Libraries have always enjoyed a special role at the heart of local communities. Libraries are community builders, hubs where people can gather, where barriers can be broken down and are free and open to all. This collection has been chosen by experts in the mental health field and hopefully will be well used by those who need it. It allows young people the opportunity to borrow a book where recommended or proposed by a professional for an extended period via the network of Libraries across Limerick. In addition, these books can also be borrowed by all adult and young adult library members in Limerick who are registered with the Library.

The success of bibliotherapy as a therapeutic exercise has been flagged for many years and is well recognised as a useful support for people experiencing emotional and psychological difficulties. We are therefore delighted to make this Read your Mind collection available to borrow across our branch library network. It is also particularly fitting that at a time when we are promoting a Healthy Ireland at your Library



Conn Murray



Mayor Stephen Keary

Campaign that this Jigsaw Read Your Mind Catalogue is launched and made available in Limerick City and County. The mental and physical wellbeing of the community in Limerick is a major focus of Limerick City and County Council.

Our thanks to Jigsaw Limerick and Limerick City and County Library Service for putting this programme together. We hope that you find it helpful at a time when you need assistance.

Mr. Conn Murray



FOREWORD

Read your mind

We learn about ourselves and how to get through life in many different ways. Sometimes we need to be around others, family members or friends, to hear what they have done or what advice they would give. Other times we might talk to a professional and seek their guidance.

But sometimes you just want to find out for yourself. You need to sit down in a quiet space and read. At your own pace and in your own way.

Read Your Mind offers this possibility with the added benefit of having someone else do the hard work of pulling together helpful books that make up this wonderful guide. Books that have been chosen to cover all aspects of mental health and wellbeing. Books that can be read quickly, dipped in and out of or books that you will want to come back to again and again. Essentially it is about reading your way to a better life.

Jigsaw is the National Centre for Youth Mental Health in Ireland. We exist to bring about an Ireland where every young person's mental health is valued and supported.

The key features of Jigsaw include a focus on prevention as well as early intervention, accessibility and responsiveness and a commitment to meaningful youth participation and community involvement. Read Your Mind is a practical expression of all of the above working to strengthen communities and build the confidence and competence of young people to support their own mental health.

The Jigsaw Limerick Read Your Mind initiative is an example of work that has been developed following



similar initiatives in Jigsaw Offaly, Jigsaw Donegal, Jigsaw Tallaght and Jigsaw Clondalkin. My thanks to all that have been involved in making this guide a reality and in ensuring that the books are available on the library shelves and online.

I do sincerely hope that Read Your Mind contains within it the support, guidance and direction that you are looking for and makes a real and positive difference in your life.

Dr Joseph Duffy
CEO, Jigsaw



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Limerick City
& County Council



Limerick City & County Library

Your free library

-
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 - Digital Books
 - Online Resources
 - Free Internet & WiFi
 - Business Resources
 - Lectures
 - Classes
 - DVDs/CDs
 - Magazines
 - Newspapers



www.limerick.ie

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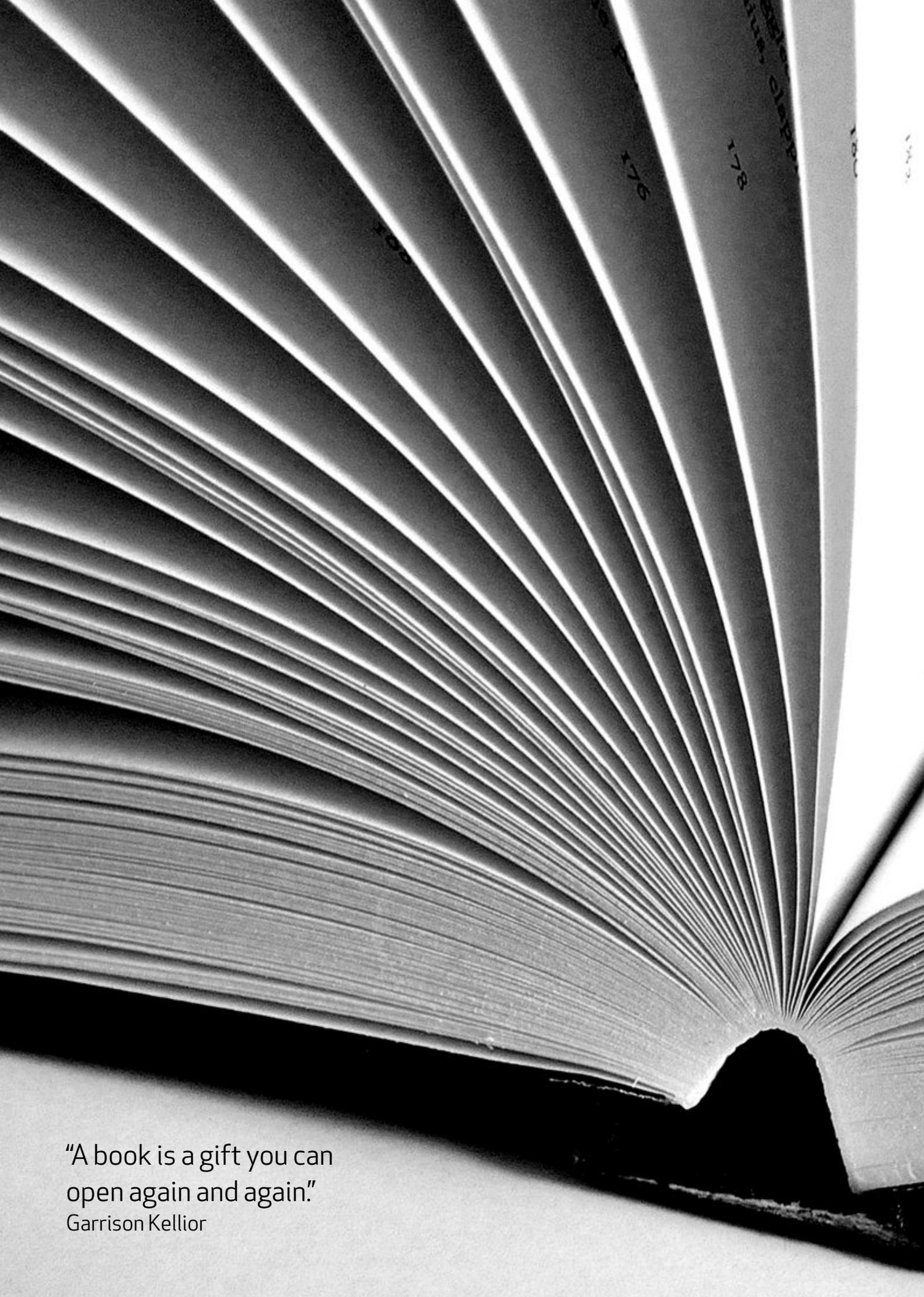
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"A book is a gift you can
open again and again."
Garrison Kellior

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libraries are places of connection

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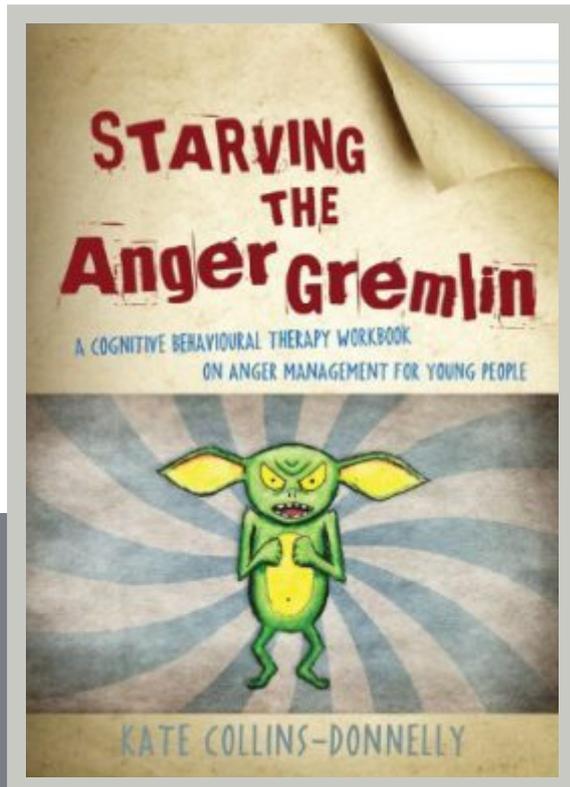
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**KEEP
CALM
AND
READ
ON**

ANGER



Starving the Anger Gremlin

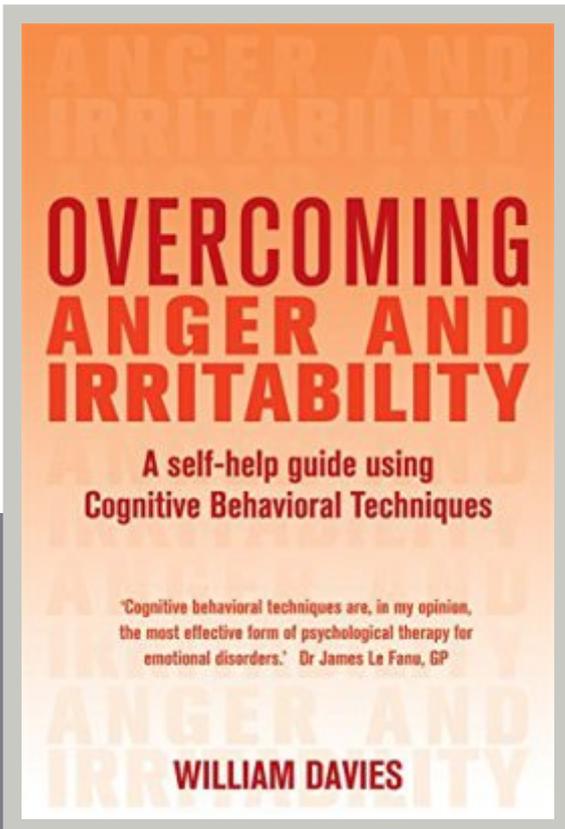
by Kate Collins-Donnelly

This imaginative workbook shows young people how to starve their anger gremlin and control their anger effectively. Made up of engaging and fun activities, it helps them to understand why they get angry and how their anger affects themselves and others, and teaches them how to manage angry thoughts and behaviours.

The tried-and-tested programme, based on effective cognitive behavioural therapy principles, can be worked through by a young person on their own or with a practitioner or parent. It is easy to read and fun to complete.

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ANGER

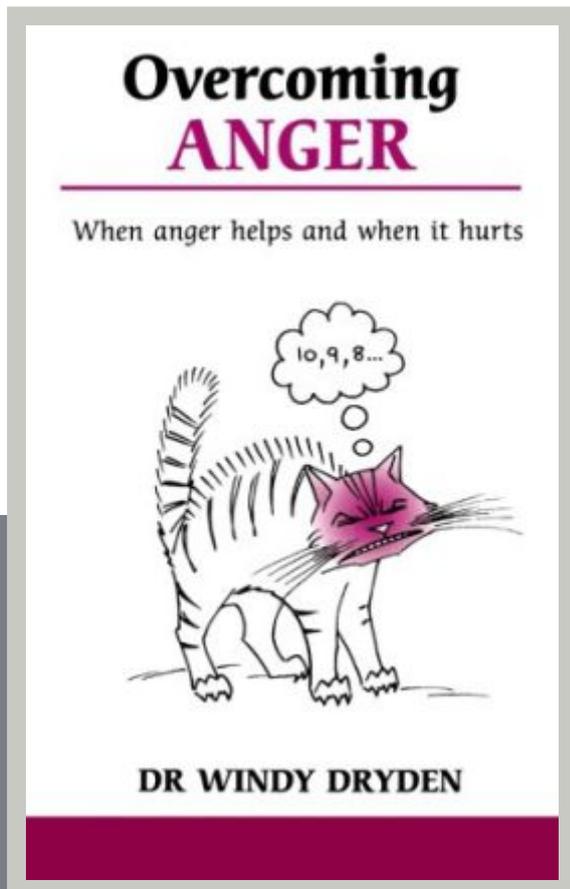


Overcoming Anger and Irritability:

A Self-help Guide using Cognitive Behavioural Techniques

by William Davies

If you find yourself struggling to control your rage and often regret inappropriate reactions, this book can really help. It explains clearly what provokes anger and what you can do to prevent it. Techniques based on cognitive behavioural therapy offer a positive approach with long-term goals in mind, and show how you can stay cool and successfully handle situations that would tax even the most easy-going person.



Overcoming Anger: When Anger Helps and When it Hurts

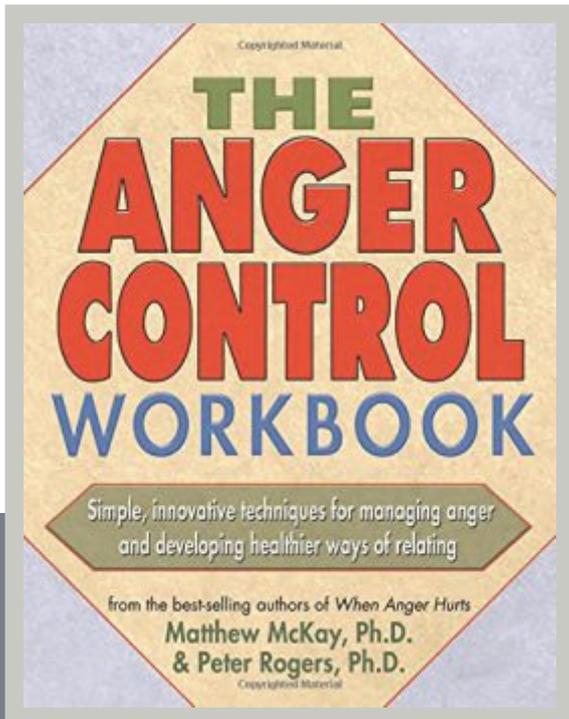
by Dr Wendy Dryden

This book draws a distinction between healthy and unhealthy anger, and shows you how you can control your unhealthy anger by understanding what triggers it. Unhelpful beliefs and rigid expectations can lead to a cycle of unhealthy anger.

However, the good news is that you can change this pattern, and develop strategies to express your anger in a helpful way, so that you can communicate what you feel without scaring yourself or those close to you.

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ANGER

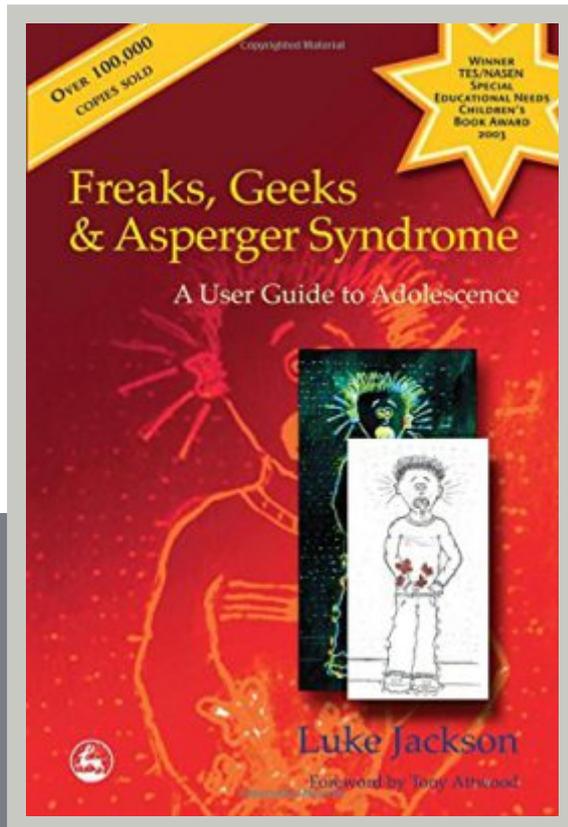


The Anger Control Workbook

by Mathew McKay & Peter Rogers

This workbook offers a new and highly effective approach to anger control that gives you the tools you need to manage anger in your day-to-day life. This workbook shows you how to practice new coping behaviours that allow you to gain control in anger-stimulating situations. Throughout, the techniques are streamlined and presented in a clear, step-by-step format, including numerous exercises and worksheets.

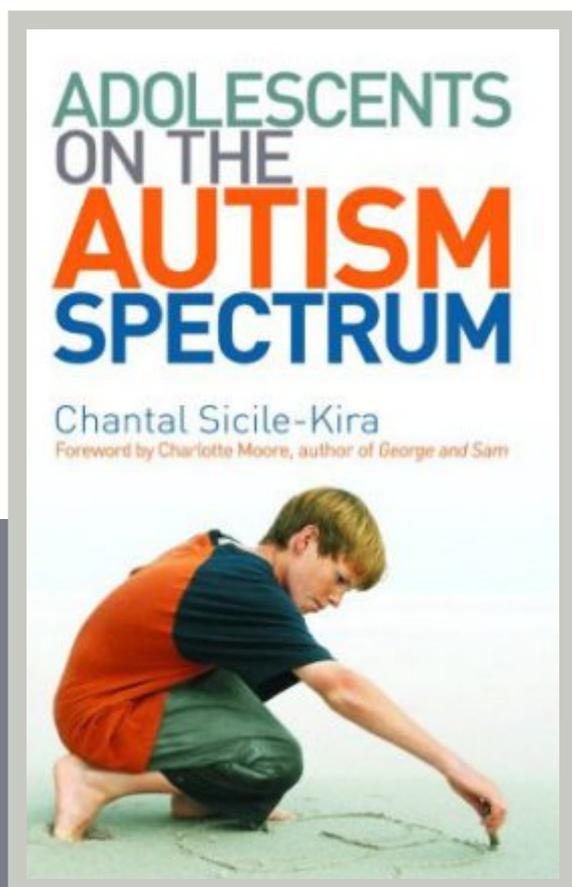
AUTISM



Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence

by Luke Jackson

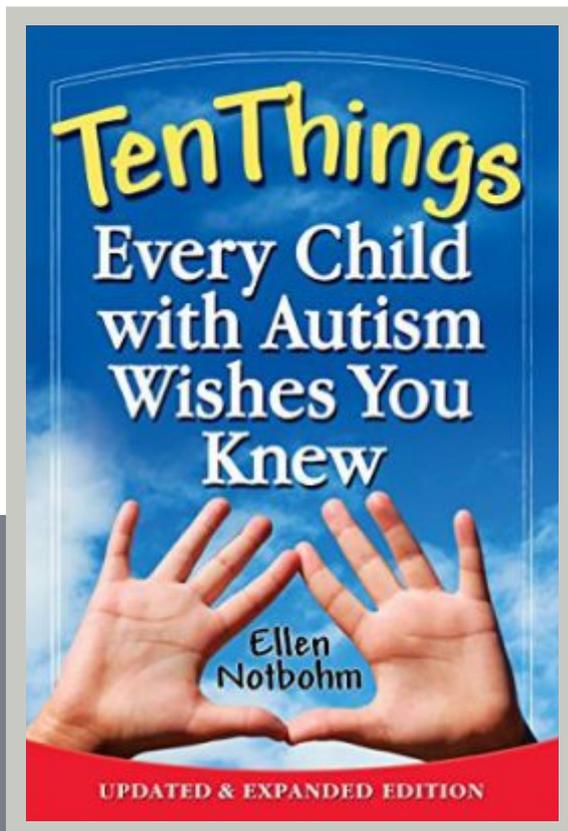
Luke Jackson is 13 years old and has Asperger Syndrome. Adolescence and the teenage years are a minefield of emotions, transitions and decisions and when a child has Asperger Syndrome, the result is often explosive. Drawing from his own experiences and gaining information from his teenage brother and sisters, this is an enlightening, honest and witty book which addresses difficult topics such as bullying, friendships, when and how to tell others about AS, school problems, dating and relationships, and morality.



Adolescents on the Autism Spectrum

by Chantal Sicile-Kira

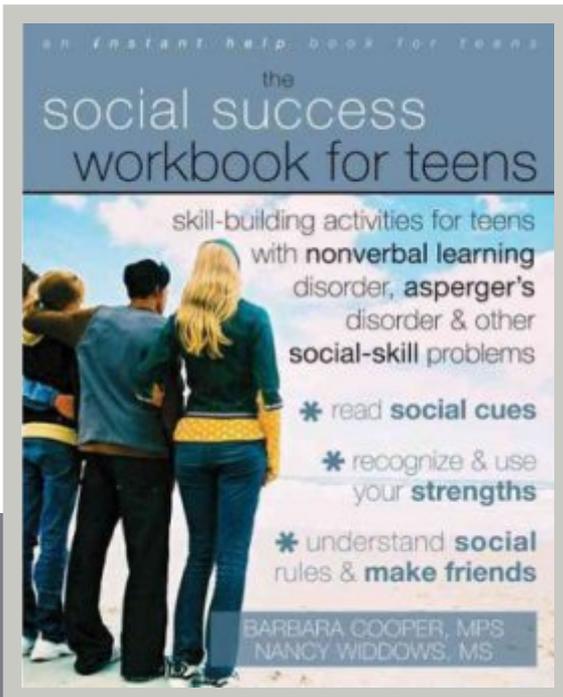
This book is a complete guide to the cognitive, emotional, social, and physical needs of preteens and teenagers with autistic disorders, ranging from the relatively mild Asperger's Syndrome to more severe ability impairment. Using clear examples, practical advice, and supportive insights, this book covers health risks such as seizures and depression, treatments, therapies, teaching strategies, teaching skills to cope with puberty, self-care, social skills, teenage emotions, sexuality, appropriate relationships, dating, school and preparing for life after school.



Ten Things Every Child with Autism Wishes You Knew

By Ellen Notbohm

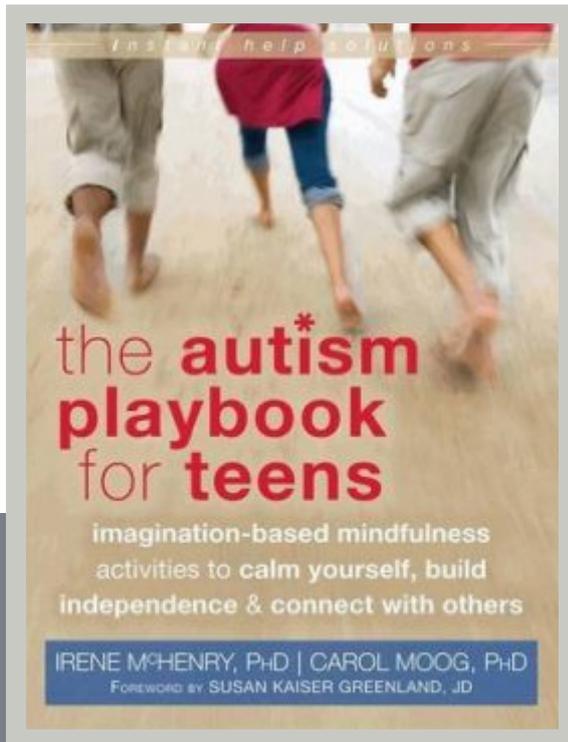
Every parent, teacher, social worker, therapist, and physician should have this succinct and informative book in their back pocket. Framed with both humour and compassion, the book defines the top ten characteristics that illuminate the minds and hearts of children with autism. Ellen's personal experiences as a parent, an autism columnist, and a contributor to numerous parenting magazines unite to create a guide for all who come in contact with a child on the autism spectrum.



The Social Success Workbook for Teens

by Barbara Cooper MPS and Nancy Widdows MS

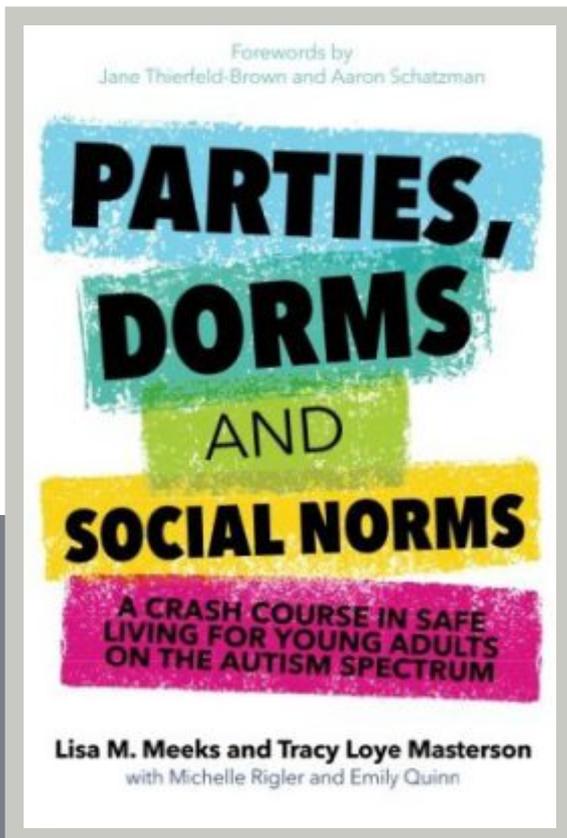
Making friends is a skill like any other- there are rules to follow, ways to measure your progress, and reasons why some people are better at it than others. Although it may seem like this skill comes naturally to those who don't have Asperger's Disorder, Nonverbal Learning Disorder (NLD), or difficulties in relating to others, the reality is that even the most popular people must constantly hone their abilities in order to make new friends and keep the friends they already have. This workbook includes forty activities you can do to recognise and use your unique strengths, understand the unspoken rules behind how people relate to each other, and improve your social skills.



The Autism Playbook for Teens

by Irene McHenry PhD and Carol Moog PhD

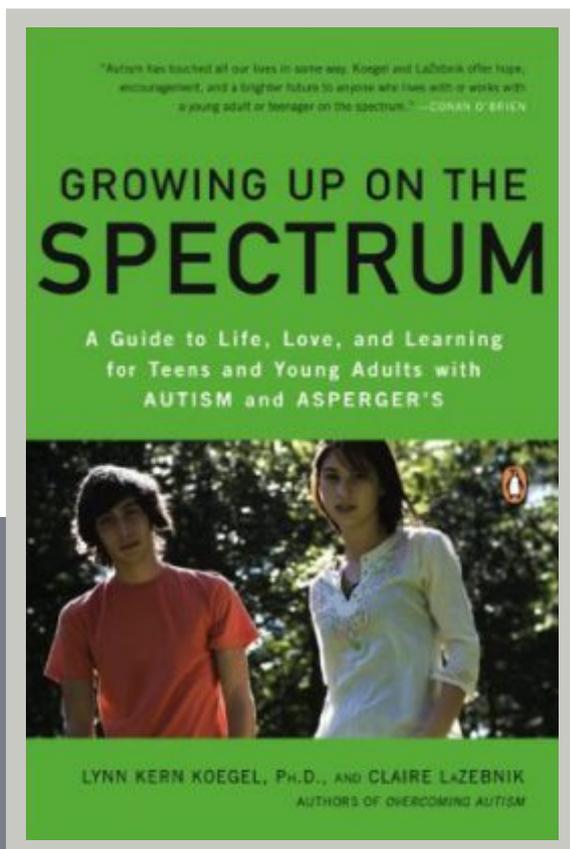
This book offers a unique, strengths-based approach to help teens on the autism spectrum (including Asperger's Syndrome) develop social skills, strengthen communication, and thrive. The activities contained in each chapter are custom-designed to work with the unique perspectives, sensory processing, neurological strengths and challenges that teens with autism bring to their encounters with the social world. By engaging in these activities, teens will gain an authentic awareness of their surroundings, leading to better social interaction that is also rewarding, interesting, and fun.



Parties, Dorms and Social Norms

by Lisa Meeks and Tracy Loye Masterson

This informal and frank handbook is filled with the information that young people with Autistic Spectrum Disorder say they want (and need) to know about alcohol and drugs, social media and online safety, relationship types and boundaries, safe sex, stress and emotional health, and independent living. It includes real life examples, coping strategies and practical tips to help young adults with Autistic Spectrum Disorder stay safe while living life to the full.



Growing Up on the Spectrum

by Claire Scovell LaZebnik and Lynn Kern Koegel

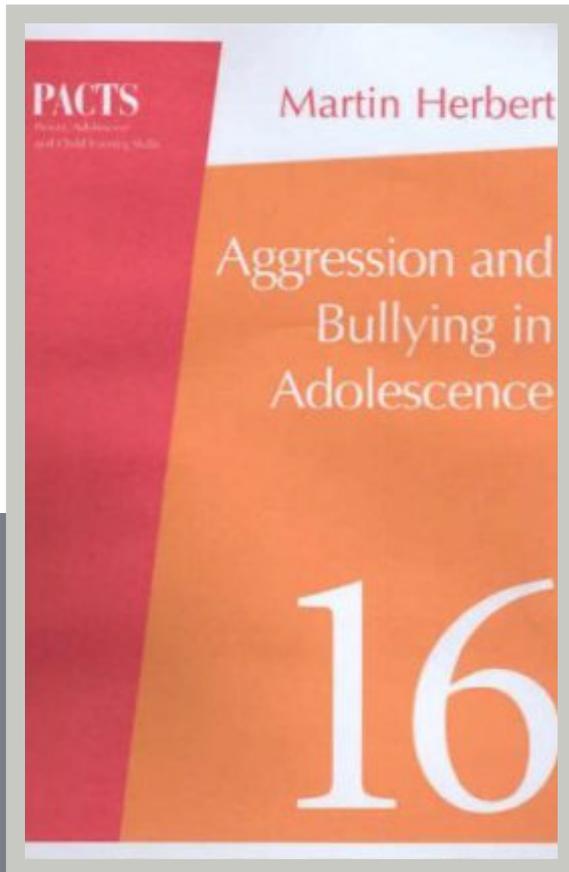
Adolescence is a fraught time for any child. But what if your child is among the more than half million currently estimated to fall on the autistic spectrum? Addressing universal parental concerns, from first crushes, a changing body, and the challenges of being socially appropriate to how to succeed at college and beyond, this inspiring volume is the beacon of hope and wisdom that parents, therapists, and educators have been waiting for.



BULLYING

BULLYING

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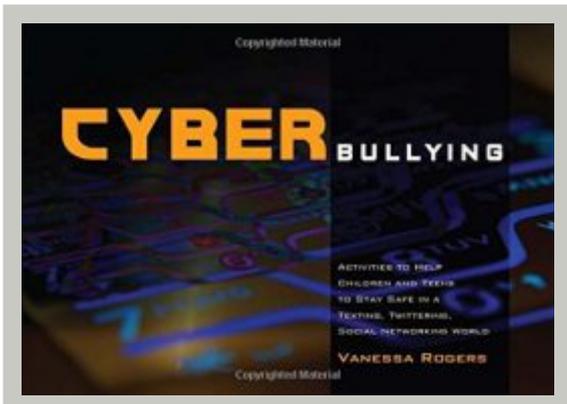
Aggression and Bullying in Adolescence

by Eilis Hennessy and Suzanne Guerin

This book provides information about aggression and its development during childhood and adolescence. It highlights common signs of bullying that parents and practitioners need to be aware of and offers interventions and resources for those dealing with this behaviour.

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BULLYING



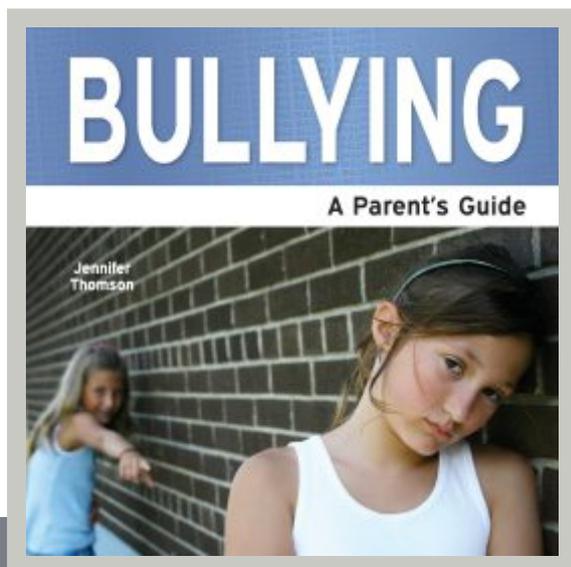
Cyberbullying

by Kelly Vanessa Rogers

This approachable book is packed with advice, games and activities for groups and individuals to help young people understand what cyberbullying is, how they should behave online and how they can stay safe. The activities range from quizzes and competitions to storyboard games and art activities, and cover issues such as how easily personal information can be forwarded, the risks posed by unknown 'friends' on social networking sites, and how to discuss and deal with bullying issues. They are designed to encourage young people to think about their own behaviour and attitudes and give them the skills and knowledge to stay safe in a digital world.

BULLYING

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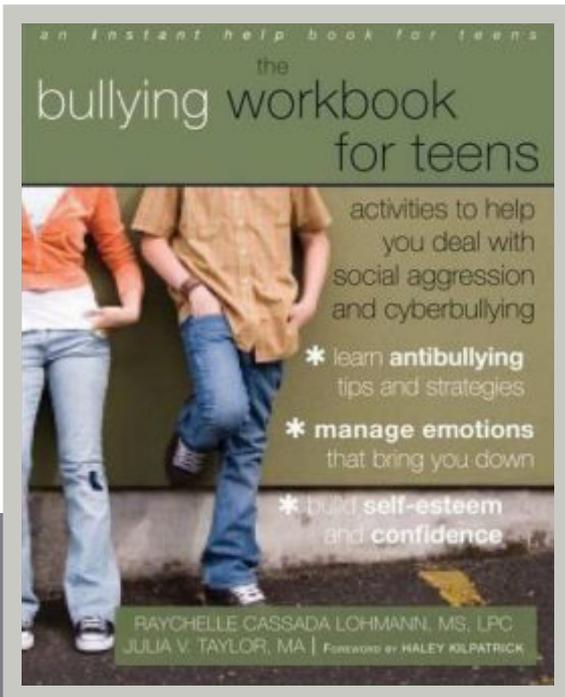
Bullying - A Parent's Guide

by Jennifer Thomson

The book offers answers to important questions like why are children bullied and how parents can stop bullying from happening. It also provides proven methods to help a bullied child boost low self-esteem.

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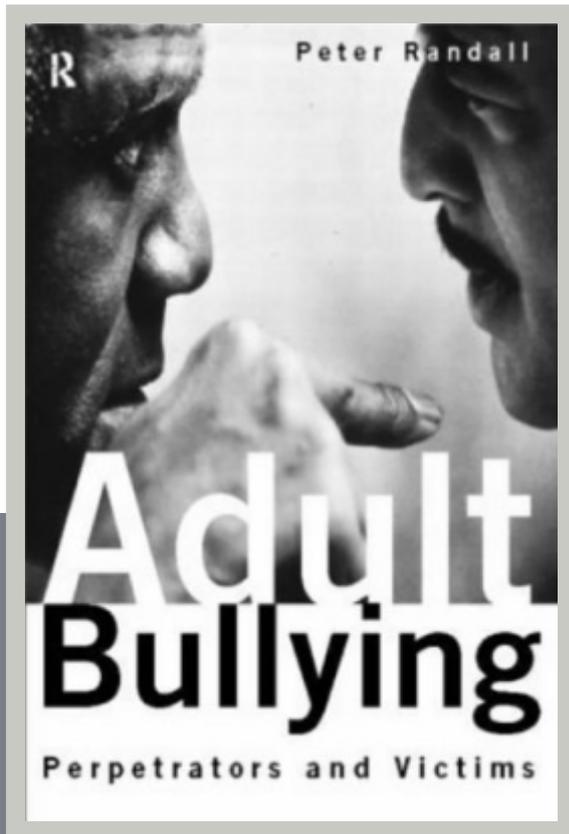
BULLYING



The Bullying Workbook for Teens

by Julia V. Taylor and Raychelle Cassada Lohmann

If you have experienced bullying at school, or even cyberbullying while online, you aren't alone. The workbook has step-by-step self-help activities designed to help you learn anti-bullying tips and strategies; manage emotions such as anxiety, fear, anger, and depression; and learn constructive communication skills to help you express your feelings. You will also learn how to identify toxic friendships, how to build your own self-confidence, and importantly, how to ask for help when bullying gets out of control or if you are feeling suicidal. It is also a great resource for parents, educators, and counselling professionals.



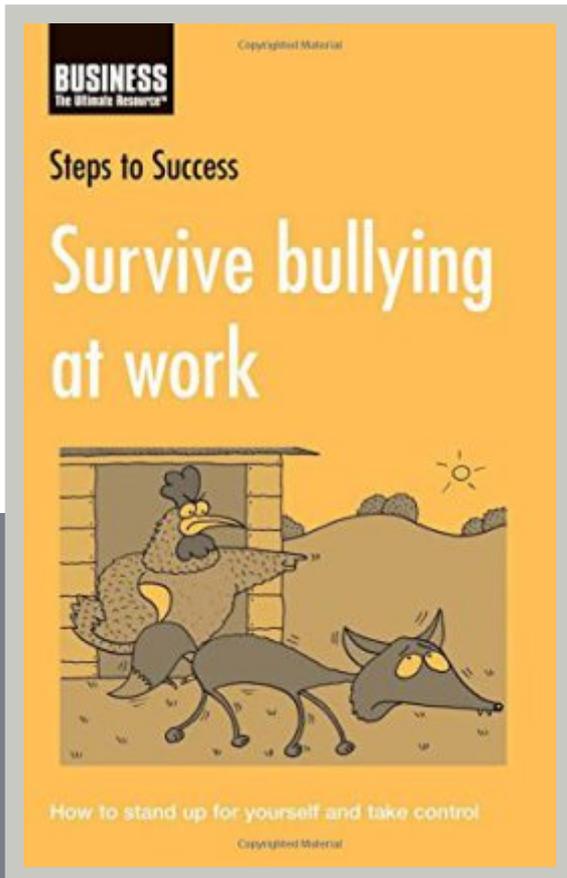
Adult bullying

by Peter Randall

The adult victim has little or no more power than the child counterpart, often changing jobs to escape the attentions of the bully. This book will be welcomed by managers, counsellors, social workers and anyone who has experienced personal harassment. Effective ways to deal with bullying in the community and the workplace are discussed, with particular attention given to the implications for managers and employees.

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BULLYING



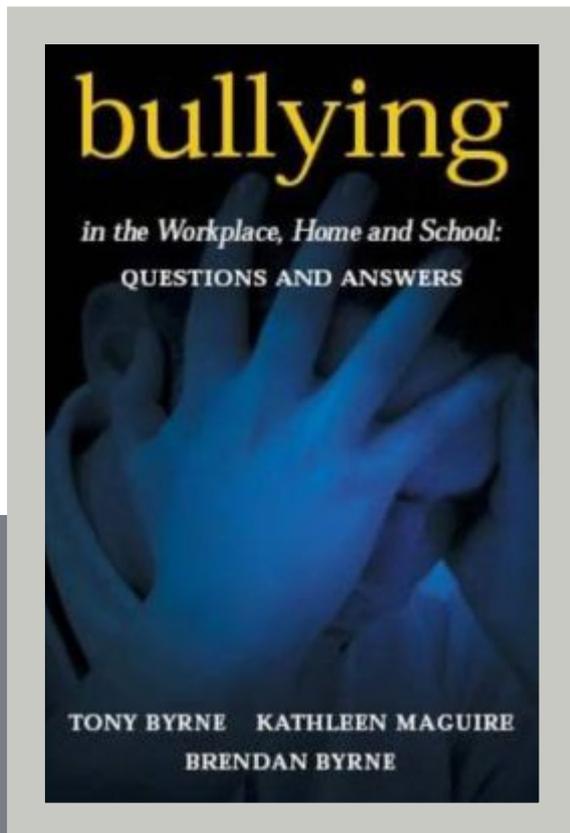
Survive Bullying at Work

by Lorenza Clifford

Covering everything from understanding why bullies behave as they do, to standing up for yourself and knowing your rights at work, *Survive Bullying* can help you make the best of a challenging situation. Whether you are being bullied yourself or want to help a victim of bullying, this book is full of essential information that can help everyone move on with their lives.

BULLYING

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Bullying in the Workplace, Home and School

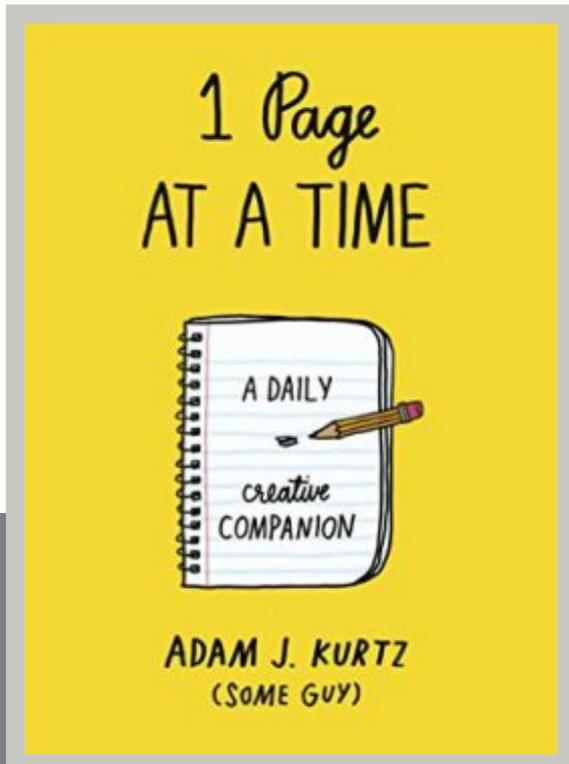
By Tony Byrne, Kathleen Maguire and Brendan Byrne

Whether you have to deal with this issue or have suffered at the hands of someone who is a bully, this book is invaluable in helping to cope with this complex problem. This book addresses specific questions that arise out of these situations and will also help professionals and individuals who are involved in this area of work.

Limerick Library



CREATIVITY



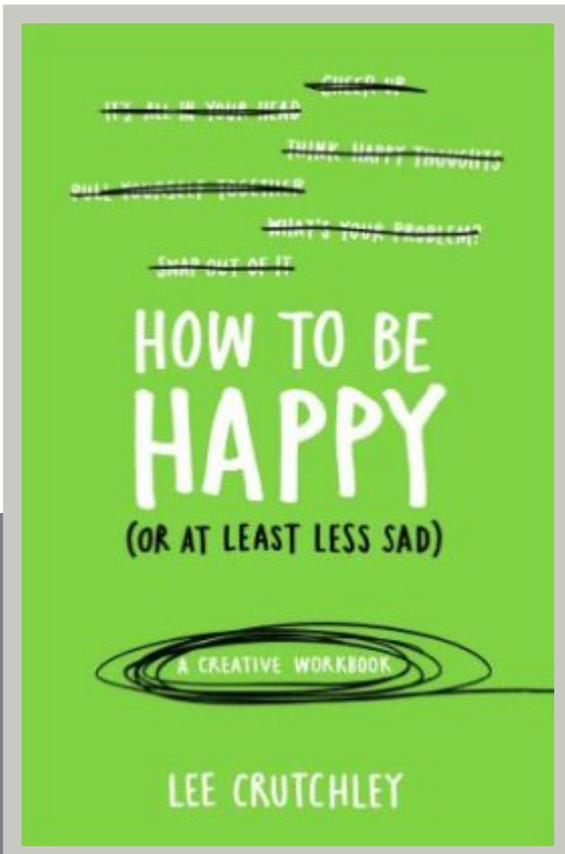
1 Page at a Time

by Adam J. Kurtz

This is a journal, scrapbook & anything else. It's whatever you say it is. Slowly fill the book and by the time it's done, you'll have a perfect keepsake of the year. Every day is a chance to create something new for yourself. Put down your phone and pick up a pencil. Give yourself some space. The Internet will still be there. Start with one page at a time, and you'll be surprised at just how much you can create. Each of the 365 prompts in the book will encourage you to draw, write, list, reflect, and share.

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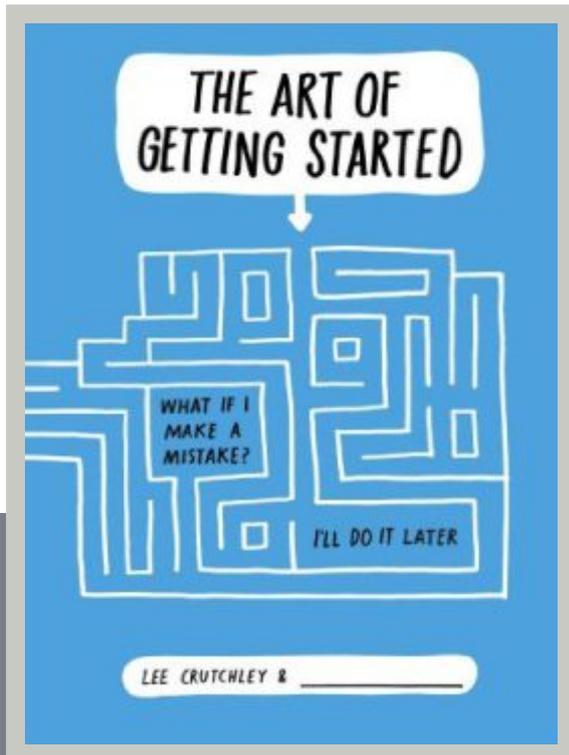
CREATIVITY



How to be Happy (Or at Least Less Sad)

by Lee Crutchley

Through a series of supportive, surprising, and engaging prompts, this workbook helps readers see things in a new light, and rediscover simple pleasures and everyday joy...or at least feel a little less sad. By turns a workbook, trusted friend, creative outlet, security blanket, and secret diary, the pages of this book will offer solace, distraction, engagement, a fresh perspective, and hopeful new beginnings—for readers of all ages and walks of life.



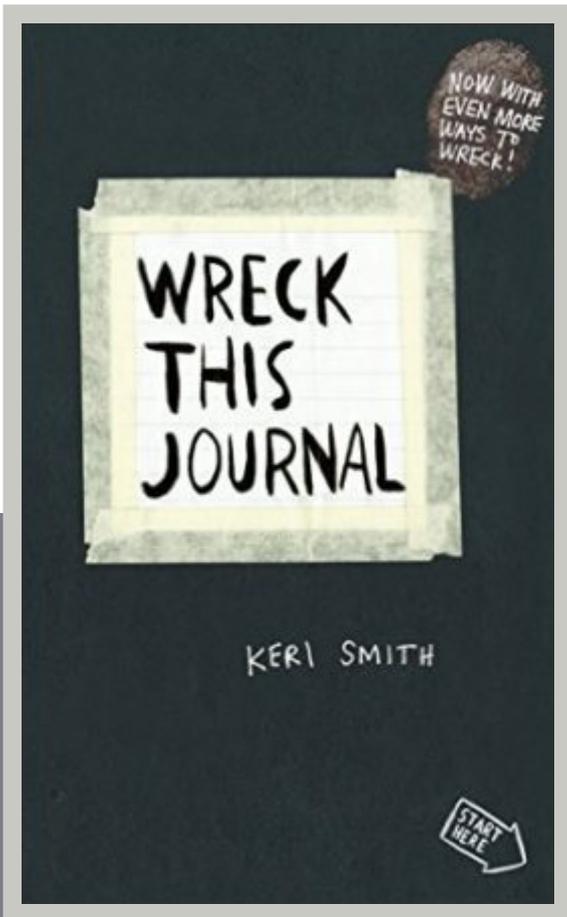
The Art of Getting Started

by Lee Crutchley

The ideal companion for all creative minds. As a self-professed procrastinator, illustrator Lee Crutchley knows the 'first blank page' all too well and has used his expertise to devise a unique variety of impulsive habits to kick start the brain. Through a series of hand-written tasks and challenges, Lee leads the reader through a range of lively prompts to shift the perspective and get those creative juices flowing again in new and surprising ways.

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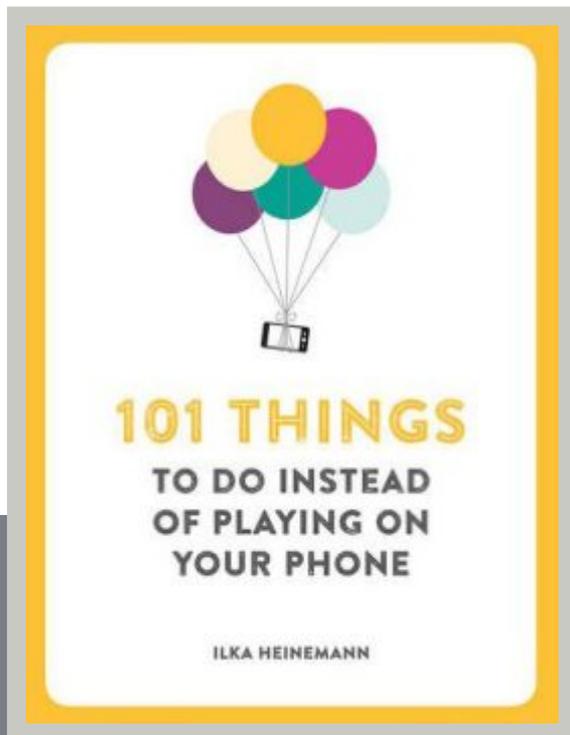
CREATIVITY



Wreck This Journal: To Create is to Destroy, Now with Even More Ways to Wreck!

by Keri Smith

This is a new edition of Keri Smith's bestseller, with updated material Think of Wreck. This Journal as the anarchist's Artist's Way - the book for those who've always wanted to draw outside the lines but were afraid to do it; for anyone who's ever wished to, but had trouble starting, keeping, or finishing a journal or sketch.



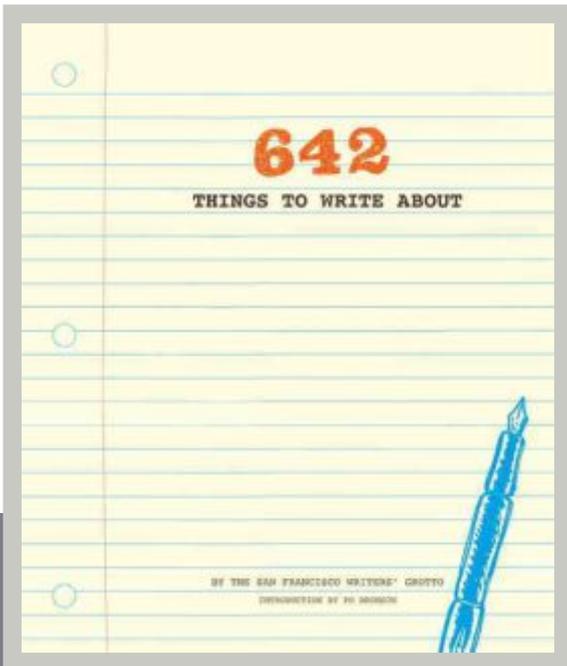
101 Things to Do Instead of Playing on Your Phone

by Ilka Heinemann

Our phones have become a constant distraction; it's time we put them down and rediscover the simple art of taking a few minutes out. This book offers an imaginative list of games and tips aimed at curing us of our portable tech addiction. More than mere time-killers, these activities include ways to unleash your creative side and train your brain, but above all methods to set you on the road to calm.

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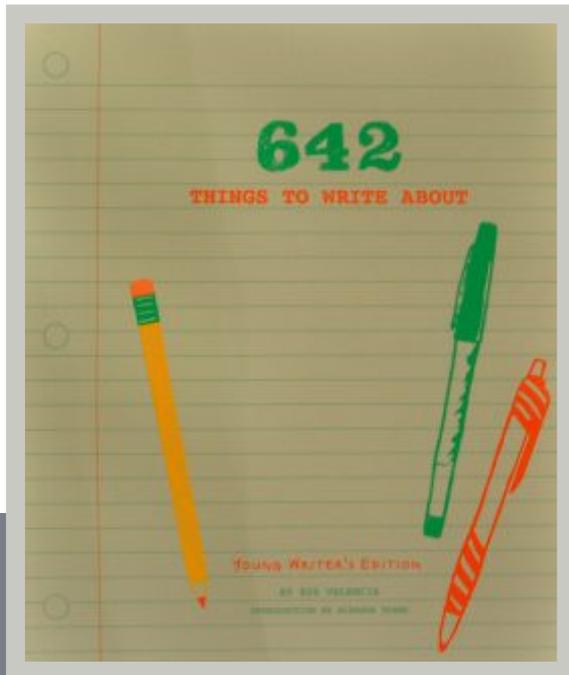
CREATIVITY



642 Things to Write Diary

by the San Francisco Writers' Grotto

All manner of creative writers will find inspiration in this collection of intriguing and inspirational writing prompts. With unique prompts (from 'fix the plot of the worst movie you've ever seen' to 'write a love letter to a person you dislike') and plenty of space to write, this journal is sure to get the creative juices flowing.



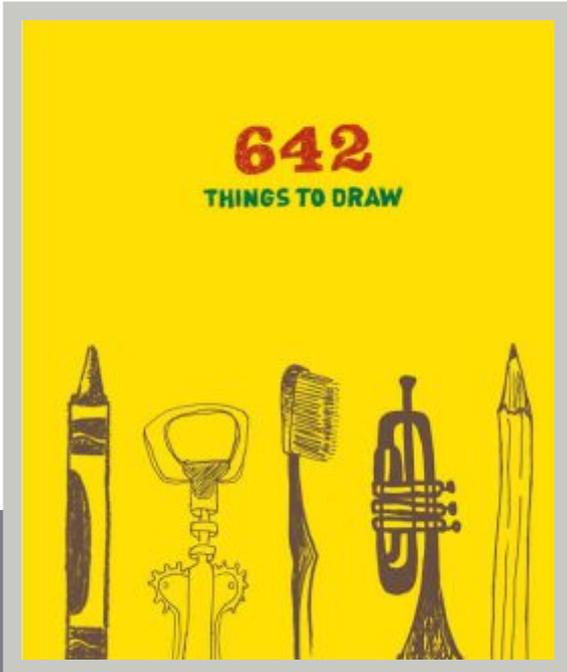
642 Things to Write About: Young Writer's Edition

by 826 Valencia

All manner of creative writers will find inspiration in this collection of intriguing and inspirational writing prompts. With unique prompts (from 'fix the plot of the worst movie you've ever seen' to 'write a love letter to a person you dislike') and plenty of space to write, this journal is sure to get the creative juices flowing.

26

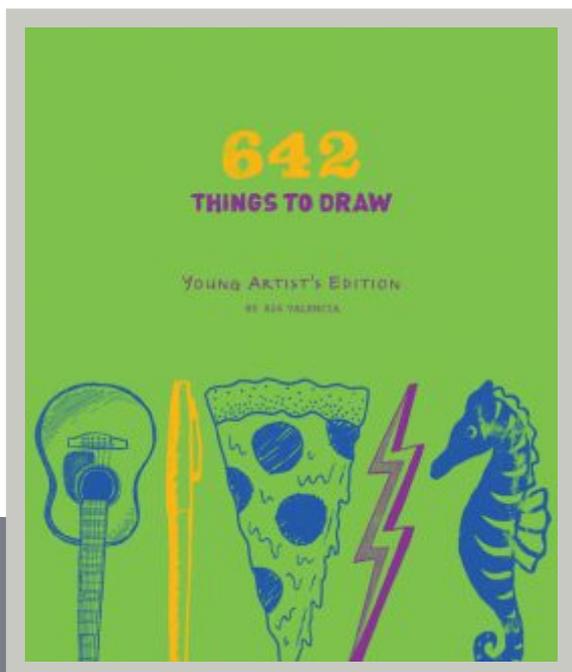
CREATIVITY



642 Things to Draw

by Chronicle Books

A rolling pin, a robot, a pickle, a water tower, a hammock, a wasp, a safety pin, a kiss. Budding artists and experienced sketchers alike will find themselves invigorated by this collection of offbeat, clever, and endlessly absorbing drawing prompts. Hip and helpful, 642 Things to Draw is the perfect inspirational sketchbook, sure to entertain and provoke the imagination of anyone ready to pick up a pencil.



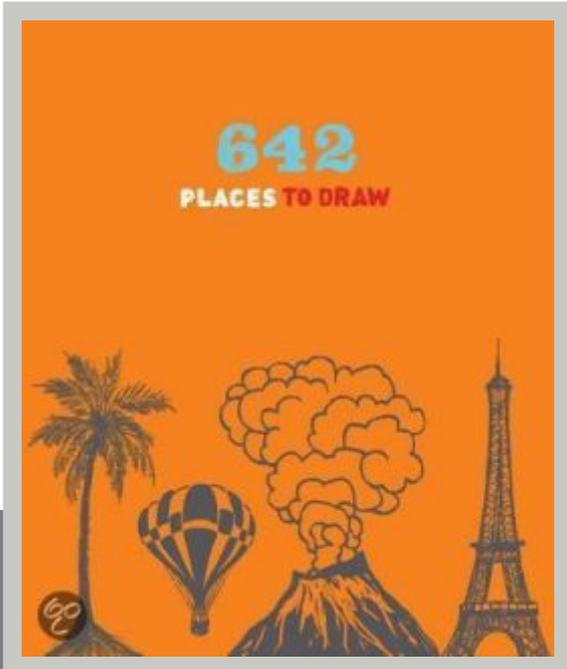
642 Things to Draw: Young Artist's Edition

by 826 Valencia

The perfect addition to the 642 series, this collection of hilarious, wacky, and imaginative drawing prompts provides endless quirky inspiration for young artists of all experience levels. Whether pondering how to sketch a zombie unicorn or filling the page with a magical (and delicious) field of cupcakes, budding artists will relish the chance to jump-start their artistic engines as they draw, sketch, imagine, and create!

28

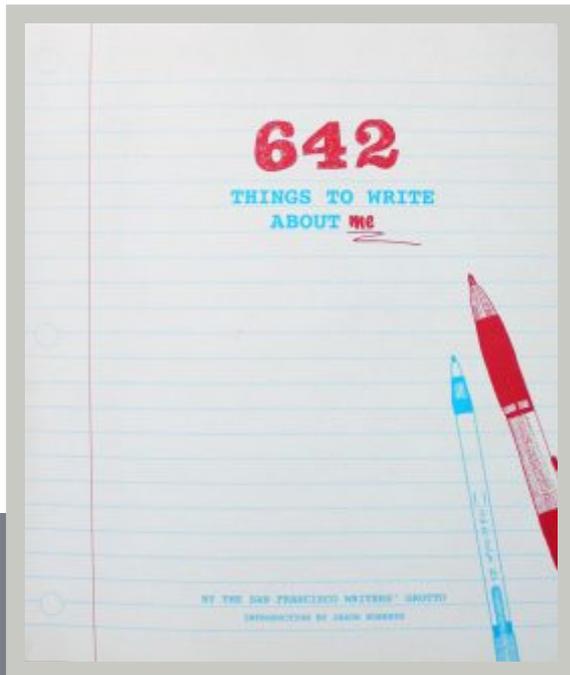
CREATIVITY



642 Places to Draw

by Chronicle Books

A follow-up to the smash-hit 642 Things to Draw, this wild and wonderful assortment of locations to sketch will send casual doodlers and serious artists, armchair travellers and seasoned globetrotters on a creative adventure—be it to remote locations ("Mt. Fuji wrapped in mist"), just down the hall ("under your bed"), or to the height of their imaginations ("over the moon").



642 Things to Write About Me

by San Francisco Writers' Grotto

Self-reflection meets creativity in this newest instalment in the bestselling 642 series. Featuring quirky autobiographical writing prompts that encourage users to "write what you know," this engaging journal is a quintessential tool for both soul-searching and brainstorming.

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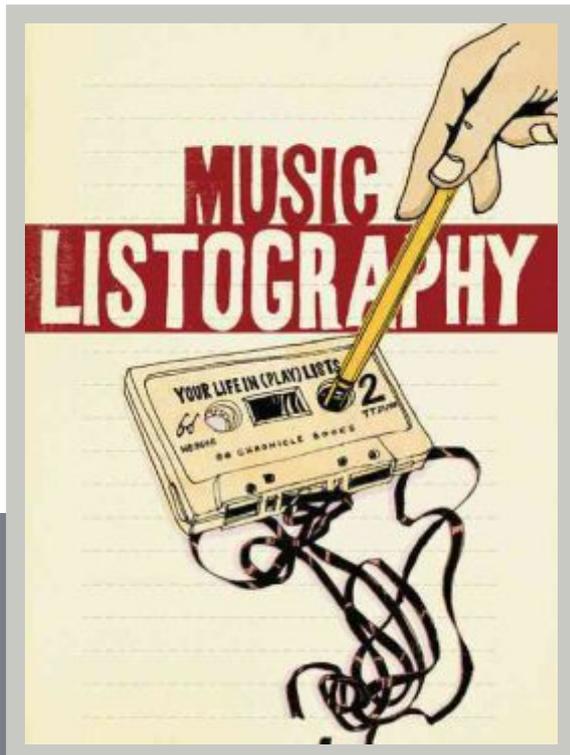
CREATIVITY



104 Things to Photograph

by Chronicle Books

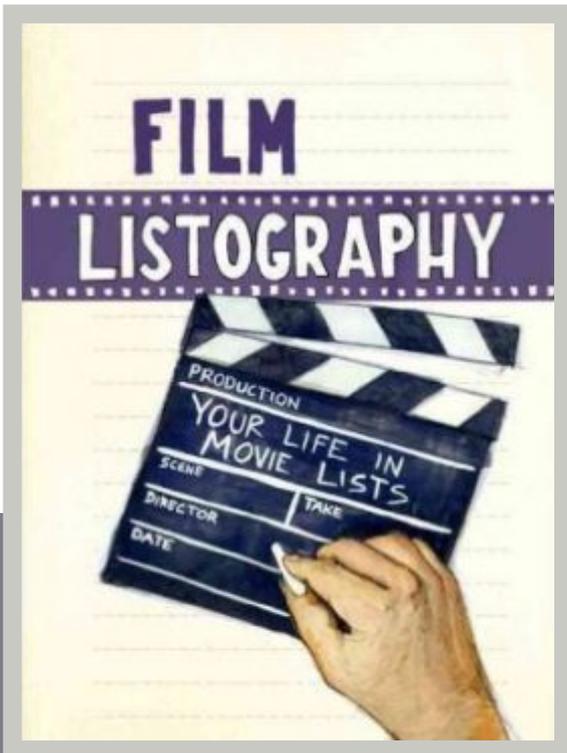
Featuring prompts under each of 104 display slots, this guided photo album will help photographers reach new heights of creativity as they seek out subjects ranging from the everyday to the unusual. Snap happy people will treasure this keepsake as an open invitation to see the world with fresh eyes as well as a fantastic place to capture the results.



Music Listography Journal Book

by Lisa Nola

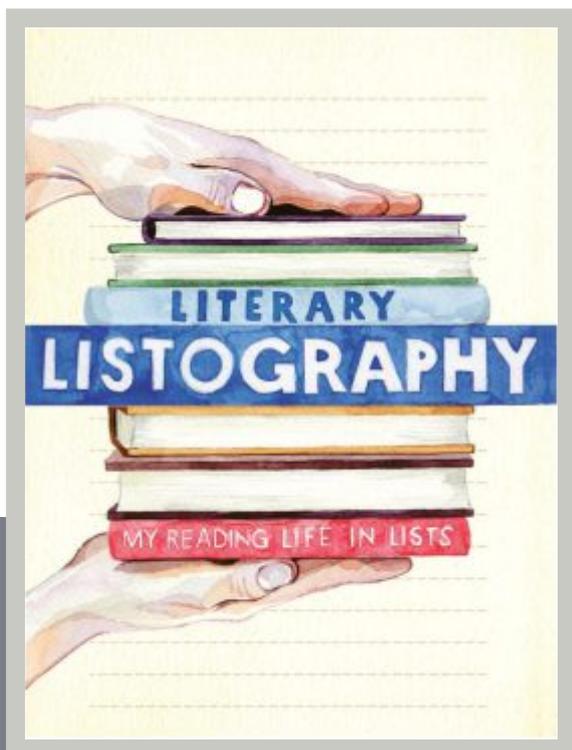
The newest addition to the smash-hit Listography series will have list-makers singing for joy! Loaded with a lovin' spoonful of music-inspired list topics ranging from traditional (top 20 favourite albums) to eclectic (songs you thought were about you) to experimental (concerts you wish you could time travel back to), this journal gives music lovers a backstage pass to hours of list-making fun.



Film Listography: Your Life in Movie Lists

by Lisa Nola

Now you can list all their favourite movie picks. Featuring the colourful illustrations of artist Jon Stich throughout, Film Listography boasts over 70 list topics ranging from the classic (favourite films of all time, favourite actors) to the lovably idiosyncratic (top so-bad-it's-good movies, scenes that made you cringe, characters you are most like). A celebration of celluloid that's sure to entertain, this is the ultimate fill-in journal for film fanatics, list lovers, and anyone who appreciates an alternative approach to journaling.



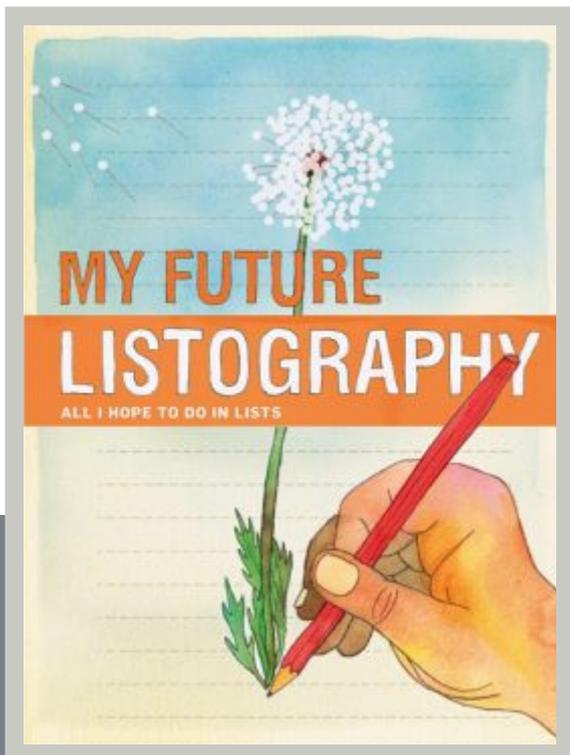
Literary Listography

by Lisa Nola

Keep track of your literary life - past, present, and future. With over 70 entertaining and thought-provoking list topics ranging from the quintessential (books that made me cry, special book stores) to the lovably idiosyncratic (fictional crimes I've witnessed, favourite reading spots), this illustrated journal will serve as a unique autobiography and reading log for bibliophiles.

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CREATIVITY

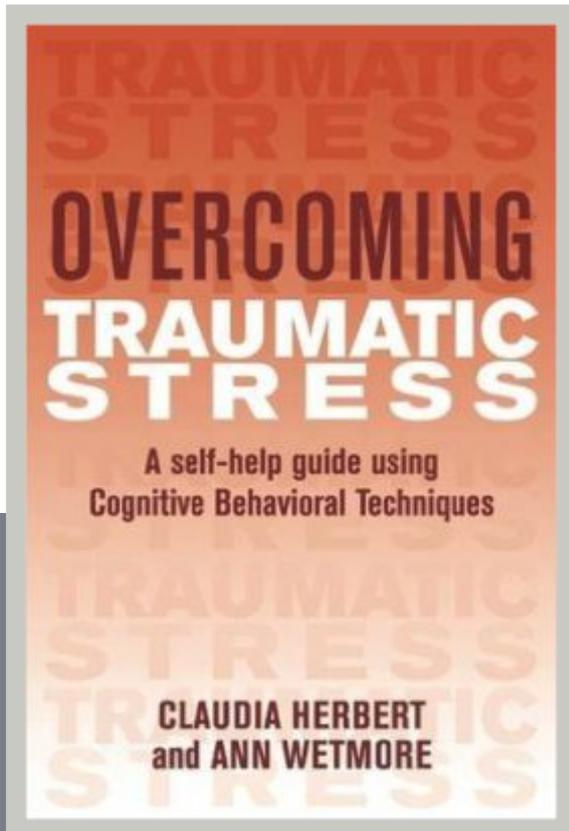


My Future Listography

by Lisa Nola

Perfect for planners, list-lovers, and dreamers of all ages! Encouraging users to envision future goals and aspirations, this journal includes over 70 all-new thought-provoking list topics that range from the practical (places to visit, habits to break, good deeds to perform) to the more thoughtful (experiences you would love to have again). With quirky hand-drawn illustrations and insightful prompts throughout, this journal invites the motivation and fun that come with pondering the road ahead.

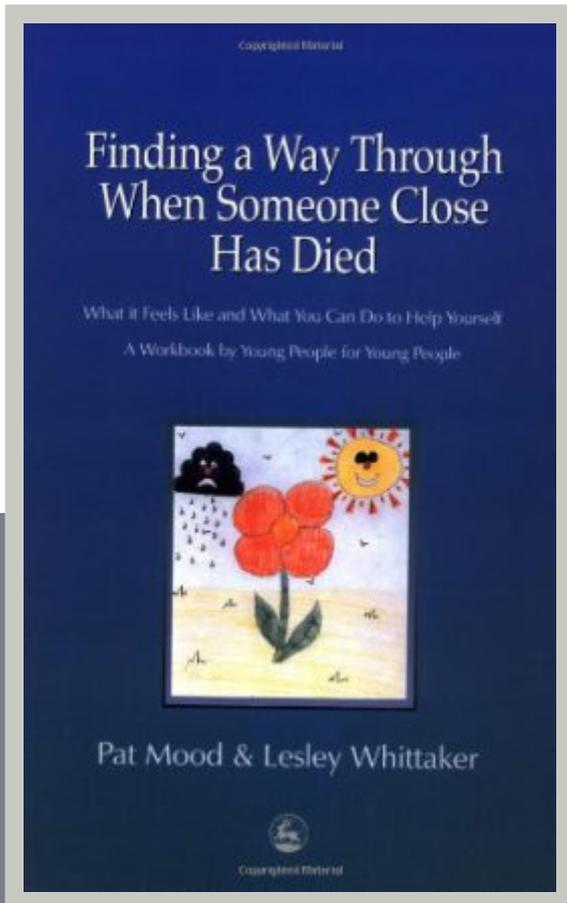
LOSS



Overcoming Traumatic Stress

by Gina M. Biegel

To overcome the effects of trauma it is necessary to change those reactions and begin to see events in a different light. This book demonstrates, with practical advice and tested exercises, how to find new, effective ways of coping with, and finally overcoming traumatic stress. Part One describes traumatic stress and includes a guide for carers, in particular how to avoid being affected by the trauma themselves. Part Two is dedicated to ways of managing traumatic stress. It includes strategies to deal with reactions, guilt, avoidance, and ways to cope with physical scars, pain and possible disfigurement.



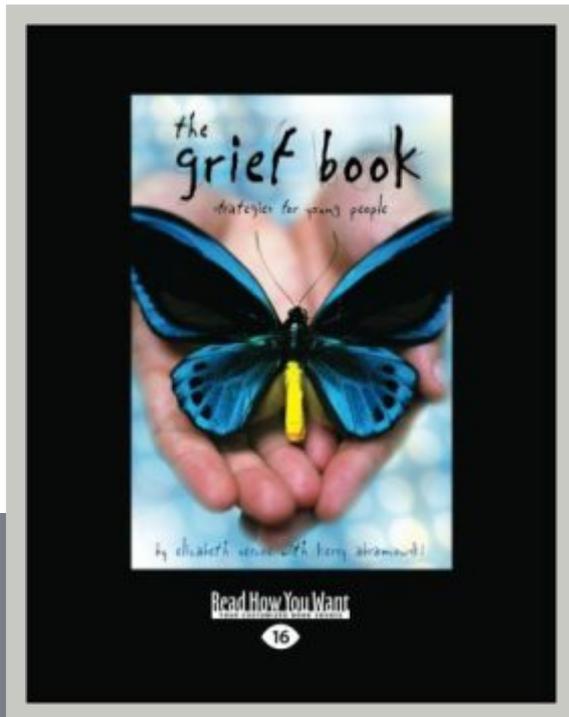
Finding a Way Through When Someone Close has Died

by Lesley Whittaker & Pat Mood

Written by children for children, this unique workbook is both written and illustrated by children and teenagers who have experienced the death of someone close to them - a parent, grandparent, sibling or friend. The supportive and interactive style of this book will make it a valuable source of help and encouragement for bereaved children and teenagers. It will also be useful to adults seeking to understand how children and teenagers experience bereavement.

LOSS

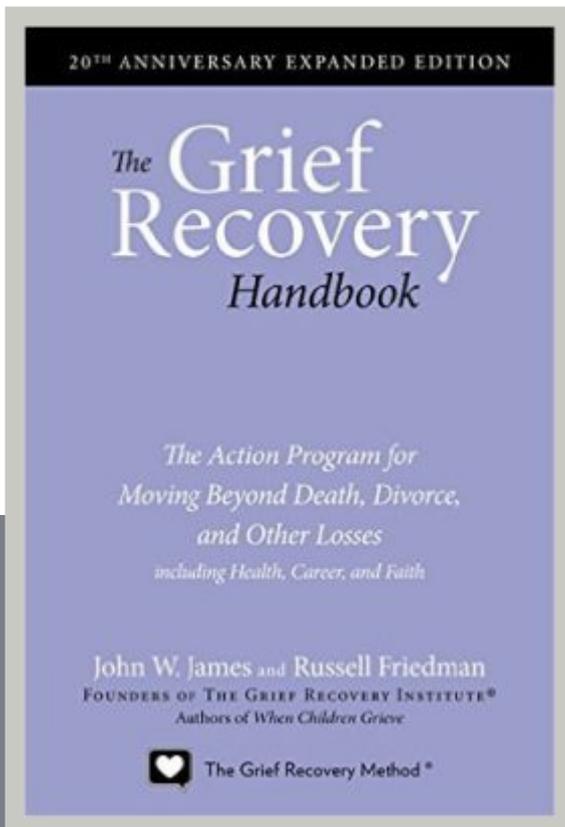
37



The Grief Book

by Elizabeth Vercoe

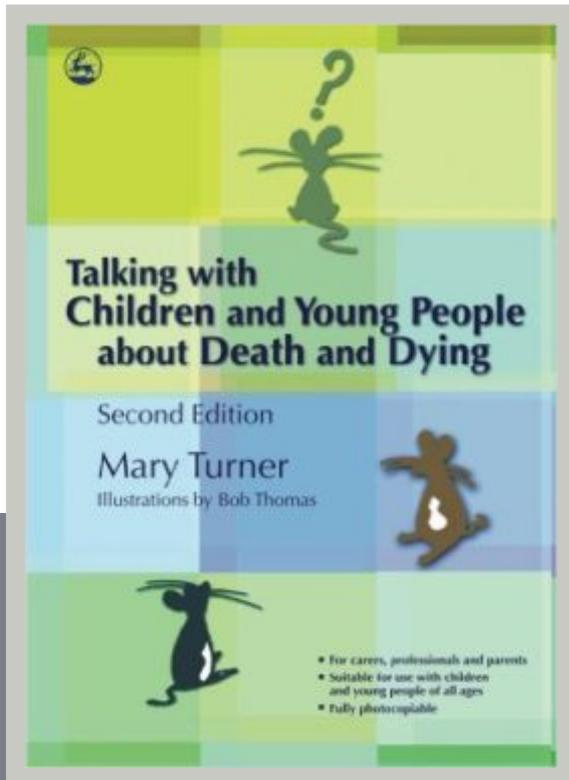
This is a book for people who have lost someone, whose families have split up, who aren't feeling good. When someone is stuck, and can't find the way out of their grief, this book can show them the way.



The Grief Recovery Handbook 20th Anniversary Expanded Edition

by John W. James and Russell Friedman

Incomplete recovery from grief can have a lifelong negative effect on the capacity for happiness. Drawing from their own histories as well as from others', the authors illustrate how it is possible to recover from grief and regain energy and spontaneity. Based on a proven program, *The Grief Recovery Handbook* offers grievers the specific actions needed to move beyond loss. New material in this edition includes guidance for dealing with loss of faith, loss of career and financial issues, loss of health, growing up in an alcoholic or dysfunctional home.



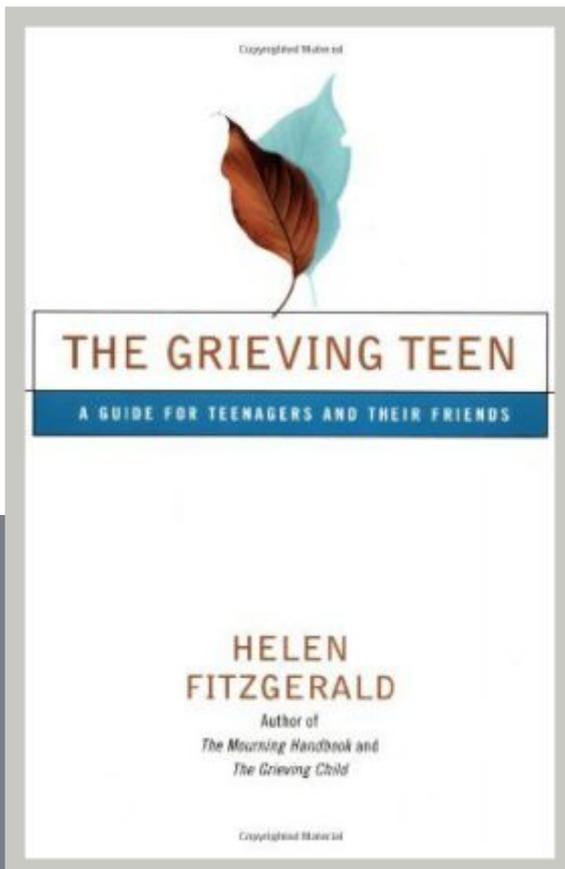
Talking with Children and Young People about Death and Dying

by Mary Turner

This photocopiable workbook is a popular resource designed to help adults talk to bereaved children, in which Mary Turner offers useful insights into the concerns of children experiencing grief. It will equip adults to encourage bereaved children to communicate their pain and understand the emotions aroused by the death of someone close to them.

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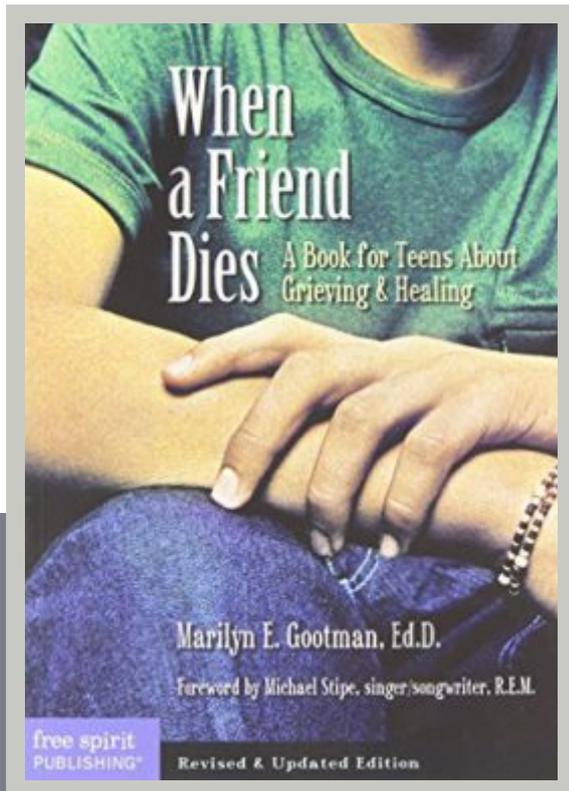
LOSS



The Grieving Teen

by Helen Fitzgerald

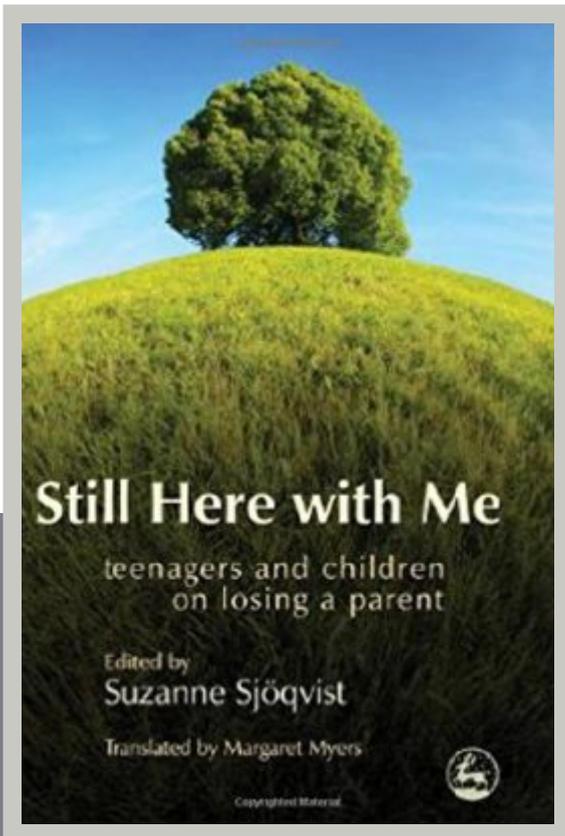
This unique and compassionate guide looks at the special needs of adolescents struggling with loss and gives teens the tools they need to work through their pain and grief. Writing not only about but also for teenagers, this book covers many situations in which teens may find themselves grieving a death, whether the cause was old age, terminal illness, school violence, or suicide. The guide helps teens address the gamut of strong and difficult emotions they will experience and the new situations they will face, including family changes, issues with friends, problems at school, and the courage needed to move forward with one's own life.



When a Friend Dies: A Book for Teens About Grieving & Healing

by Marilyn E. Gootman

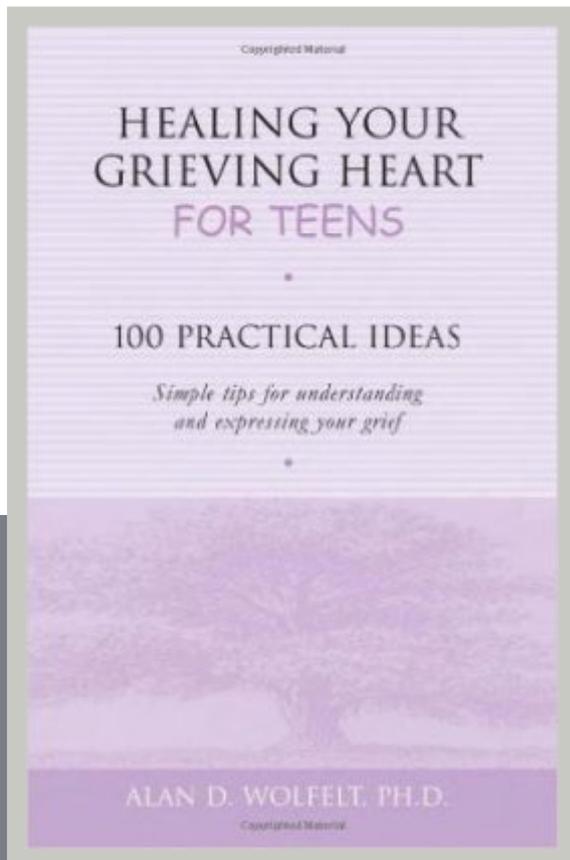
The death of a friend is a wrenching event for anyone at any age. Teenagers especially need help coping with this painful loss. This sensitive book answers questions grieving teens often have, like "How should I be acting?" "Is it wrong to go to parties and have fun?" and "What if I can't handle my grief on my own?" The advice is gentle, non-preachy, and compassionate and is also recommended for parents and teachers of teens who have experienced a painful loss.



Still Here With Me: Teenagers And Children on Losing a Parent

by Suzanne Sjöqvist

This is a valuable source of information and comfort to young people who are struggling to cope with the loss of a parent. Through the experiences of thirty-one children and teenagers who have lost a parent and in their own words, they talk openly and honestly about losing a parent. They describe feelings of pain, loss and anger, the struggle to cope with the embarrassed reactions and silence of others, and the difficulties involved in rebuilding their lives. They also share happy and loving memories of their parents, and talk about the importance of remembering while learning to accept their parent's death. This also provides insights into the needs of grieving children for parents, teachers, social workers and other professionals.



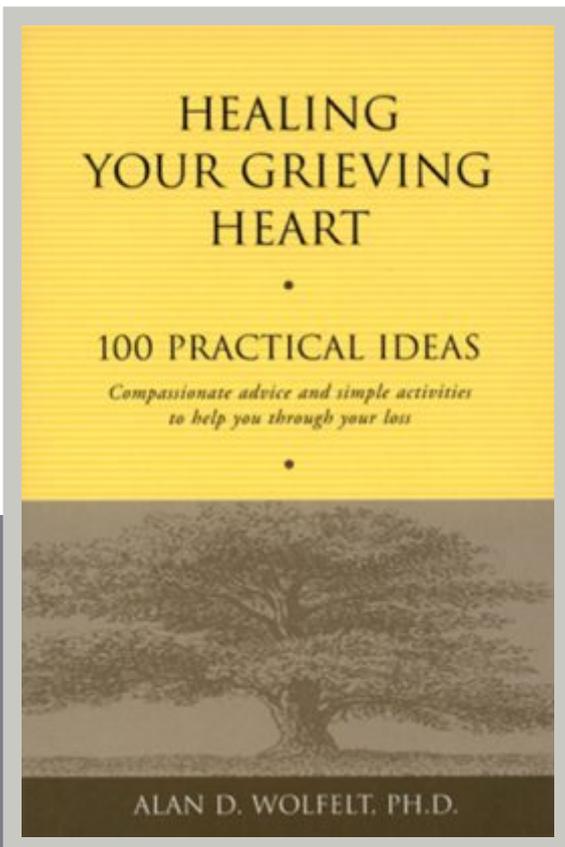
Healing your Grieving Heart for Teens

by Alan Wolfelt

Acknowledging that death is a painful, ongoing part of life, they explain how people need to slow down, turn inward, embrace their feelings of loss, and seek and accept support when a loved one dies. This book is geared for mourning teens and provides ideas and action-oriented tips that teach the basic principles of grief and healing. These ideas and activities are aimed at reducing the confusion, anxiety, and huge personal void.

44

LOSS



Healing your Grieving Heart: 100 Practical Ideas for Families and Caregivers

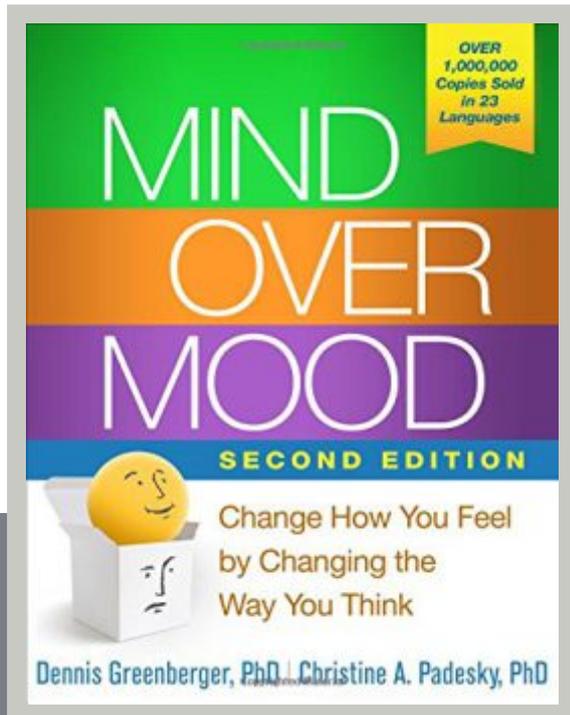
by Alan Wolfelt

With sensitivity and insight, this book offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally. The book is geared for mourning adults and provides ideas and action-oriented tips that teach the basic principles of grief and healing. These ideas and activities are aimed at reducing the confusion, anxiety, and huge personal void.

LOW MOOD

LOW MOOD

45



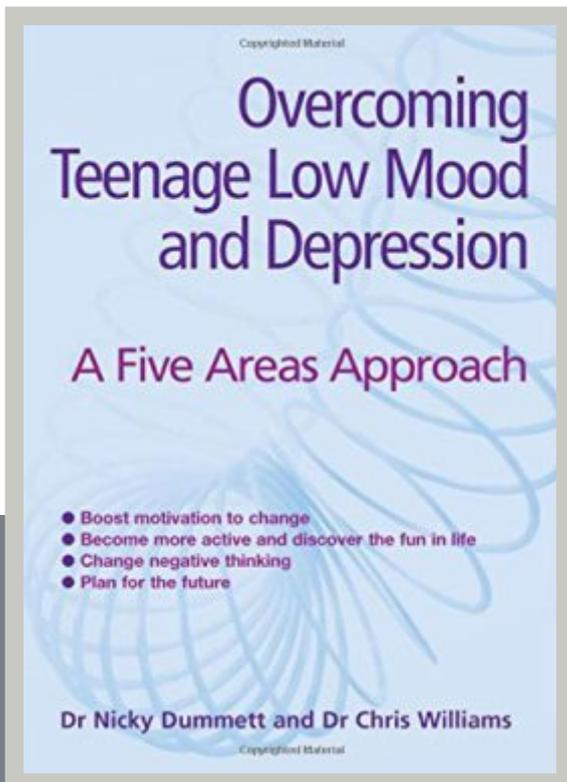
Mind Over Mood

by Dennis Greenberger

The book is designed to be used alone or in conjunction with professional treatment. Step-by-step worksheets teach specific skills to help conquer depression, panic attacks, anxiety, anger, guilt, shame, low self-esteem, eating disorders, substance abuse and relationship problems. Readers learn to use mood questionnaires to identify, rate, and track changes in feelings; change the thoughts that contribute to problems; follow step-by-step strategies to improve moods; and take action to improve daily living and relationships.

46

LOW MOOD



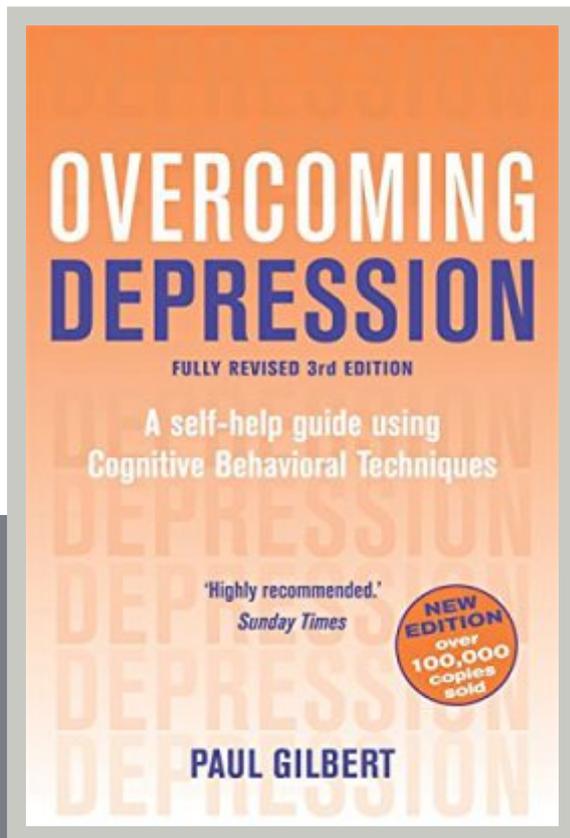
Overcoming Teenage Low Mood and Depression

by Dr Christopher Williams and Dr Nicky Dummett

Using the trusted Five Areas model of cognitive behaviour therapy (CBT) to help young people experiencing low mood or depression to help themselves. The Five Areas model communicates life skills and key interventions in a clear, pragmatic, and accessible style, by examining five important aspects of our lives: life situation, relationships, resources and problems; altered thinking; altered feelings or moods; altered physical symptoms or sensations and altered behaviour or activity levels.

LOW MOOD

47



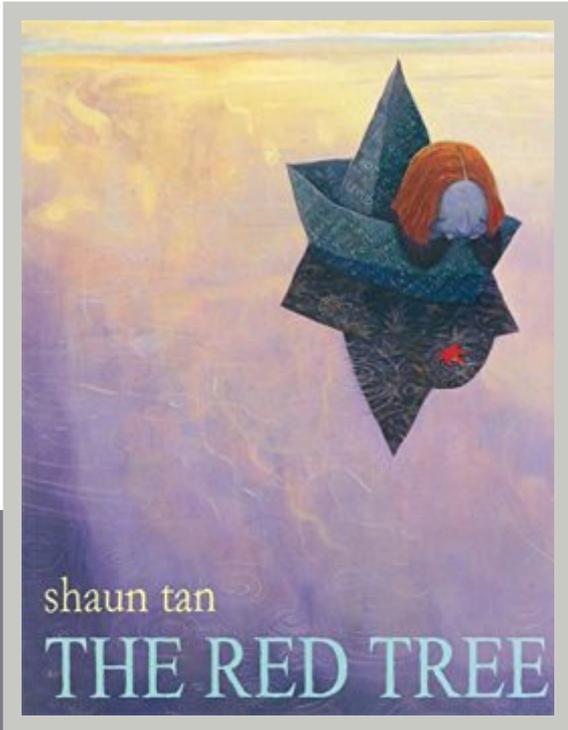
Overcoming Depression

by Paul Gilbert

If you suffer from depression you are far from alone. Depression is very common, affecting over 300 million people around the world. This fully revised third edition has been extensively updated and rewritten to reflect over ten years of new research on understanding and treating depression, particularly the importance of developing compassionate ways of thinking, behaving and feeling. It contains helpful case studies and new, easy-to-follow, step-by-step suggestions and exercises to help you understand your depression and lift your mood.

48

LOW MOOD



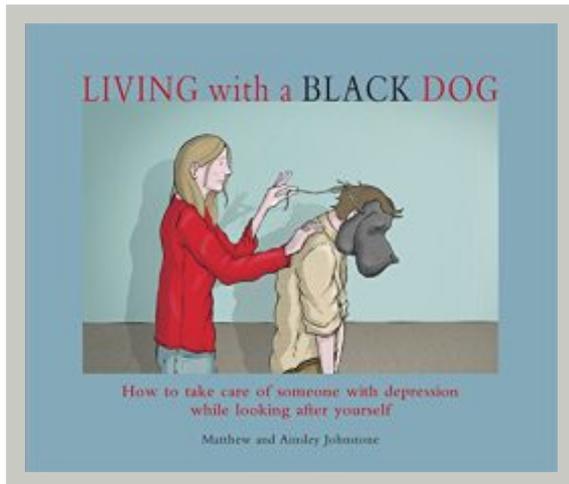
The Red Tree

by Shaun Tan

A small child awakes to find blackened leaves falling from her bedroom ceiling, threatening to overwhelm her. As she wanders around a world that is complex, puzzling and alienating, she is overtaken by a myriad of feelings. Just as it seems all hope is lost, the girl returns to her bedroom to find that a tiny red seedling has grown to fill the room with warm light. As a kind of fable, this book seeks to remind us that, though some bad feelings are inevitable, they are always tempered by hope.

LOW MOOD

49



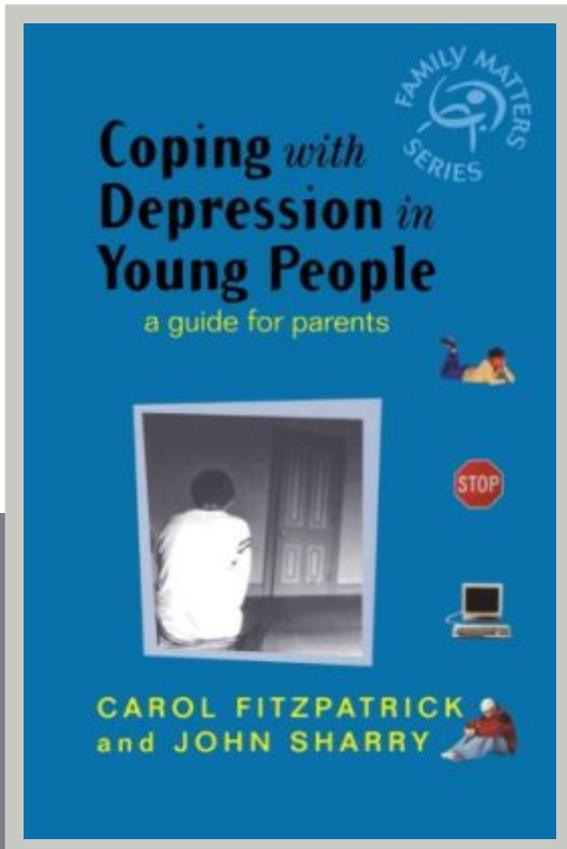
Living with a Black Dog

by Matthew Johnstone

In simple text and strongly supportive illustrations, this slim volume examines, explains, and demystifies one of the most widespread and debilitating problems afflicting modern society; depression. This book delivers a moving and uplifting insight into life with this unsavoury companion. Even better, it shows the strength and support to be found within and around us to tame this shaggy beast and ultimately bring it to heel.

50

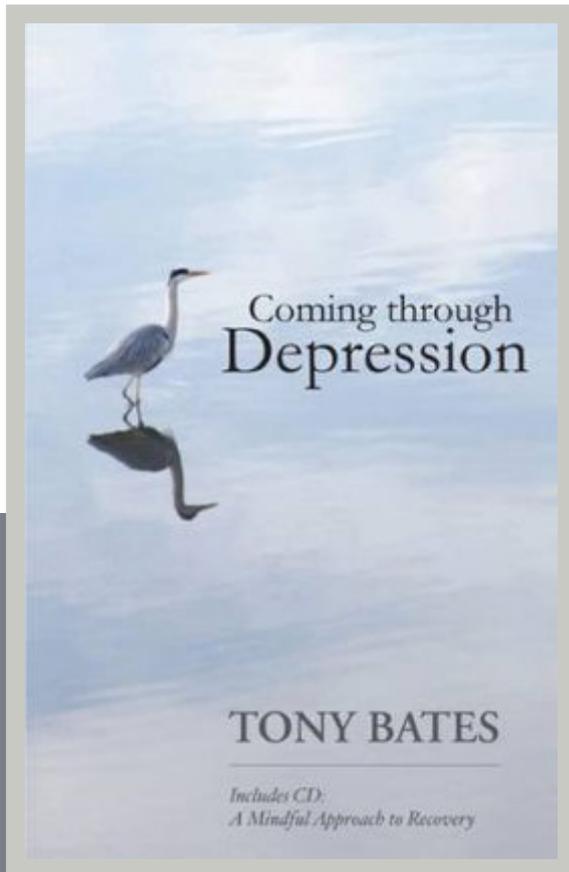
LOW MOOD



Coping with Depression in Young People

by Carol Fitzpatrick and John Sharry

This shows parents how to tell the difference between the ordinary ups and downs and true depression, helping them better understand clinical warning signs and the various approaches to treatment. Dealing sensitively with how depression sometimes manifests itself—self-harm, alcohol and drug abuse, and suicide attempts—the book offers parents practical guidance on how they can reach out to their children and find professional assistance



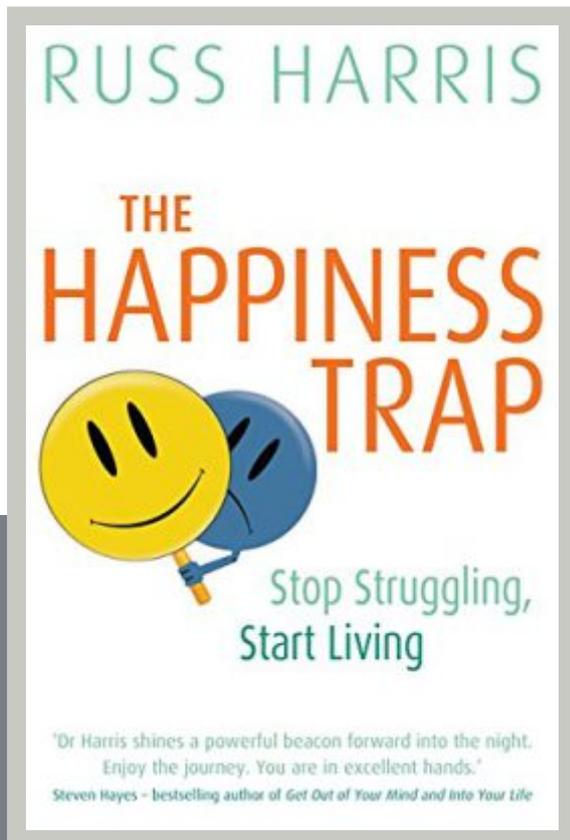
Coming Through Depression: A Mindful Approach to Recovery

by Tony Bates

While intended primarily as a guide to recovery for anyone who is experiencing depression, this book is also written with the relatives and friends of that person in mind, hoping they can make sense of what can be a difficult experience to grasp from the outside. This book shows you the practical steps you can take to lift your mood; helps you listen to what depression may be trying to teach you about your life; and gives you a way to be with yourself when you feel most vulnerable. It is possible for any human being to lose their way, but it is equally possible for any human being to find their way.



MENTAL HEALTH & WELLBEING



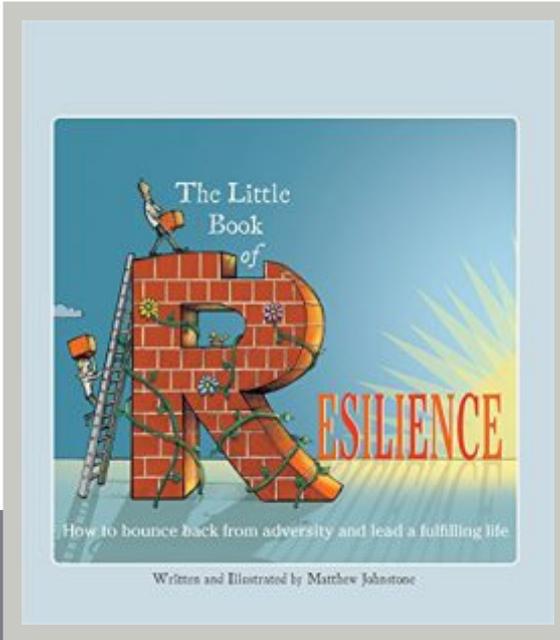
The Happiness Trap

by Russ Harris

This book explains that the way most of us go about trying to find happiness ends up making us miserable. This book presents the insights and techniques that will help readers to reduce stress and worry, handle painful feelings and thoughts more effectively, break self-defeating habits, overcome insecurity and self-doubt and create a rich, full, and meaningful life.

53

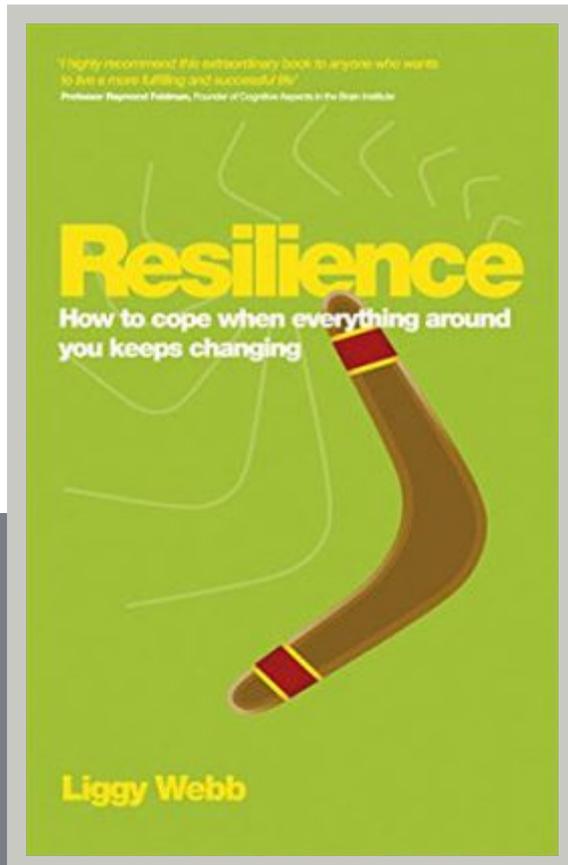
MENTAL HEALTH & WELLBEING



The Little Book of Resilience

by Matthew Johnstone

The Little Book of Resilience is about how we can fortify our lives mentally, emotionally and physically. It is not about what happens when we get knocked down but more about what happens when we get up again. It is a book about what resilience is and how we grow and maintain it.



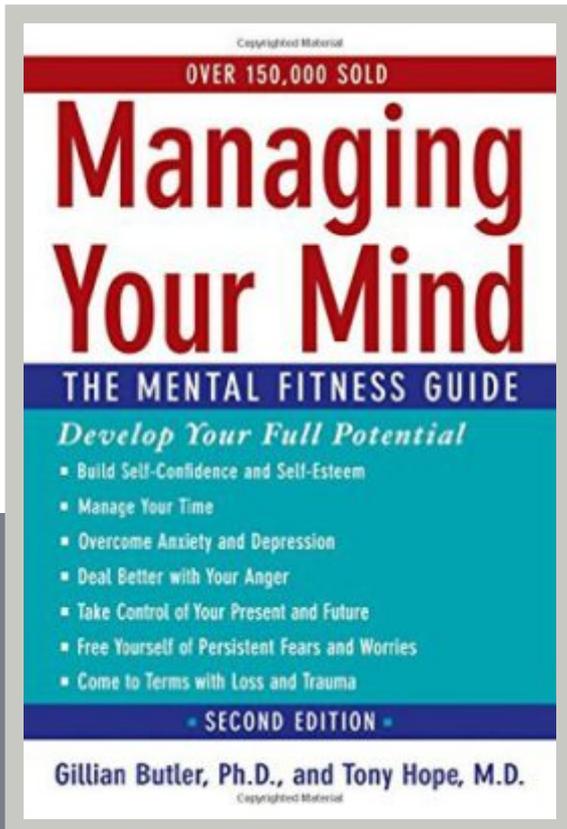
Resilience: How to Cope When Everything around You Keeps Changing

by Liggy Webb

This book helps readers find positivity and inner strength to cope with stressful situations. Arming you with a personal toolkit to handle day to day challenges, and providing strategies for thriving in uncertain times this book shows you how to increase your 'bouncibility' and bounce back from whatever negative things life throws at you.

55

MENTAL HEALTH & WELLBEING



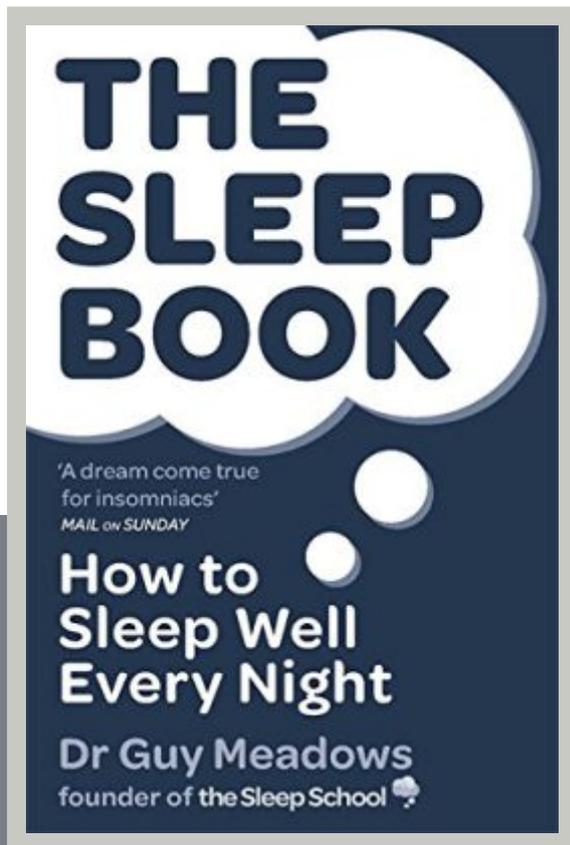
Managing Your Mind

by Gillian Butler and Tony Hope

This book looks at how to develop key skills to mental fitness; such as improving one's relationships, beating anxiety and depression, anger in relationships, recent traumatic events and their aftermath, loss and bereavement, and dealing with the past and how to establish a good mind-body balance.

MENTAL HEALTH & WELLBEING

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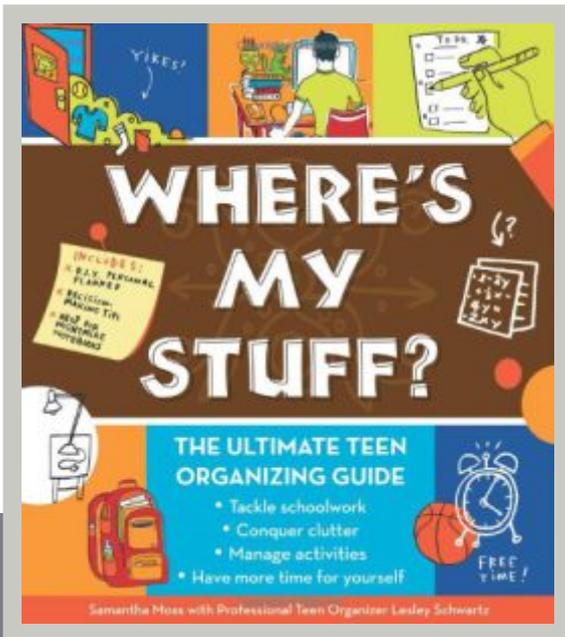
The Sleep Book

by Dr Guy Meadows

Supported by case studies, background information, exercises, key summaries and client testimonials, and enhanced with illustrations and visual aids, this book teaches a revolutionary new method for combating insomnia.

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MENTAL HEALTH & WELLBEING



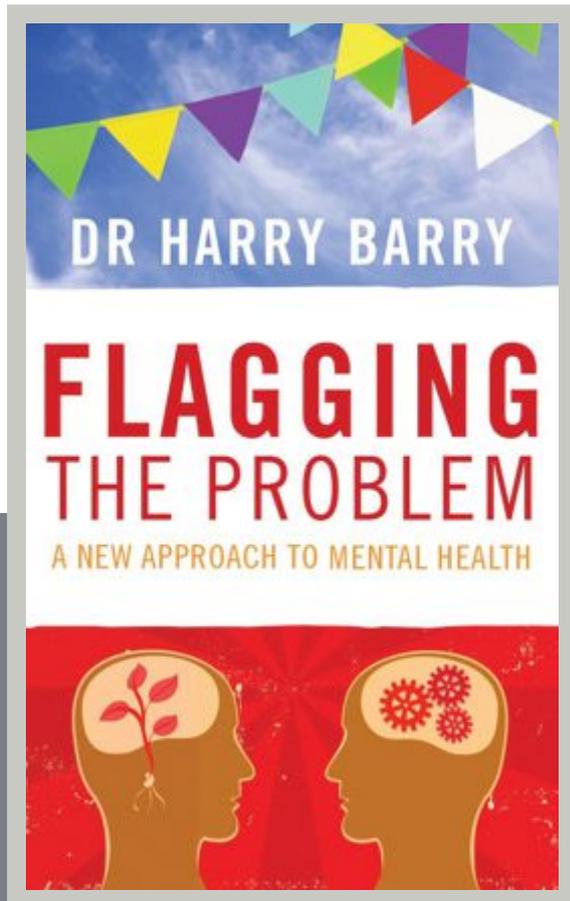
Where's My Stuff?

by Samantha Moss with Lesley Schwartz Martin

Helps you to learn how to organise your school stuff, your time, and your room. This book includes: notebook systems; backpack maintenance tips; practical pointers for managing your schedule; a template for your own personalised daily planner; and, interior design-inspired techniques to make your room your favourite place to be.

MENTAL HEALTH & WELLBEING

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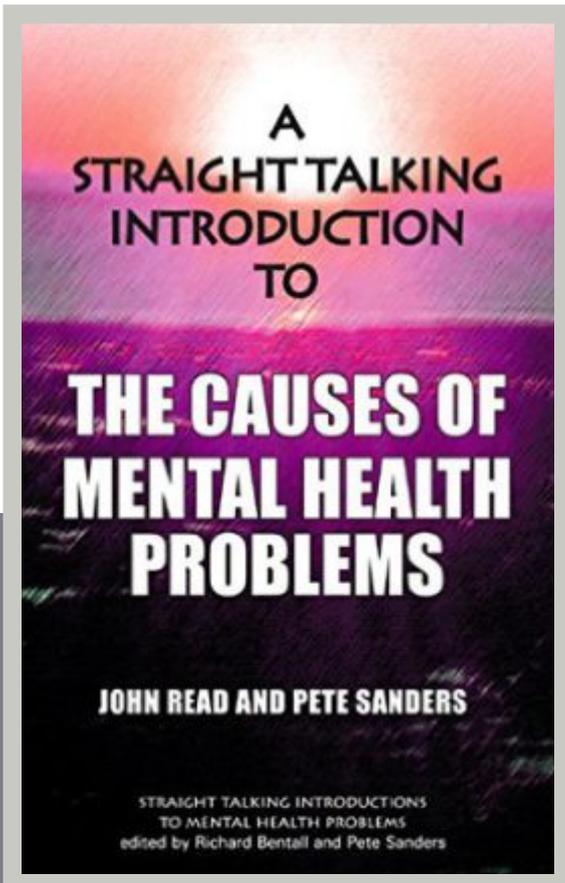
Flagging the Problem: A New Approach to Mental Health

by Harry Barry

This book, made up of five main sections, uses a new way of identifying and dealing with mental health problems using colour coded flags. It explains the normal mood system, depression, anxiety, addiction and addresses the issue of suicide. There is a technical section, and extra appendices at the end of the book, including information on self-help groups and a list of commonly used medicines.

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MENTAL HEALTH & WELLBEING



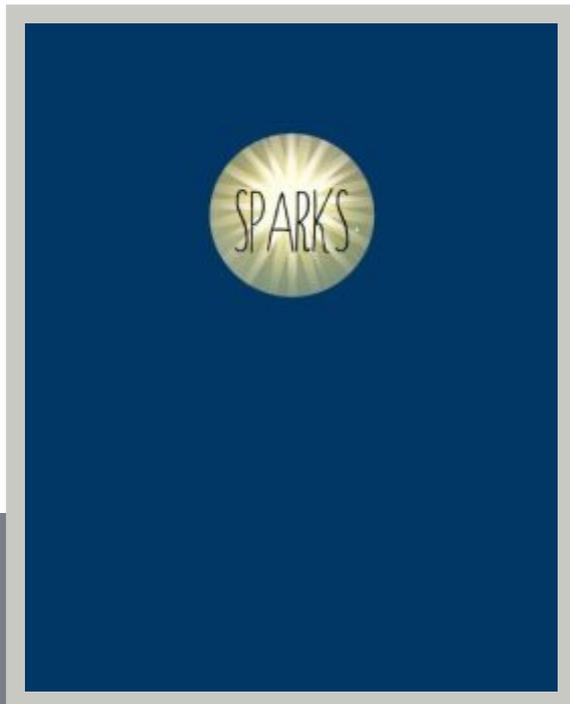
A Straight Talking Introduction to the Causes of Mental Health Problems

by John Read and Pete Sanders

Readers are encouraged to focus on what fits best with their own experience and decide what might be most helpful. Rather than accept that solutions to mental health problems are owned by the medical professions, these books look at alternatives and provide information so that the users of psychiatric services, their families and carers can make more decisions about their own lives.

MENTAL HEALTH & WELLBEING

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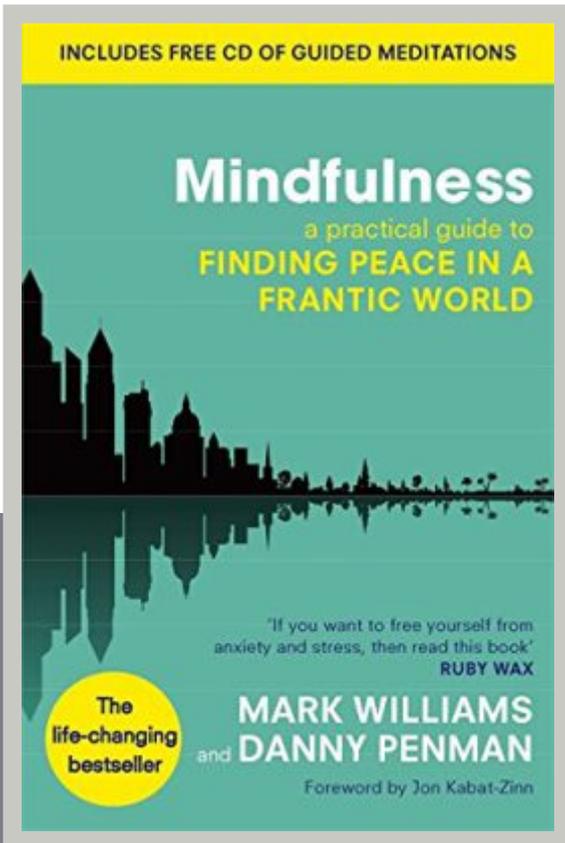
Sparks

by Aoife Price

SPARKS is text light and powerfully illustrated which aims to provide empathy and hope to those experiencing a difficult time in their lives. Often people fail to understand that when someone is going through a rough time, the last thing they can call on is deep concentration. Words are important but sometimes less is more and the whole logic of the book is to show the journey from pain to breakthrough and to remind people that this too will pass.



MINDFULNESS



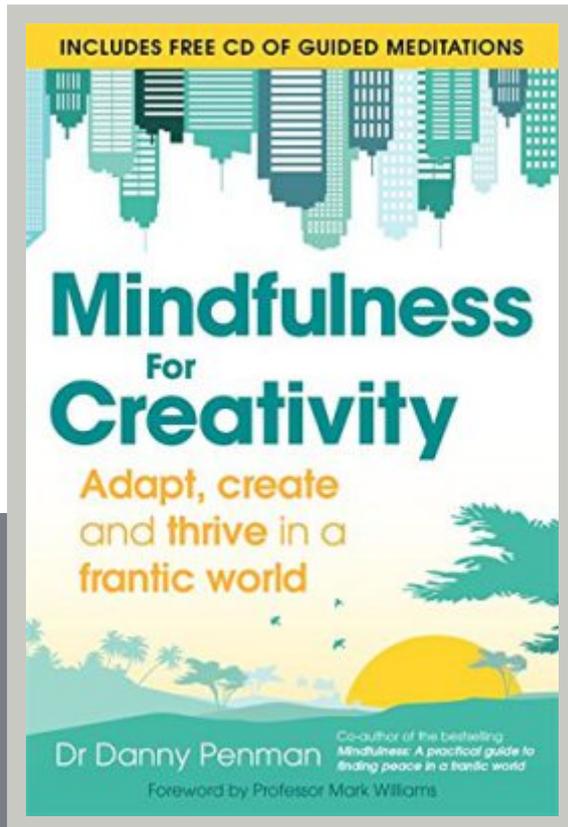
Mindfulness: A Practical Guide to Finding Peace in a Frantic World

by Mark Williams and Danny Penman

Mindfulness reveals a set of simple yet powerful practices that can be incorporated into daily life to help break the cycle of unhappiness, stress, anxiety and mental exhaustion. This book focuses on promoting joy and peace rather than banishing unhappiness. It's focused to help ordinary people boost their happiness and confidence levels whilst also reducing anxiety, stress and irritability.

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MINDFULNESS



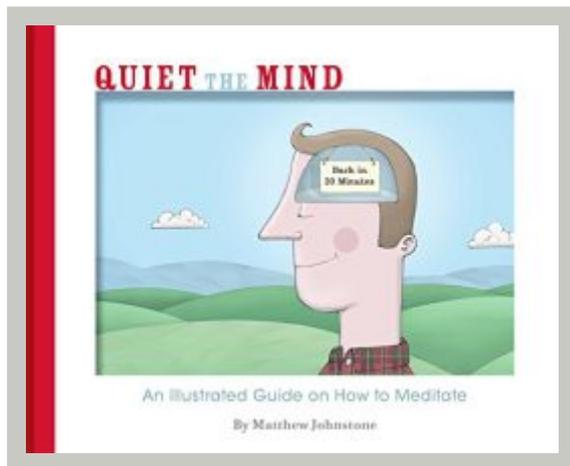
Mindfulness for Creativity

by Danny Penman

The simple mindfulness techniques at the heart of this book have been proven to enhance creativity, problem solving and decision making. They also dissolve anxiety, stress and depression while enhancing mental resilience. The four week programme takes just 10-20 minutes per day.

MINDFULNESS

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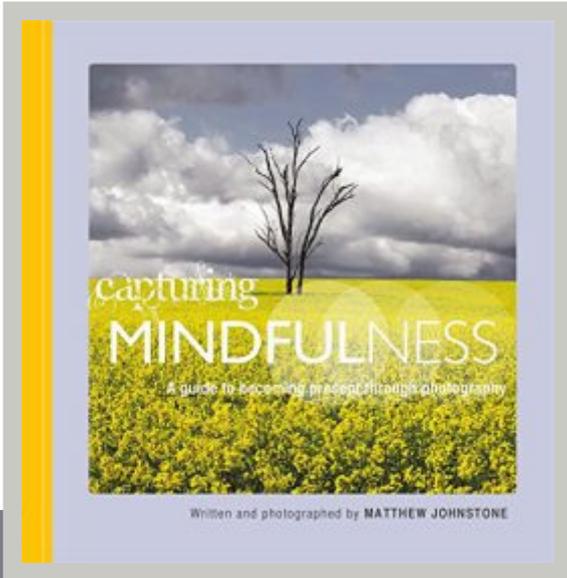
Quiet the Mind

by Matthew Johnstone

In a world where finding even ten minutes to 'do nothing', the benefits of meditation can be profound. Meditation is simply a way of giving our brains a well-deserved break and can actually help our brains to function healthy and happily. This beautifully illustrated guide to meditation will enable you to feel more present, more youthful, have more energy and greater concentration, improve your mood and sleep more soundly.

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MINDFULNESS



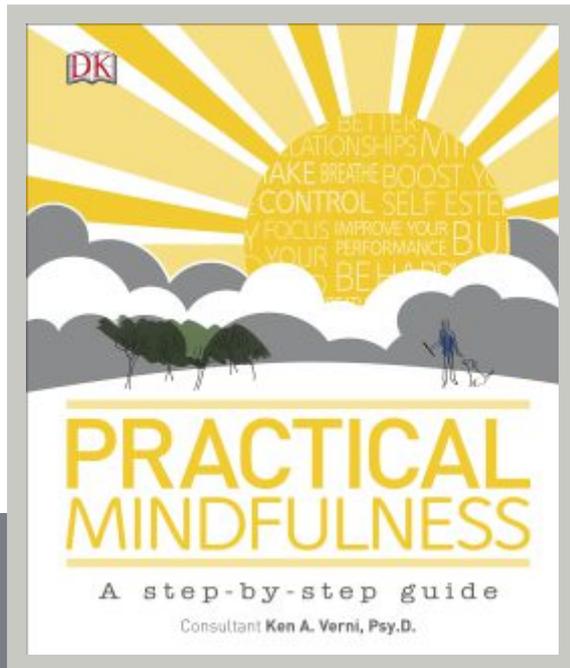
Capturing Mindfulness

by Matthew Johnstone

This book describes how to create mindfulness through photography. Mindfulness photography is about seeing something that no one else can, capturing something that will never happen again and finding beauty where it doesn't typically exist. When we become more consciously aware of where we are, what we're doing and what we're thinking, life can become calmer, more enjoyable and generally more manageable.

MINDFULNESS

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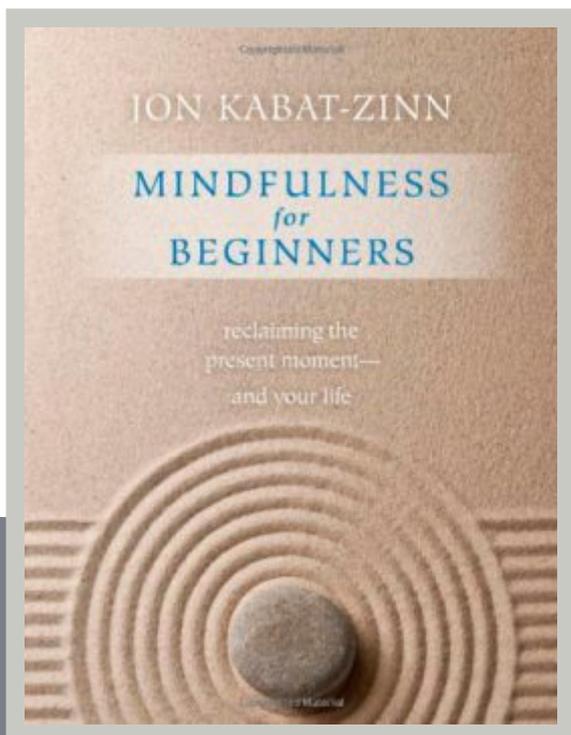
Practical Mindfulness

by Dr. Ken A. Verni

Practical Mindfulness offers an easy way of taking control of your life for the better. Focusing on simple breathing techniques, meditation tips, targeted exercises and relaxation methods, this unique book will improve your concentration, boost your self-esteem and help you achieve success.

66

MINDFULNESS



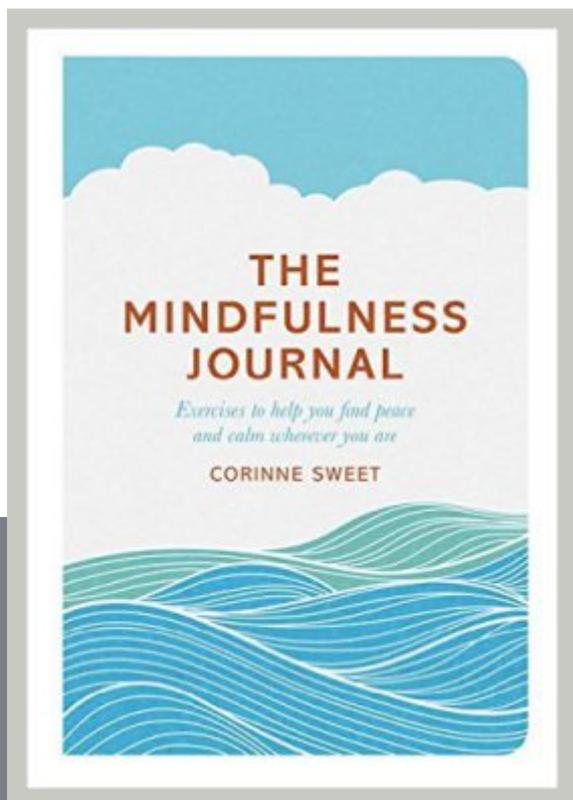
Mindfulness for Beginners

by Jon Kabat-Zinn

Mindfulness for Beginners provides answers, insights, and instruction to help us make that shift, moment by moment, into a more spacious, clear, reliable and loving connection with ourselves and the world. It includes a complete CD with five guided mindfulness meditations.

MINDFULNESS

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The Mindfulness Journal

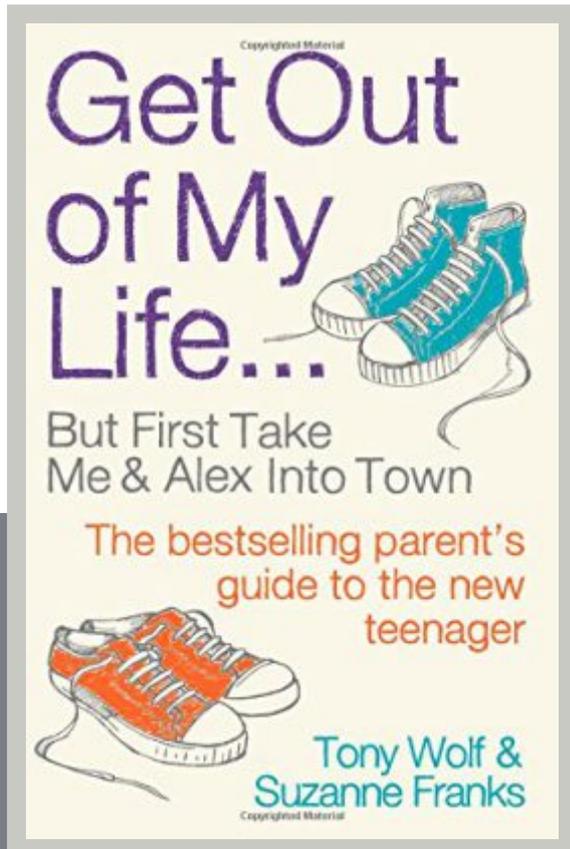
by Corinne Sweet

This journal offers an introduction to mindfulness and easy exercises that can be done whether you are sitting at your desk, squeezed on to a crowded train or standing in line at the supermarket. Beautifully illustrated, with notes pages to record your thoughts, this journal is your indispensable companion to a more peaceful, stress-free day.



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PARENTING & FAMILIES



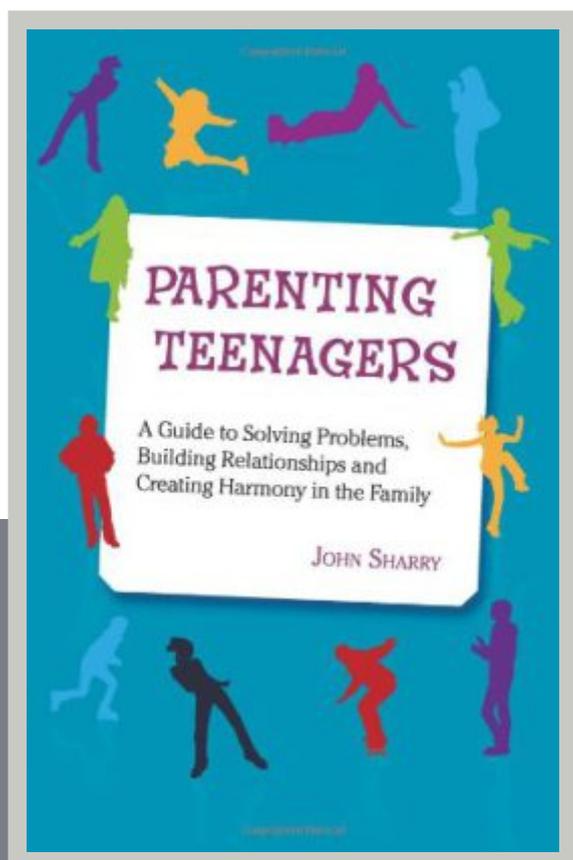
Get Out of My Life

by Tony Wolf & Suzanne Franks

Teenagers are tough and anyone who has their own needs help to live with them! Witty, enjoyable and genuinely insightful, this book deals with everything from social media to online threats and porn, as well as looking at all the difficult issues of bringing up teenagers, school, sex, drugs and more. But it's the title of the second chapter, 'What They Do and Why' that best captures the book's spirit and technique, explaining how to translate teenage behaviour into its true, often less complicated meaning.

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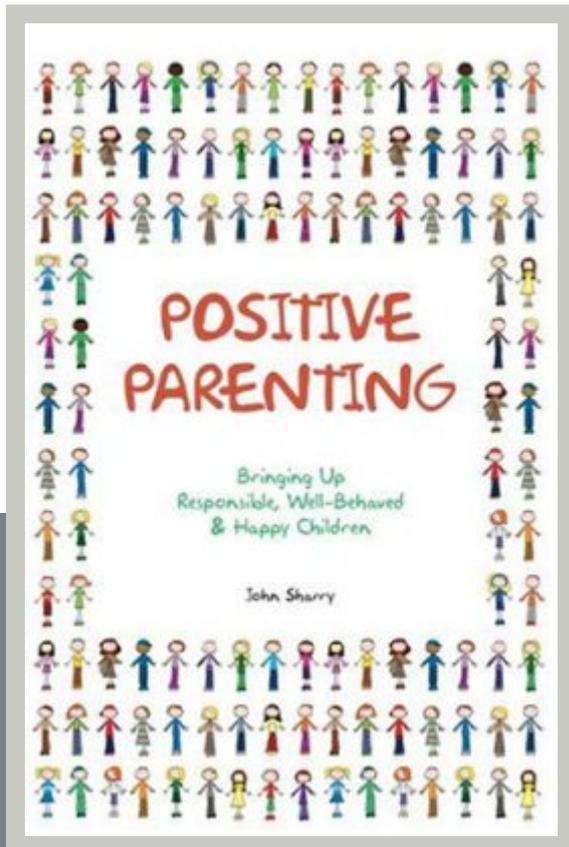
PARENTING & FAMILIES



Parenting Teenagers

by John Sharry

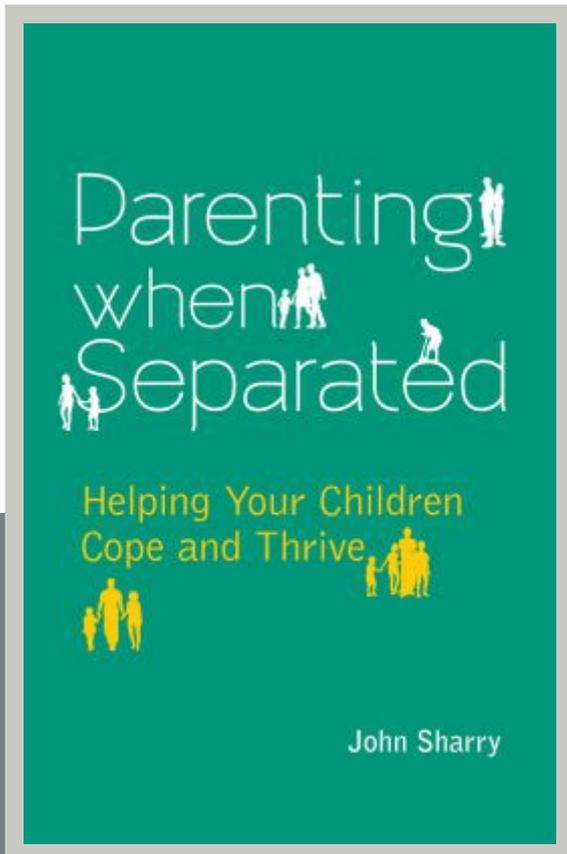
Advocating a balanced approach to parenting, *Parenting Teenagers* sets out a step-by-step guide that shows you how to stay supportively involved in your teenagers' lives, while also setting rules and teaching responsibility. Emphasising a positive approach that builds on your strengths as a parent, this book will not only help you solve discipline problems and reduce conflict, but also have more satisfying and enjoyable relationships with your teenagers.



Positive Parenting

by John Sharry

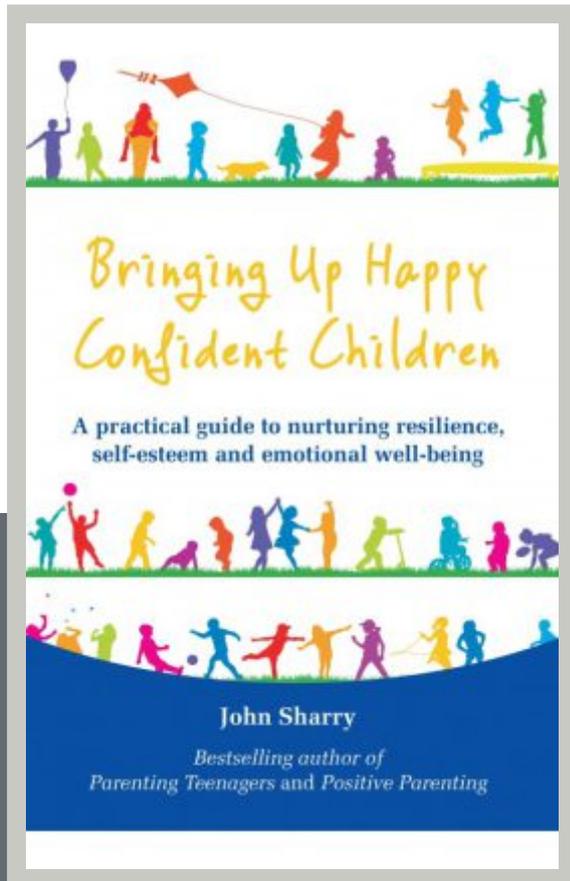
Raising a child brings many joys but also plenty of challenges! The ups and downs of parenting can push even the most resourceful parent to the limit. Targeted at parents of primary school age children, Positive Parenting provides a step-by-step guide to solving behaviour and other childhood problems including sibling rivalry, homework hassles, serious tantrums, bullying, poor self-esteem and anxiety.



Parenting when Separated

by John Sharry

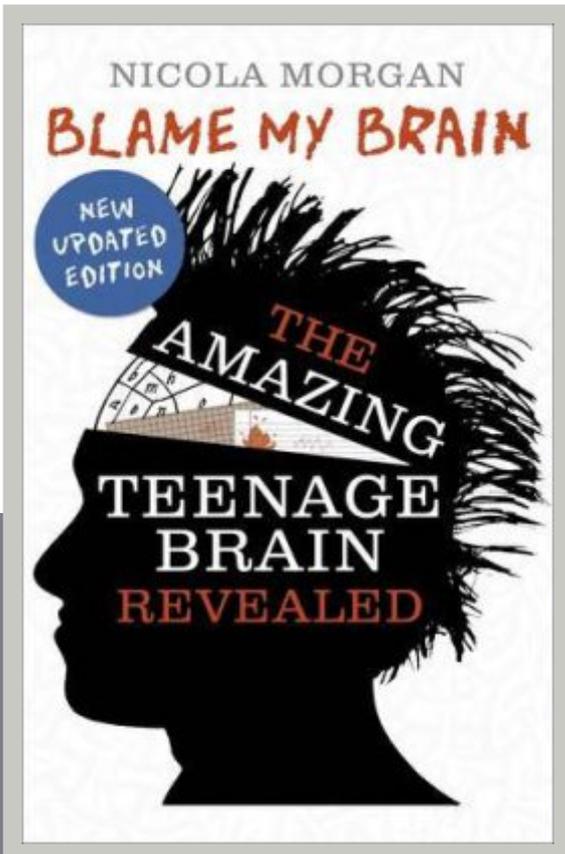
Based on research into what is best parenting practice during a separation, this book offers practical advice on how parents can help themselves and their children during this difficult time. It aims to build on parenting strengths, giving suggestions on how parents can improve their own and their children's method of coping. It also contains an extensive question and answer section addressing the many concerns for parents who are going through a relationship breakdown.



Bringing Up Happy, Confident Children

by John Sharry

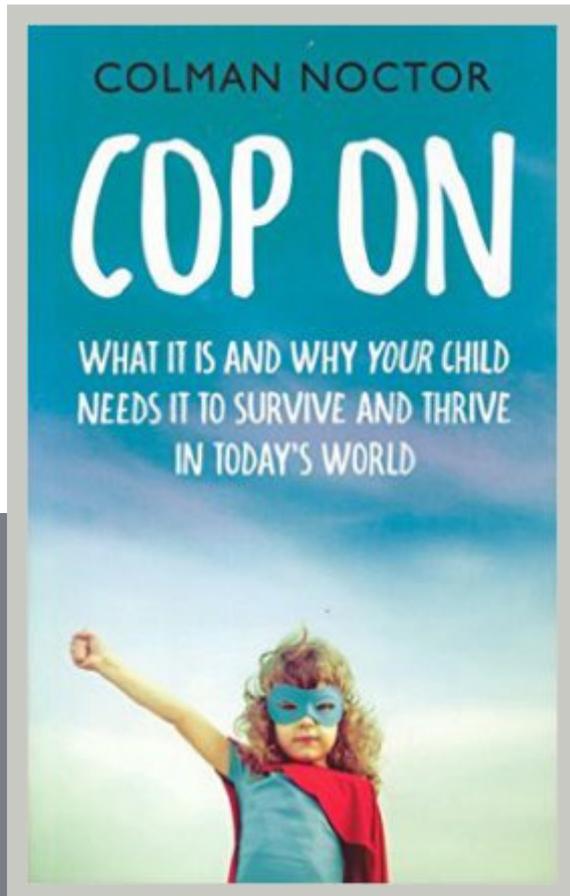
This book uses an innovative model of self-esteem that focuses on building children and teenagers' resilience and character strengths to ensure they grow up to be well adjusted, confident and happy adults. Suitable for all ages, each chapter contains powerful and practical principles to help you promote children's emotional well-being and sense of security, help them to discover their strengths and talents, encourage them to reach their full potential and to develop your children's resilience in the face of challenges.



Blame my Brain

by Nicola Morgan

Contrary to popular (parental) opinion, teenagers are not the lazy, ungrateful louts they occasionally appear to be. During the teenage years the brain is undergoing its most radical and fundamental change since the age of two. This carefully researched, accessible and humorous examination of the ups and downs of the teenage brain has chapters dealing with powerful emotions, the need for more sleep, the urge to take risks, the difference between genders, the reasons behind addiction or depression, and what lies ahead.



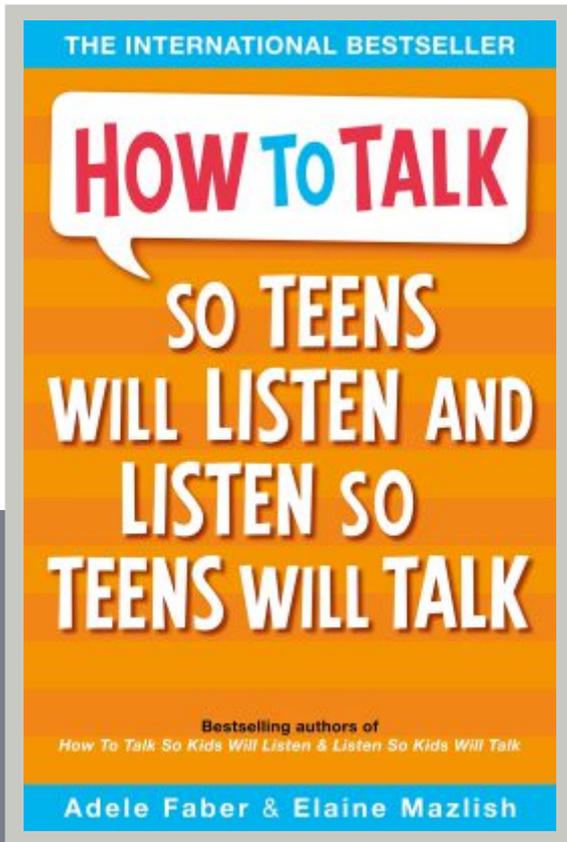
Cop On: What It Is and Why Your Child Needs It

by Colman Noctor

Cop on is the ability to be rational, resilient and sensible. It's about having the grit and good judgement to cope with life's challenges. It incorporates emotional intelligence, self-awareness and adaptive decision-making. Cop on bolsters our children's ability to cope with whatever challenges come their way, no matter what the future holds.

75

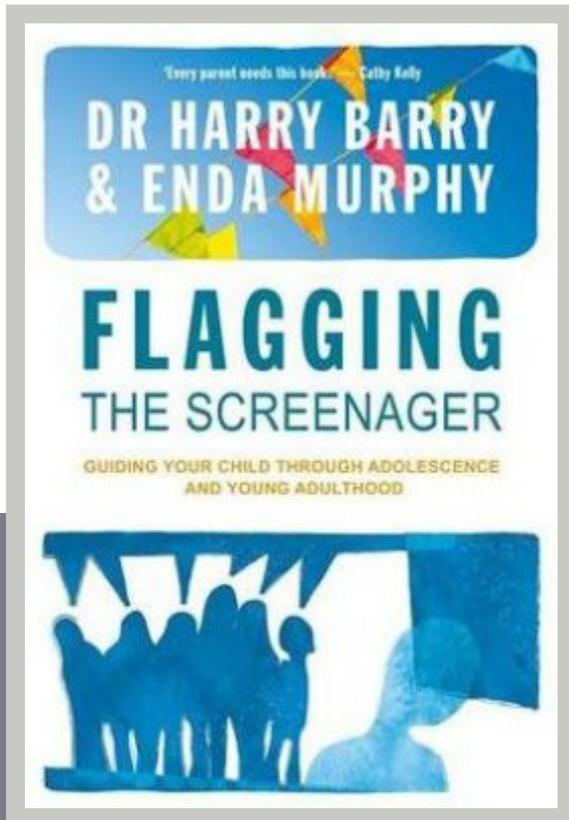
**PARENTING
& FAMILIES**



How to Talk So Teens Will Listen

by Adele Faber

From curfews and cliques to sex and drugs, this book gives parents and teens the tools they need to communicate and navigate the often stormy years of adolescence. Packed with practical, accessible advice and guidelines, you'll learn how to engage cooperation, take appropriate action, avoid lectures, express your feelings and understand each other and work out solutions together.



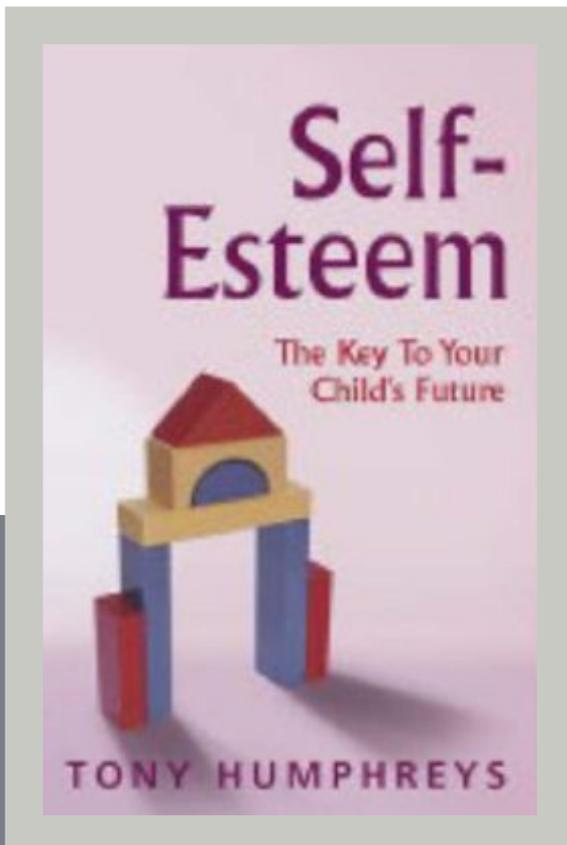
Flagging the Screenager

by Harry Barry

This book addresses the hidden world of the teenager and young adult. It is a practical survival guide for parents and relatives faced with the struggles of raising adolescents and young adults between the ages of 13 and 25. This book looks at what is going on in the brain and mind of the latter and discuss the skills parents need to learn to survive. It discusses mental health in relation to teenagers, helping parents in guiding their child through adolescence and young adulthood.



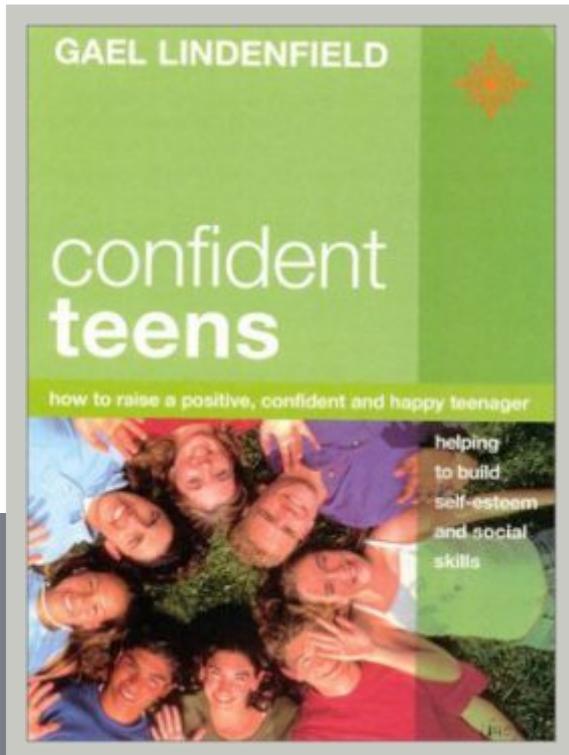
PARENTING & FAMILIES



Self-Esteem: The Key to Your Child's Future

by Tony Humphreys

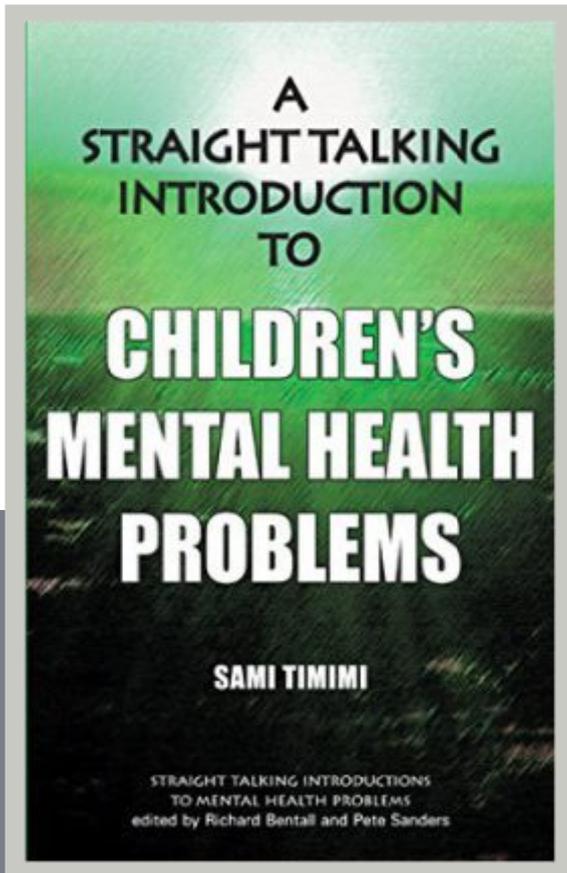
Parents act as a mirror for their children. Parental responses to children determine the image they form of themselves. When parents take time to listen as well as talk to them, children feel loved, encouraged and capable. This book sets out a clear plan to promote their love of learning, emphasising that the emotional welfare of children is the cornerstone of their educational and future development.



Confident Teens

by Gael Lindenfield

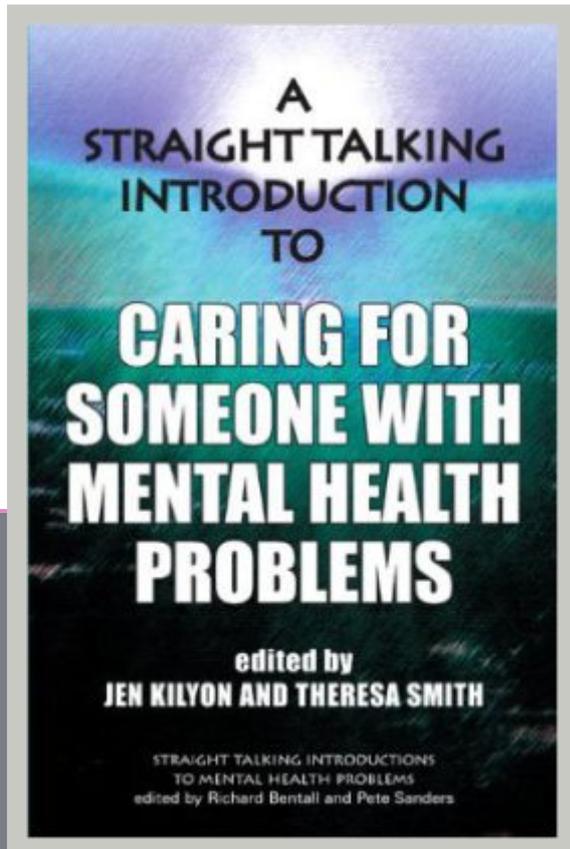
Written for adults, this is a candid and sympathetic guide which will help parents be prepared for the roller coaster teenage years. Confidence levels and the grown-up personality are moulded in your teens, and setbacks around this time can seriously impact on self-esteem in later life. This book shows how parents can best understand, support, befriend and give confidence to their teenage child. The book also has tips on how to deal with typical teenager scenarios and has a series of Golden Rules for parents to follow.



A Straight-talking Introduction to Children's Mental Health Problems

by Sami Timimi

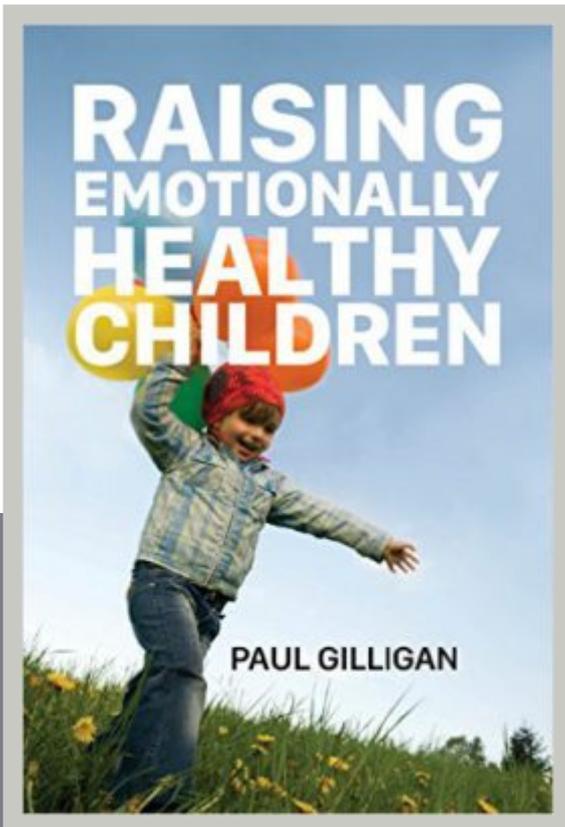
This book is an excellent introduction to the area for students and provides parents of children with mental health difficulties with all the information they need to make informed choices about a child's diagnosis and treatment. It provides practical advice on things parents can try themselves, common pitfalls to avoid, and how to find the professionals you need.



A Straight Talking Introduction to Caring for Someone with Mental Health Problems

by Jen Kilyon, Theresa Smith, Richard Bentall and Pete Sanders

Family and friends of people with complex mental health needs frequently have to battle for, and often with, mental health services, whilst they themselves can be stigmatised. Some of these stories end with a positive outcome and others tell of continuing battles. All demonstrate that it is frequently the carers alone who keep hope for recovery alive. The book includes advice on the methods they found most helpful in their struggles.



Raising Emotionally Healthy Children

by Paul Gilligan

Suitable for parents of children aged thirteen and under, but useful for all parents, this book will also be of interest to teachers, child care workers and mental health workers. It provides practical information to parents on strategies to promote good emotional health, complemented by exercises that help parents explore their own approaches to parenting. He also reassures parents of their innate ability to love and do what's right by their child.

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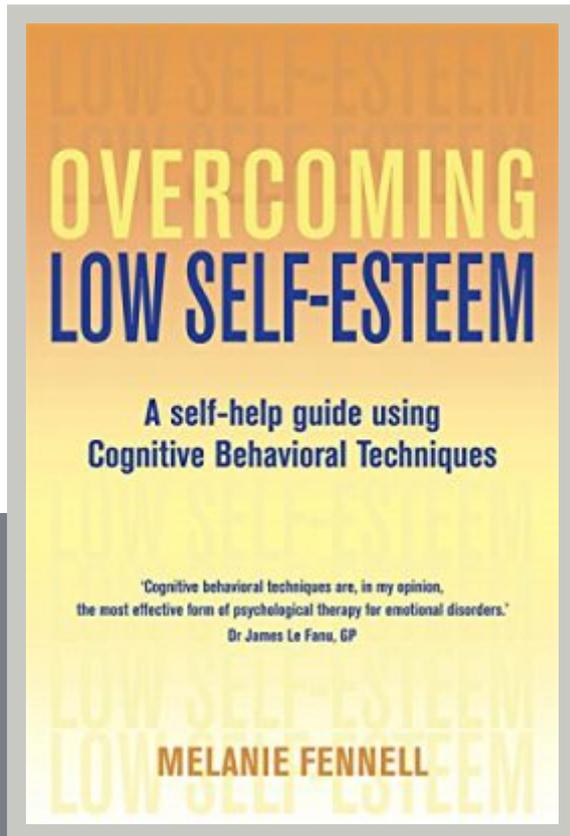




SELF ESTEEM

SELF ESTEEM

82



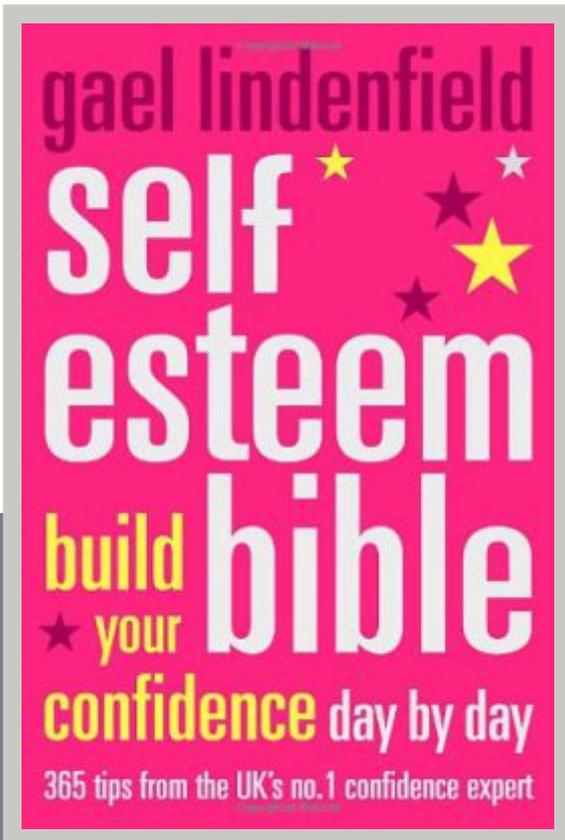
Overcoming Low Self-Esteem

by Melanie Fennell

This book will help readers to understand low self-esteem and with this knowledge can enable them to break out of the vicious circle of negative self-image, learn the art of self-acceptance and alter their lives for the better. This book explains the nature of low self-esteem and self-destructive thinking.

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SELF ESTEEM



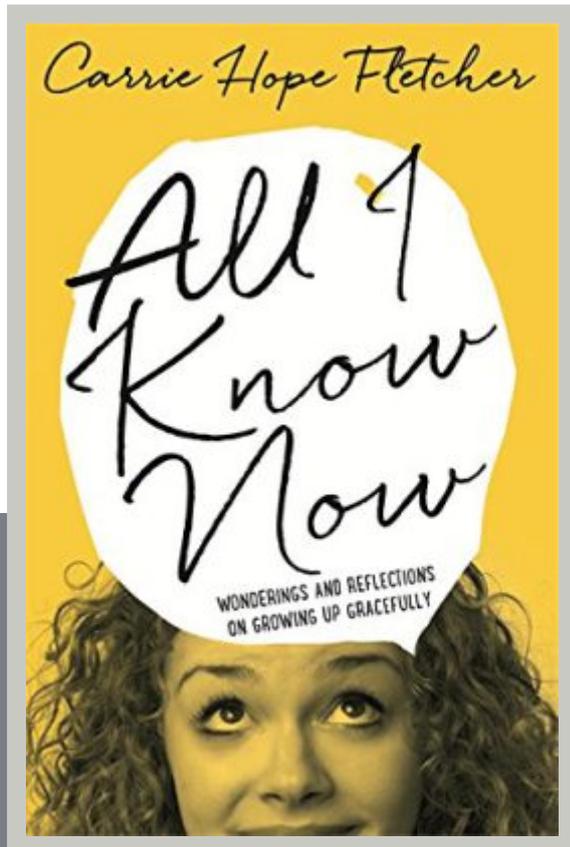
Self Esteem Bible

by Gael Lindenfield

Poor self-esteem can sabotage relationships and careers, cause self-destructive behaviour and hold us back from achieving our true potential. This comprehensive guide gives you all the advice you need for building confidence in yourself and your abilities. Designed to be dipped into as and when you need a confidence-boost, or followed as a personal development programme.

SELF ESTEEM

84



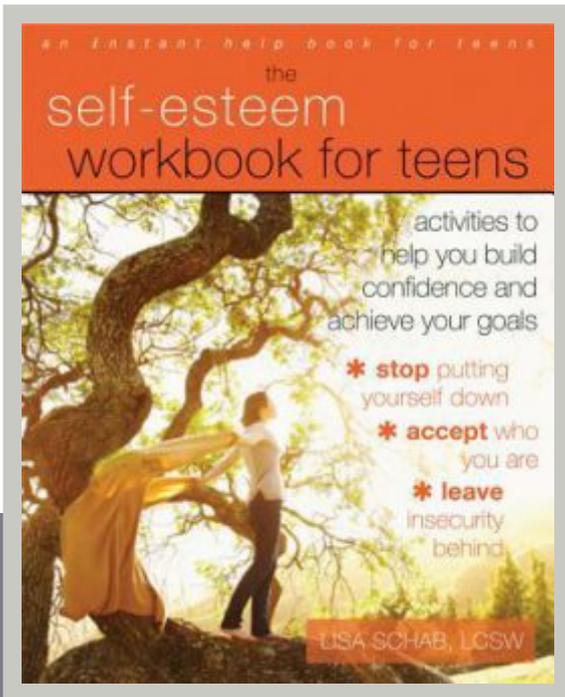
All I Know Now

by Carrie Hope Fletcher

We all know that growing up is hard to do, and sometimes the only thing that makes it better is the reassuring words of someone who has walked that bumpy road just a few steps ahead of you and somehow ended up as a fully-functioning adult. Carrie Hope Fletcher is that person.

85

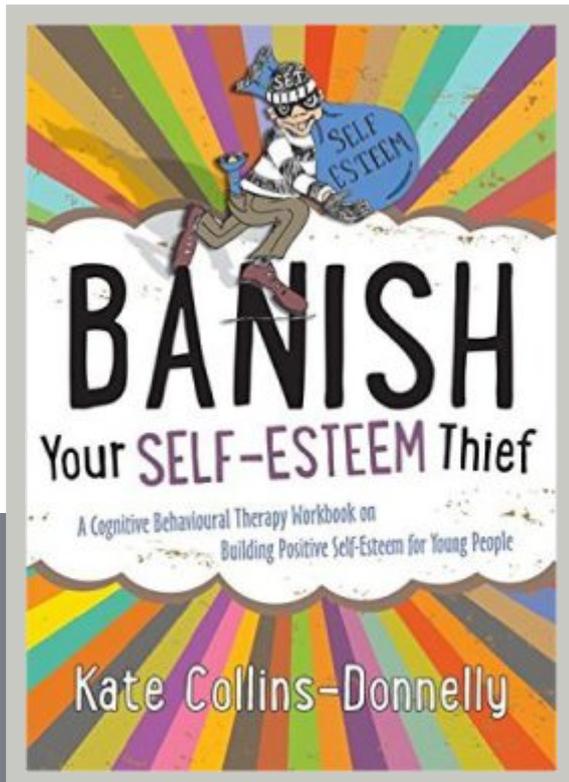
SELF ESTEEM



The Self-Esteem Workbook for Teens

by Lisa M. Schab

As a teen, it is incredibly important to have self-confidence, especially when you consider societal pressures about appearance and exams. This workbook will help you learn to develop a healthy, realistic view of yourself that includes honest assessments of your weaknesses and strengths, and you will learn to respect yourself, faults and all.



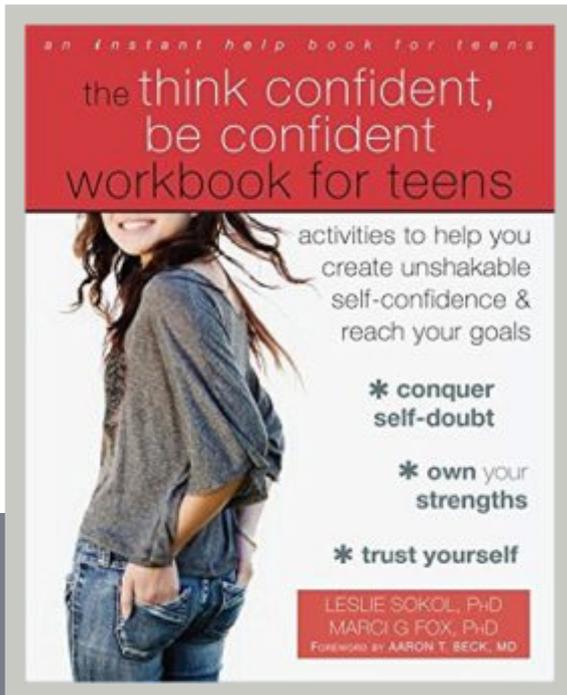
Banish Your Self-Esteem Thief

by Kate Collins-Donnelly

Build up your confidence and self-esteem by learning how to banish your Self-Esteem Thief with this fun and imaginative workbook. Full of tips and strategies based on cognitive behavioural and mindfulness principles, it helps you banish negative thoughts and build healthy self-esteem.

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SELF ESTEEM

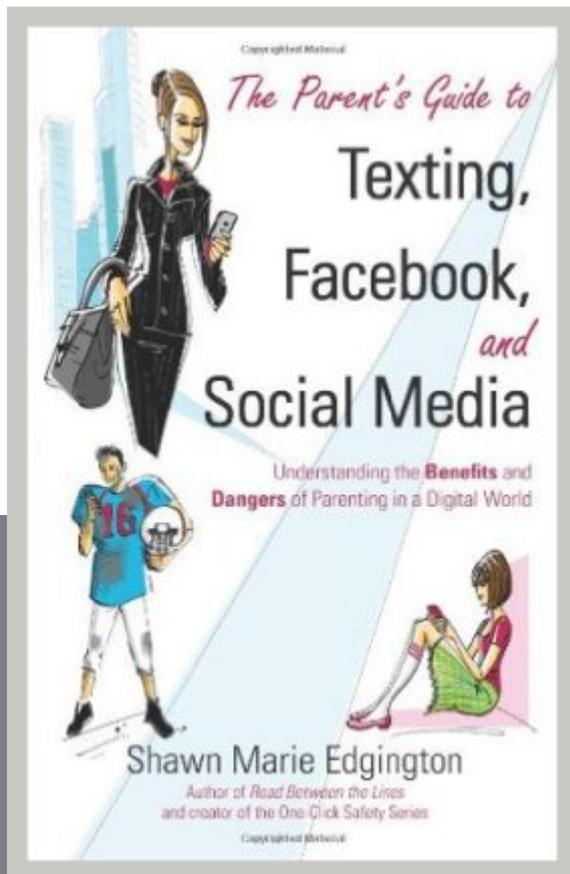


The Think Confident, Be Confident Workbook for Teens

by Marci G. Fox and Leslie Sokol

This book shows you how to tap into your self-esteem so you can be yourself in every situation, no matter how awkward you feel or scary that may sound. The fun exercises and tips in this confidence-coaching workbook will guide you past feelings of self-doubt and encourage you to believe in yourself, strengthen your friendships and meet every challenge head-on.

SOCIAL MEDIA



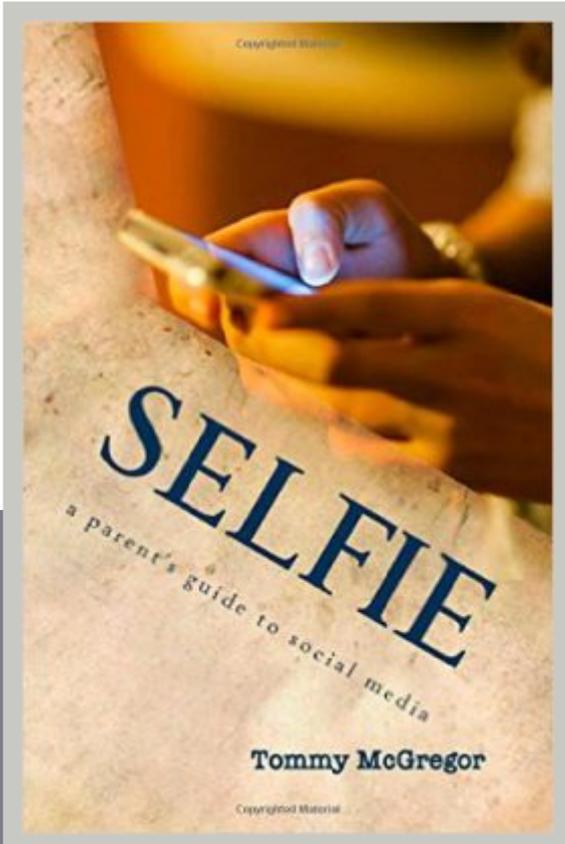
The Parent's Guide to Texting, Facebook, and Social Media

by Shawn Marie Edgington

The Parent's Guide provides awareness, solutions and preventative resources to keep your children safe and secure online. With defensive parenting and constant communication, you can teach your children about the potential dangers of social networking, empower them to protect themselves from online predators, guard their personal information and preserve their online reputation.

89

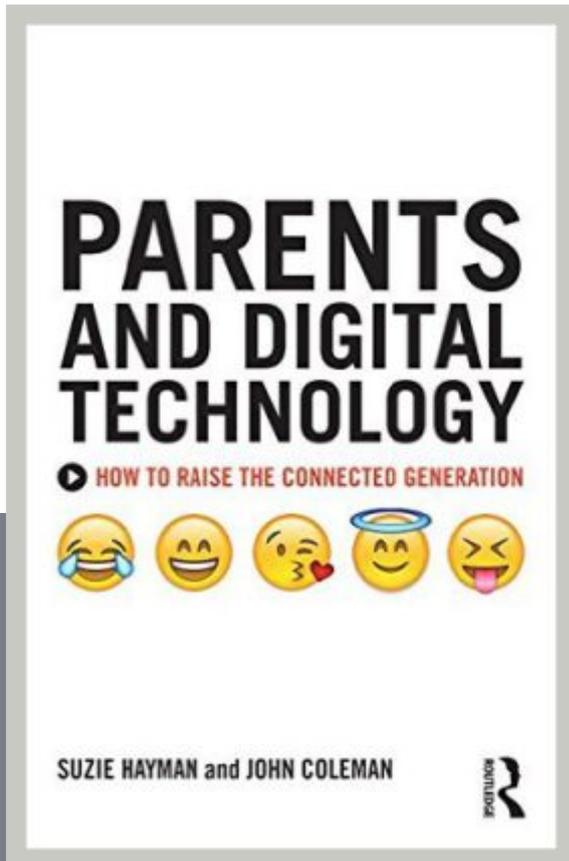
SOCIAL MEDIA



Selfie: A Parent's Guide to Social Media

by Tommy McGregor

For many adults, social media is a form of entertainment and a way to connect with old friends, but for teenagers it is so much more important than that. This book will take the reader from understanding more about the influence of social media on kids, to learning specifically how the most current and popular social networking platforms work. Most importantly, this book will help parents grasp how to lead their children to become healthier and more responsible in their online activities.



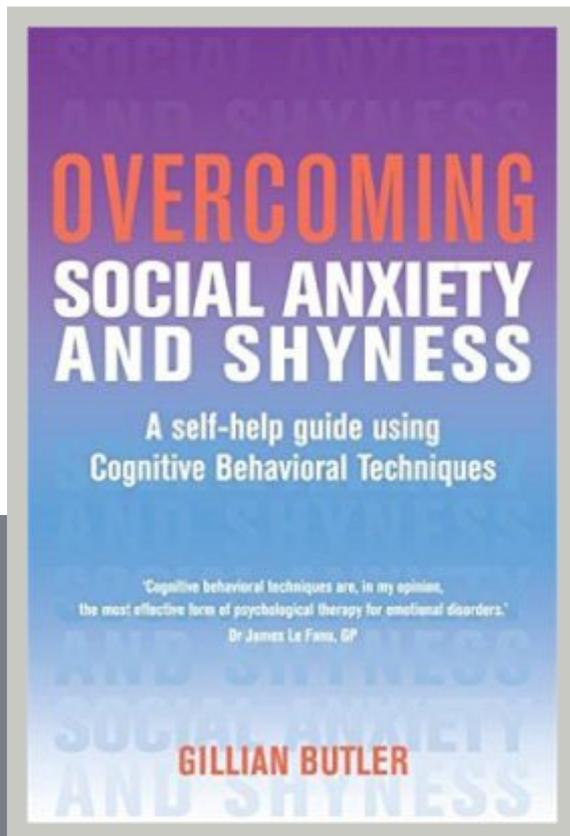
Parents and Digital Technology

by Suzie Hayman and John Coleman

Children today are digital natives, growing up in an age where social media and online communication is the norm. This book is an indispensable guide for parents who may feel that they are struggling to keep up. It addresses the issues that young people and their families face in the world of modern technology.



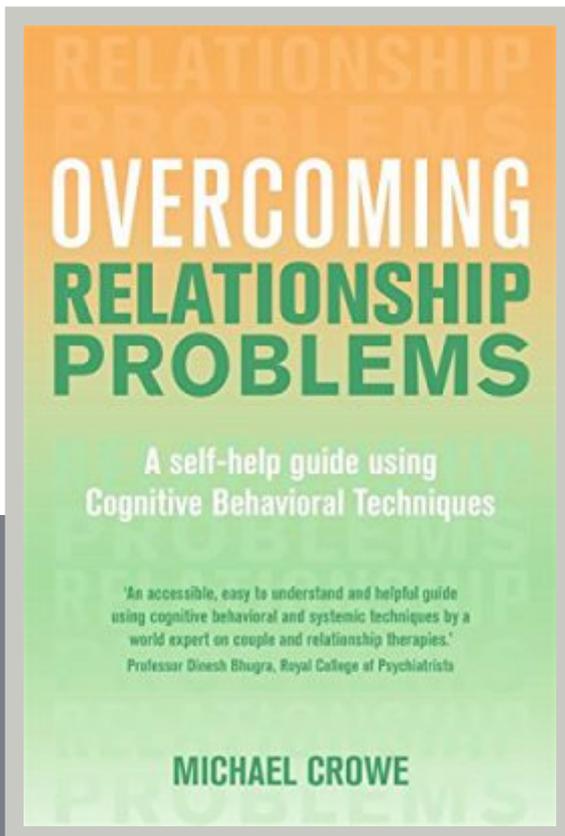
SOCIAL RELATIONS



Overcoming Social Anxiety and Shyness

by Gillian Butler

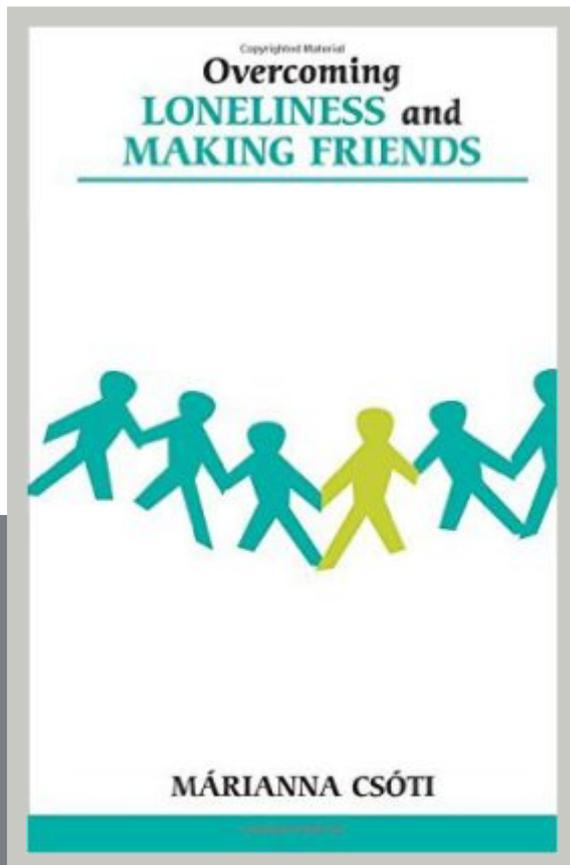
This easy-to-use guide, full of real-life examples, is for those who suffer from all degrees of social anxiety and shyness, for their families and friends, and for the professionals who help them: psychologists, doctors and others. This book explains the many forms and causes of social anxiety.



Overcoming Relationship Problems

by Michael Crowe

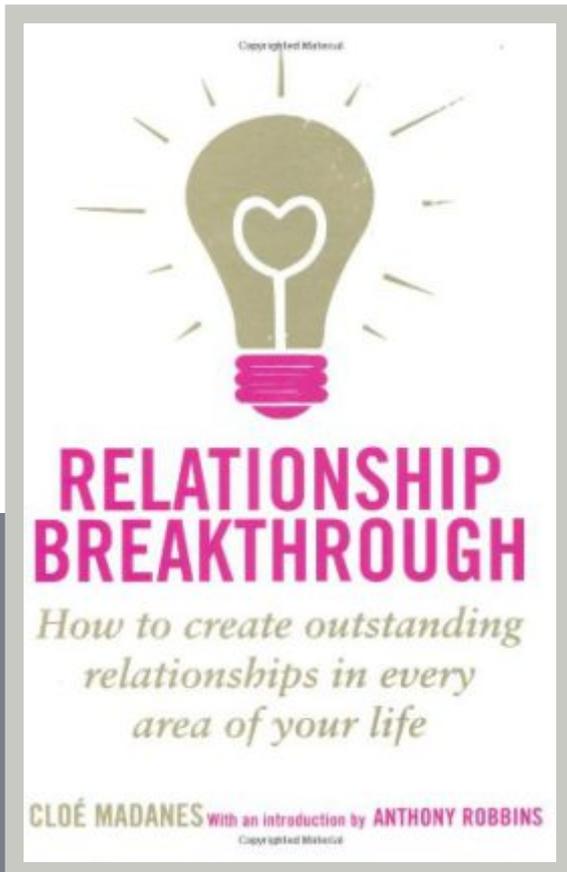
This self-help guide deals with common difficulties in close relationships. From financial pressures to sexual problems, issues surrounding fidelity to the raising of children and blended families, this book, based on proven Cognitive Behavioural Therapy methods, will help you understand why conflict arises and show you how to negotiate a happier, more positive outcome.



Overcoming Loneliness and Making Friends

by Shawn Marianna Csoti

Good friendships can help you through the trials of life as well as provide company and entertainment. However, many people need help making new friends or maintaining current friendships. Shyness or other factors can interfere with the ability to form rewarding relationships. This book looks at why we need close relationships, how friendships form, how to improve communication skills and use body language, how to establish good boundaries and forming romantic relationships.



Relationship Breakthrough

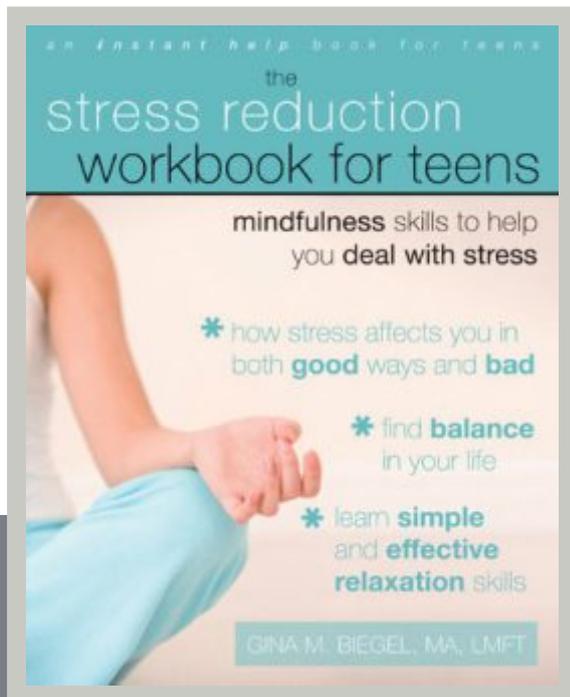
by Cloé Madanes

Everyone faces the challenges of making relationships work. Whether with spouses, family members, friends, lovers, or colleagues, relationships have the power to make one feel happy, frustrated, or miserable. Using simple, step-by-step exercises and drawing on the examples of clients, *Relationship Breakthrough* teaches readers how to overcome life's inevitable losses, resolve long-standing family conflicts, synchronize their needs with those of others, create outstanding relationships in every area of their lives.

STRESS

STRESS

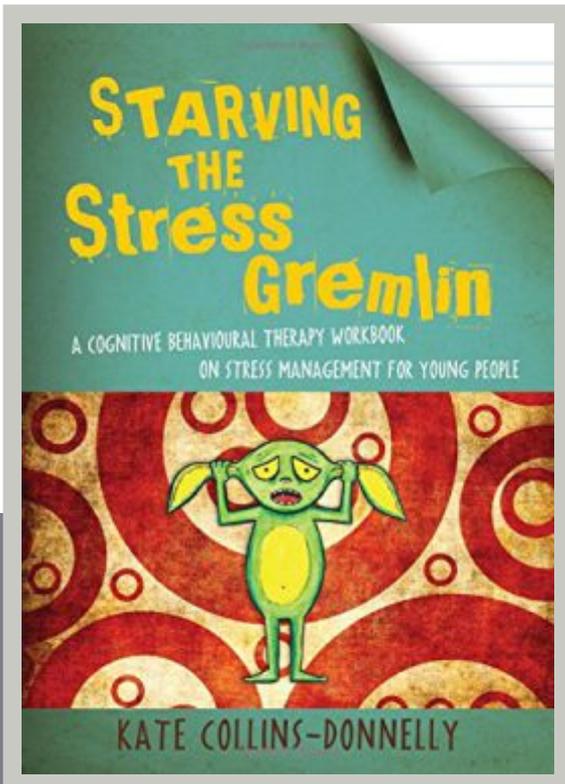
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The Stress Reduction Workbook for Teens

by Gina Biegel

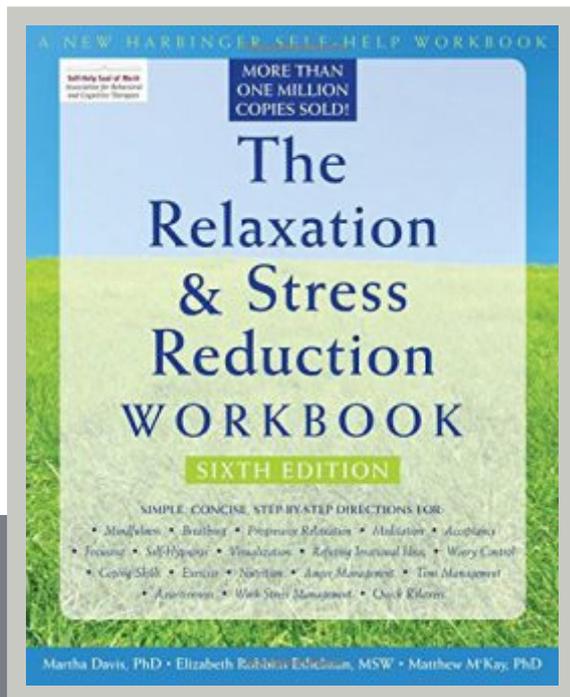
With thirty-seven simple workbook activities that will teach you to reduce your worries using a technique called mindfulness. You can use mindfulness when you start to feel as though things are spinning out of control, so you can stop worrying about what might happen and focus instead on what's happening now.



Starving the Exam Stress Gremlin

by Kate Collins-Donnelly

Engaging and fun activities as well as real life stories from other young people show how our thoughts are related to our behaviour and emotions, allowing young people to understand why they get stressed, the effects of stress and how to 'starve' their Stress Gremlin! It is also a valuable stress management resource for those working with young people, including mental health practitioners, youth workers, social workers and education sector staff.



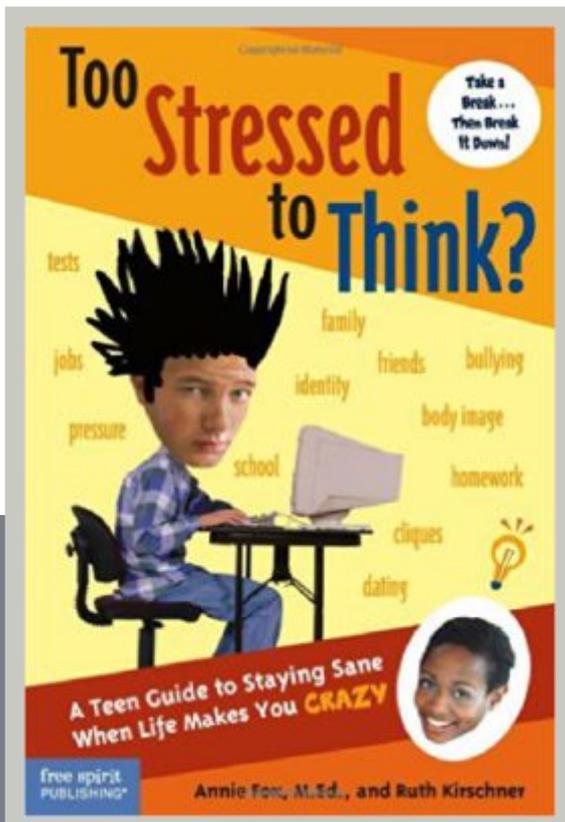
The Relaxation and Stress Reduction Workbook

by Martha Davis, Elizabeth Robbins Eshelman and Matthew McKay

Now in its 6th edition, this book with powerful relaxation techniques based on the latest research, draws from a variety of proven treatment methods. You'll explore your own stress triggers and symptoms, and learn how to create a personal plan for stress reduction. Each chapter features a different method for relaxation and stress reduction, explains why the method works, and provides on-the-spot exercises you can do to apply that method when you feel stressed.

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STRESS



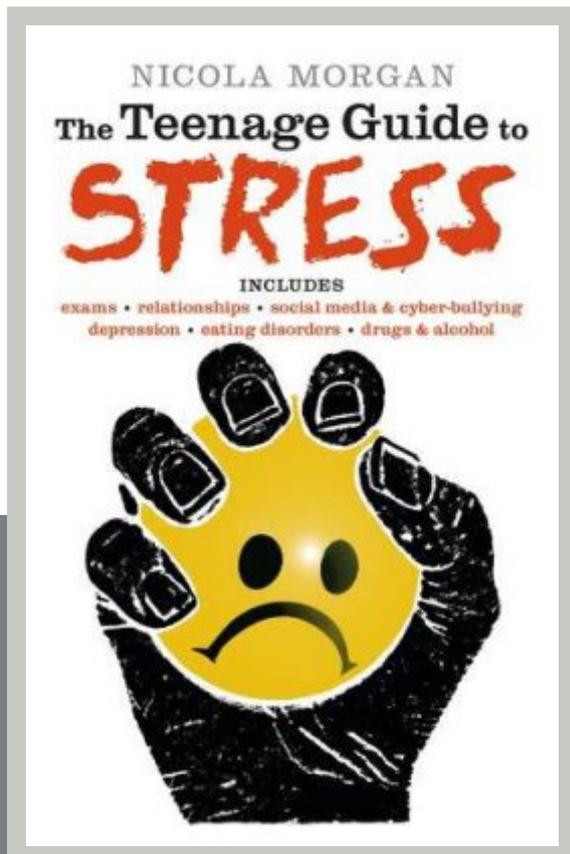
Too Stressed to Think?

by Annie Fox (M.Ed) and Ruth Kirschner

This book is packed with practical information and stress relieving tools teens can use every day. Dozens of realistic scenarios describe stressful situations teen readers can relate to followed by a clear, understandable process for reducing or stopping the stress and making decisions that won't leave a teen lamenting, "What was I thinking?" Throughout, quotes from real teens remind readers that they're not alone; that stress affects everyone, but it doesn't have to ruin your life.

STRESS

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The Teenage Guide to Stress

by Nicola Morgan

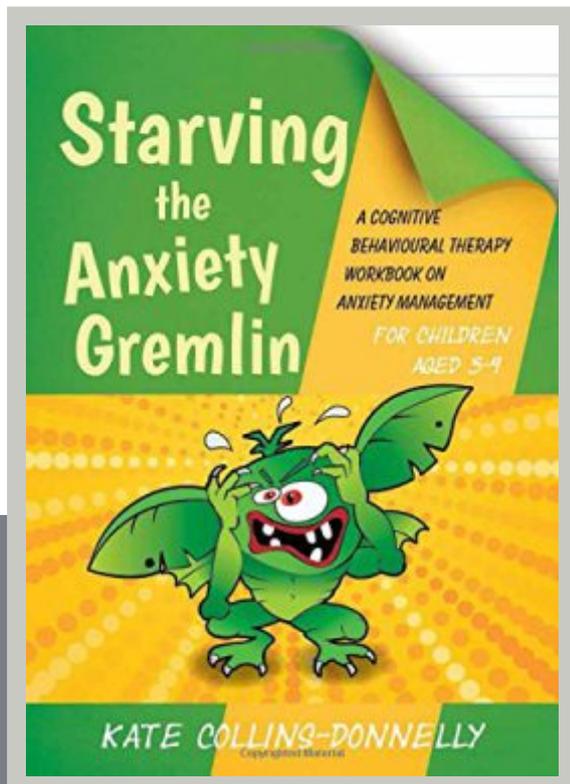
Written for teenagers but essential for adults who want to understand all the external stresses that teenagers face, including feelings of anger, sadness, depression, fear and failure, issues caused by body hatred, weight problems, eating disorders and self-harm, pressures of exams and schoolwork, sleep problems, changing relationships with friends and family, boyfriend/girlfriend issues and sexual pressures, bullying and cyber-bullying and looks at how pre-existing conditions such as Obsessive Compulsive Disorder (OCD) and dyslexia may be affected by adolescence. This book explains the biology behind stress and crucially, a huge range of strategies and suggestions to deal with it and prevent negative symptoms.



WORRY

WORRY

100



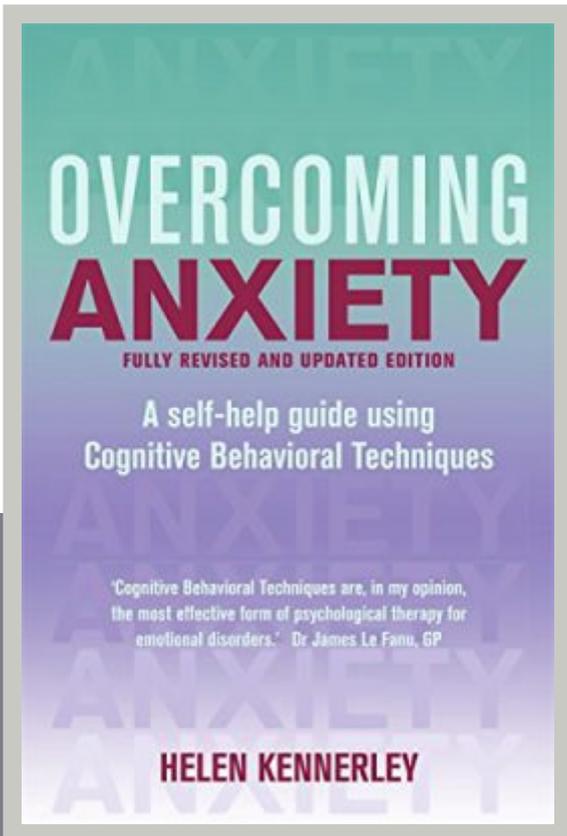
Starving the Anxiety Gremlin

by Kate Collins-Donnelly

This engaging workbook helps young people aged 10+ understand and manage anxiety. Based on cognitive behavioural therapy principles, the activities will help young people understand why they get anxious and how to use simple, practical techniques to manage and control their anxiety. It is suitable to work through alone or with a parent or practitioner.

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WORRY



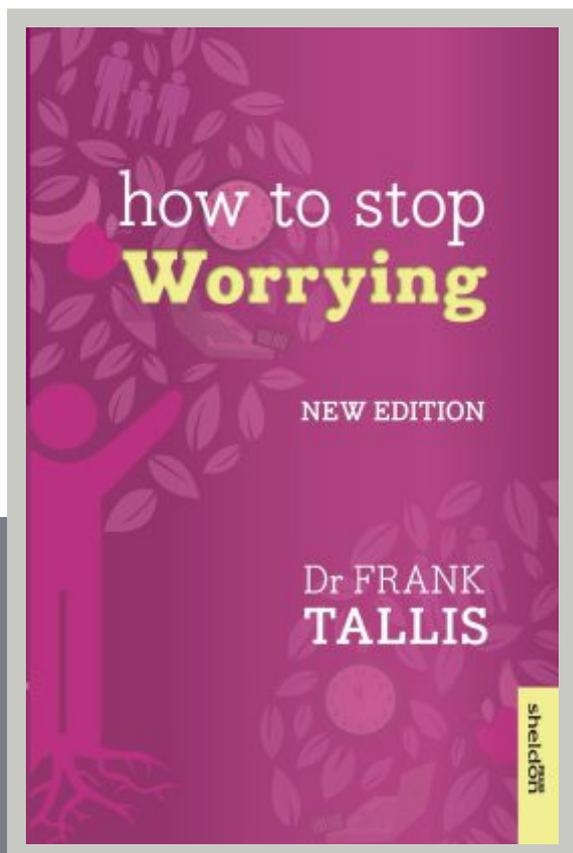
Overcoming Anxiety

by Helen Kennerley

This guide offers a self-help programme for those suffering from anxiety problems. A whole range of anxieties and fears are explained, from panic attacks and phobias to obsessive compulsive disorder and generalised anxiety. It includes an introduction to the nature of anxiety and stress and a complete self-help programme with monitoring sheets based on Cognitive Behavioural Technique (CBT).

WORRY

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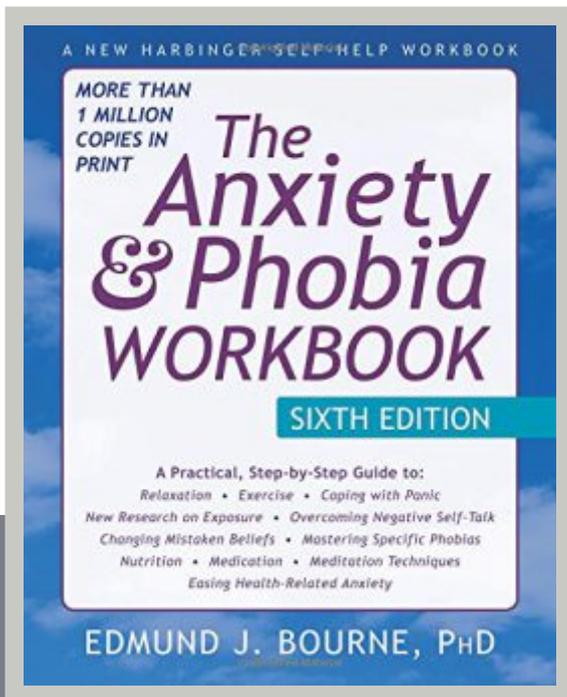
How to Stop Worrying

by Dr. Frank Tallis

Worry is a natural warning system. It's your brain's way of warning that something is wrong and needs to be dealt with. But sometimes things get out of hand and worrying starts to spoil your enjoyment of life and even to affect your health. This easy-to-read manual explains how to understand your fears, and how to control your worry and make it work for you in a positive way.

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WORRY



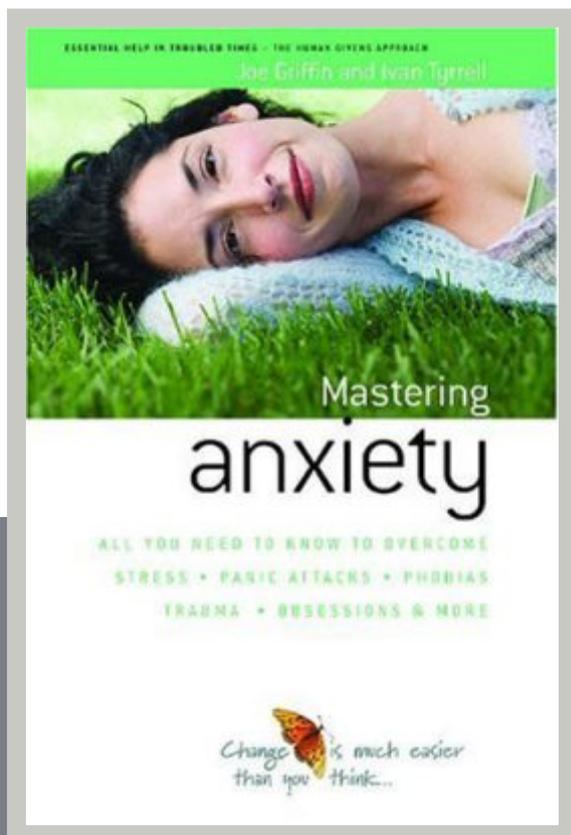
The Anxiety and Phobia Workbook

by Edmund Bourne

Whether you suffer from anxiety and phobias yourself, or are a professional this book will provide the latest treatment solutions for overcoming the fears that stand in the way of living a full, happy life. It can be used on its own or as a supplement to therapy. This book offers powerful, step-by-step treatment strategies for panic disorders, agoraphobia, generalized anxiety disorder (GAD), obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), worry, and fear.

WORRY

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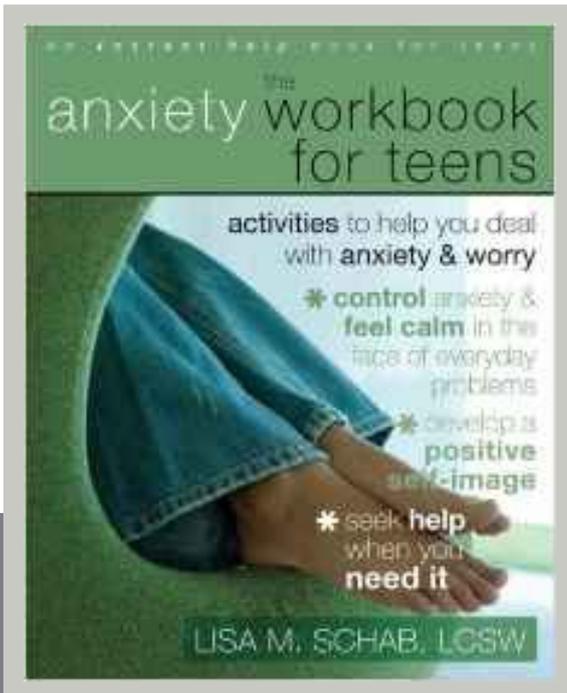
How to master anxiety

by Joe Griffin, Ivan Tyrrell and Denise Winn

Down-to-earth and easy-to-read, this book gives clear advice and practical steps for anyone wanting to conquer their own over-anxious behaviour or help others overcome theirs. Full of practical techniques for learning how to relax, it also teaches you how to avoid "black and white thinking", gives examples of how to change your perspective on something you fear and to reframe your thinking. With thirty-seven simple workbook activities that will teach you to reduce your worries using a technique called mindfulness. You can use mindfulness when you start to feel as though things are spinning out of control, so you can stop worrying about what might happen and focus instead on what's happening now.

105

WORRY



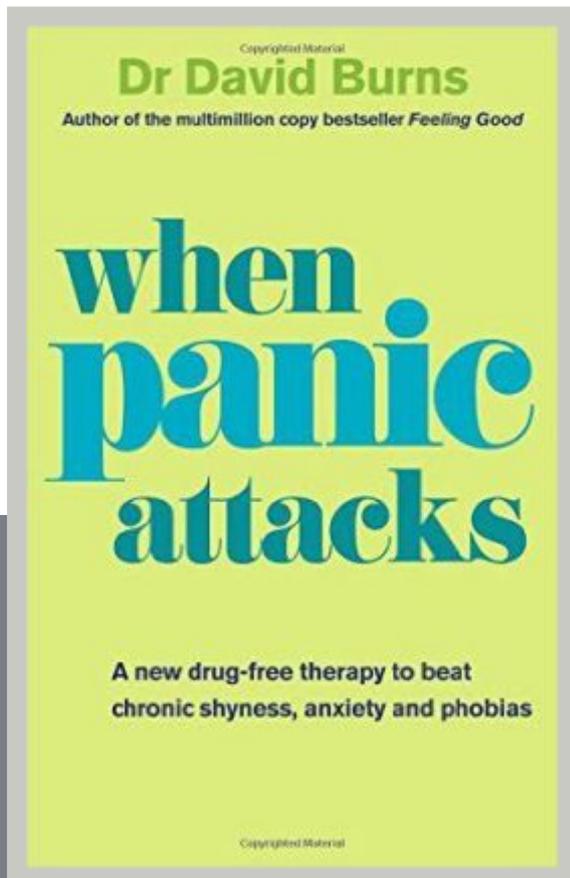
The Anxiety Workbook for Teens

by Lisa M. Schab

If you feel anxious most of the time, you're not alone. There is no one in the world who doesn't feel anxious at some time. And it is even more common to feel anxious during adolescence, because so many changes are taking place in your body, your mind, and your emotions. This book will show you how to deal with the day-to-day challenges of anxiety. It will help you develop a positive self-image and recognise your anxious thoughts.

WORRY

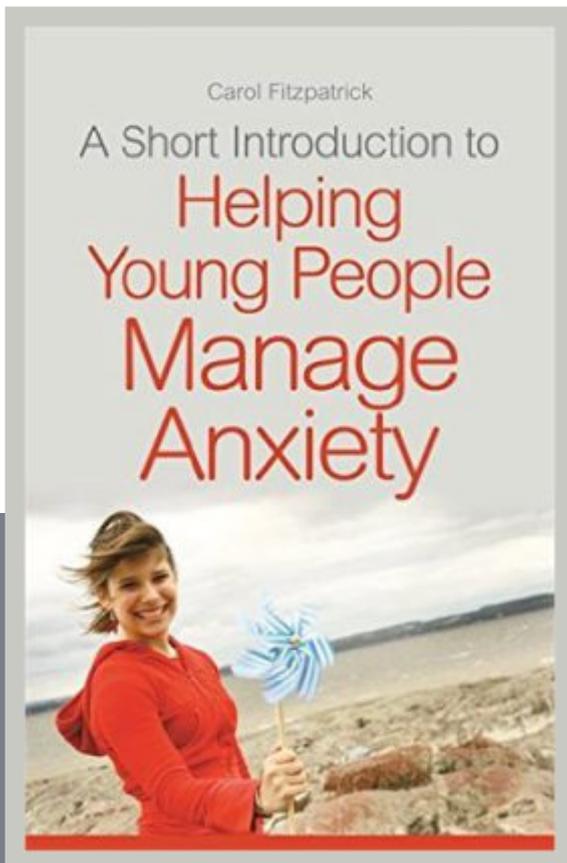
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When Panic Attacks

by David D. Burns M.D

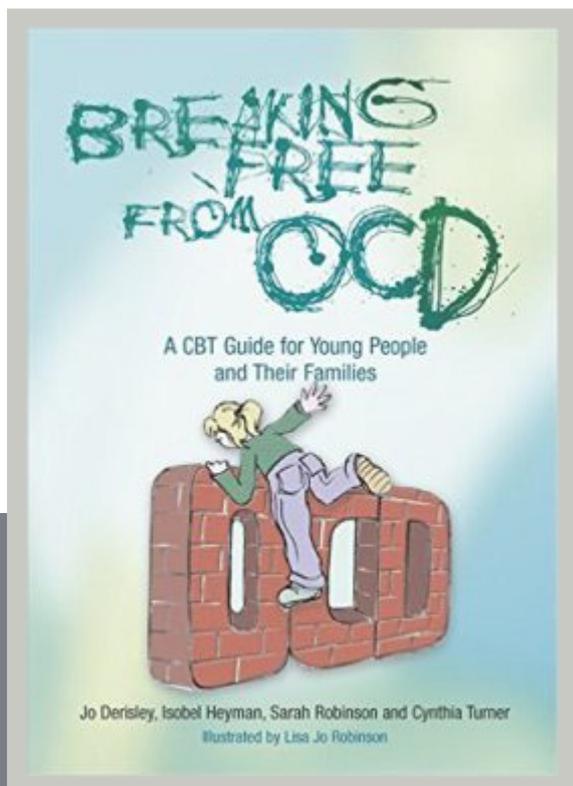
We all know what it's like to feel anxious, worried or panicky. If any of these thoughts sound familiar, you can change the way you feel. When Panic Attacks will give you the ammunition to quickly defeat any kind of anxiety, including chronic worrying, shyness, public speaking anxiety, test anxiety and phobias without lengthy therapy or prescription drugs.



A Short Introduction to Helping Young People Manage Anxiety

by Carol Fitzpatrick

This book tells you everything you need to know about anxiety, its many causes and types, and associated disorders such as depression and self-harm. Case-studies help to show the effect of anxiety in real-life situations, and also provide useful tips and advice to help young people manage their symptoms.



Breaking Free from OCD

by Jo Derisley, Isobel Heyman, Sarah Robinson and Cynthia Turner

This engaging workbook helps young people aged 10+ understand and manage anxiety. Based on cognitive behavioural therapy principles, the activities will help young people understand why they get anxious and how to use simple, practical techniques to manage and control their anxiety. It is suitable to work through alone or with a parent or practitioner.



Social inclusion and development

Limerick City & County Council is committed to inclusive participation of all citizens in the development of their community. The Local Community Development Committee (LCDC) oversees the delivery of key programmes that support social inclusion initiatives.

Integration Working Group (IWG)

The IWG is an interagency approach to support migrant communities by promoting integration, celebrating diversity and challenging racism in all forms in the region. The aim of the IWG is to work towards creating a vibrant, inclusive and truly intercultural society in Limerick in which all residents are valued regardless of their colour, creed or culture.

Intercultural Week

Intercultural week provides an opportunity to showcase diversity in Limerick and to raise awareness and promote integration. IWG members and other partners develop a weeklong calendar of events which includes historical lectures, musical events, sporting events and a food festival to experience the tastes of the world.

Africa Day/Week

Africa Day is a celebration of the wonderful fusion of African Cultures that have merged into and become part of Limerick today. Free events take place throughout the week include a Seminar on Africa Day with world café style discussions, an intercultural soccer fest,

an African drumming session, and various musical events, culminating with a family fun day in Limerick Milk Market with an opportunity to experience African fashion and cuisine.

Traveller Pride Week

Numerous events run during Traveller Pride Week which celebrates Traveller culture and heritage and aims to create a greater understanding and acceptance of Traveller culture in society.

Limerick Lifelong Learning Festival

Limerick Lifelong Learning Festival is an annual event managed by Learning Limerick. It features an exciting line up of over 200 events from workshops, performances, lectures, tours/walks, sporting activities etc. at various venues throughout Limerick City and County. All events are free of charge.

Bealtaine Festival

Bealtaine is Ireland's national festival celebrating the arts and creativity throughout our lives and as we age. As its name suggests, the festival takes place each May and is run by Age & Opportunity. In addition to nurturing older and intergenerational audiences, the festival showcases the talents and skills of both established and first-time older artists and performers, promoting access to theatre, film, music, dance, the visual arts, and storytelling.

Culture Night

Culture night takes place annually in September and is an all-island public event that celebrates culture, creativity and the arts. Limerick hosts more than 90 free events in over 70 locations around the city and county and draws an audience of over 20,000 people!

Culture Night creates a real sense of belonging through a rich display of arts, heritage, entertainment and activities for all the family. It celebrates the cultural, artistic and creative communities of Limerick by inviting audiences into galleries, museums, workshops and community spaces.

Limerick Culture Night is co-ordinated by Limerick Culture & Arts Office.

Comhairle na nÓg

Limerick Comhairle nÓg is one of 31 youth Councils across the country, which gives children and young people the opportunity to be involved in the development of local services and policies. It is supported by Limerick City and County Council. The Comhairle enables young people to have a voice on the services, policies and issues that affect them in their local area.

For more information please contact:
johnr@limerickyouthservice.com or
061-412444

Healthy Limerick

Limerick City and County Council is a member of the national Healthy Cities and Counties Network. It is committed to supporting and implementing Healthy Ireland, the National government-led framework for improved health and wellbeing of everyone.

The theme of Healthy Limerick is social connectedness. Some of the key factors that help build your social connectedness are your physical environment, having access to services and opportunities, participation in the community and



Members of the Healthy Limerick Steering Group with Mayor of the City and County of Limerick Councillor Stephen Keary and Minister of State Catherine Byrne at the launch of Healthy Limerick in 2017.

feeling connected to others. Limerick City and County Council, with its many partners, has a strong role to play in supporting social connectedness and wellbeing in Limerick.

For more information, email healthy.limerick@limerick.ie or check out Healthy Limerick on www.limerick.ie

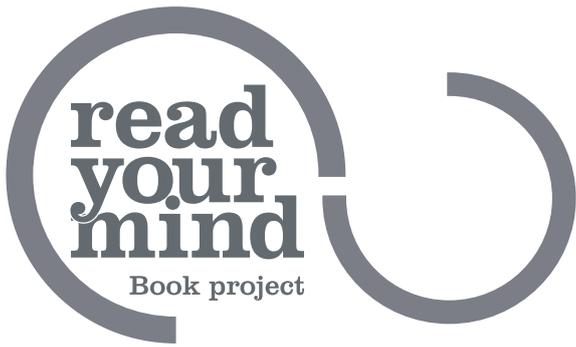
Limerick Sports Partnership

The aim of Limerick Sports Partnership is "Getting Limerick Active" and increasing participation in sport.

The Sports Partnership aims to increase physical activity opportunities for the people of Limerick through a number of programmes targeted at various groups including toddlers, school children, people with a disability, new communities and teenagers and older adults. Please see our website www.limericksports.ie or contact us directly at 061-333600.

For Further information on social inclusion or any information listed above please contact: Limerick City & County Council, Social Development Directorate, Tel. 061-557100









JIGSAW
Young people's
health in mind



Comhairle Cathrach
& Contae **Luimnigh**
Limerick City
& County Council

