

Stock list by title

**Stockport Self Health at your Library
At 30th October 2006**

Title	Author
365 steps to self-confidence : a programme for personal transformation in just a few minutes a day	David Lawrence Preston
42 days to wealth, health and happiness	Robin Sieger
5 minute first aid life-saving skills	
59 minutes to a calmer life	Paul McGee
5-minute meditator : quick meditations to calm your body and soothe your mind	Eric Harrison
7 rules of success : follow the strategies, experience the results	Fiona Harrold
Acupressure : how to cure common ailments the natural way	Michael Reed Gach
Acupressure for common ailments	Chris Jarmey
ADD friendly ways to organize your life	Judith Kolberg
Addiction	Michael Hardiman
Affirmations	Stuart Wilde
Ageless body, timeless mind : a practical alternative to growing old	Deepak Chopra
Alexander technique : regain your natural poise and alleviate stress	Michèle MacDonnell

Stock list by title

Alexander technique in everyday life	Jonathan Drake
Alexander technique manual	Richard Brennan
Alice in the looking glass : a mother and daughter's experience of anorexia	Jo Kingsley
Alternative pharmacy	Lynne Paige Walker
An introductory guide to reflexology	Louise Tucker
Anger and conflict management : personal handbook	Gerry Dunne
Anger management : a practical guide	Adrian Faupel
Anger management sourcebook	Glenn R Schiraldi
Anorexia nervosa : a survival guide for families, friends and sufferers	Janet Treasure
Anti-aging plan : strategies and recipes for extending your healthy years	Roy L Walford
Anti-depressant solution	Joseph Glenmullen
Anxiety & tension	Jill Wright
Anxiety and phobia workbook	Edmund J Bourne
Anxiety cure : an eight-step program for getting	Robert L DuPont
Anxiety, phobias and panic : a step-by-step programme for getting well	Reneau Z Peurifoy
Anything I can do - you can do better : how to unlock your creative dreams and change your life	Tessa Souter

Stock list by title

Apples and pears : a revolutionary programme for weight loss and optimum health	Marie Savard
Aromatherapy massage for you : the practical step-by-step guide to aromatherapy at home	Jennie Harding
Art of chi kung : making the most of your vital energy	Kiew Kit Wong
Ashtanga yoga : the complete mind and body workout	Juliet Pegrum
Assert yourself : a self-help assertiveness programme for men and women	Gael Lindenfield
Assertiveness	Patricia Scudamore
Assertiveness : step by step	Windy Dryden
Authentic woman : a guide to beauty, body & bliss	Leslie Kenton
Ayurveda & energy healing : using earth energies, crystals and colour for health and vitality	Sally Morningstar
Ayurveda : the right way to live : the ancient Indian medical system...	Gopi Warriar
Ayurveda : traditional Indian healing for harmony and health	Sally Morningstar
Ayurveda for women	Robert E Svoboda
Bad childhood, good life : how to blossom and thrive in spite of an unhappy childhood	Laura Schlessinger
Balance within : the science connecting health & emotions	Esther M Sternberg
Banish bad habits forever : effective ways to take control of your life	Vera Peiffer
Banishing night terrors and nightmares : a breakthrough program to treat the traumas that shatter peaceful sleep	Christopher Raoul Carranza

Stock list by title

Banishing the blues : inspirational ways to improve your mood	Hilary Boyd
Be yourself : how to relax and take control of your life	Lynda Field
Beat depression and reclaim your life	Alexandra Massey
Beat fatigue with yoga : the effective way to energize	Fiona Agombar
Beat panic & anxiety : the complete guide to understanding and tackling anxiety disorders	John Illman
Beat stress and fatigue	Patrick Holford
Beating anger : the eight-point plan for coping with rage	Mike Fisher
Beating depression : the "at your fingertips" guide	Stefan Cembrowicz
Beating depression : the complete guide to depression	Stefan Cembrowicz
Beginners guide to yoga	Howard Kent
Better health through natural supplements	John Briffa
Beyond fear	Dorothy Rowe
Bloodletting	Victoria Leatham
Body massage	Esme Floyd
Body massage : therapy basics	Mo Rosser
Book of chakra healing	Liz Simpson

Stock list by title

Boost your body's energy : the secrets of vitality from East and West	
Boys get anorexia too : coping with male eating disorder	Jenny Langley
Brain mini manual	Ian Banks
Breaking free : help for survivors of child sexual abuse	Carolyn Ainscough
British Medical Association family doctor guide to stress	Greg Wilkinson
Building confidence for dummies	Kate Burton
Bulimia nervosa & binge-eating : a guide to recovery	Peter J Cooper
Call	Dreamer Oriah Mountain
Change for the better : self-help through practical psychotherapy	Elizabeth Wilde McCormick
Change your life in 30 days : a journey to finding your true self	Rhonda Britten
Change your thinking : overcome stress, combat anxiety and improve your life with CBT	Sarah Edelman
Classic yoga	Vimla Lalvani
Climbing out of depression	Sue Atkinson
Colour for life : emotional, spiritual and physical wellbeing through colour	Charles Phillips
Comfort for depression	Janet Horwood
Complete book of massage	Mary Atkinson

Stock list by title

Complete book of Tai chi	Stewart McFarlane
Complete book of T'ai chi	Stewart McFarlane
Complete book of yoga	Vimla Lalvani
Complete guide to exercising away stress	Debbie Lawrence
Complete guide to massage	Susan Mumford
Complete illustrated guide to shiatsu : the Japanese healing art of touch for health and success	Elaine Liechti
Complete illustrated guide to tai chi : a practical approach to the ancient Chinese movement for health and wellbeing	Angus Clark
Complete illustrated guide to yoga : a practical approach to achieving optimum health for mind, body and spirit	Howard Kent
Complete mind makeover : transform your life and achieve success	Ros Taylor
Complete yoga : the gentle and effective way to health and wellbeing	Stella Weller
Confidence in just seven days	Ros Taylor
Conquer your fear of flying	Maeve Byrne-Crangle
Conquering anorexia : the route to recovery	Clare Lindsay
Coping successfully with pain	Neville Shone
Coping with a mid-life crisis : help for those experiencing a mid-life crisis and their families	Derek Milne
Coping with a stressed nervous system : autonomic overload explained	Kenneth Hambly

Stock list by title

Coping with blushing	Robert J Edelman
Coping with depression in young people : a guide for parents	Carol Fitzpatrick
Coping with eating disorders and body image	Christine Craggs-Hinton
Coping with postnatal depression	Sandra L Wheatley
Coping with post-trauma stress	Frank Parkinson
Coping with snoring and sleep apnoea	Jill Eckersley
Coping with suicide	Maggie Helen
Counselling for anxiety problems	Diana Sanders
Courage to heal : a guide for women survivors of child sexual abuse	Ellen Bass
Creating health : how to attain perfect health and feel ever youthful	Deepak Chopra
CSIRO total wellbeing diet	Manny Noakes
Dare : take your life on and win	Gary Leboff
Dawn Breslin's power book	Dawn Breslin
Dealing with depression : a commonsense guide to mood disorders	Gordon Parker
Dealing with depression : practical steps to understanding and overcoming it	Caroline Shreeve
Dear Barefoot : an indispensable collection of Taoist wisdom for everyday living	Stephen Russell

Stock list by title

De-junk your mind : simple solutions for positive living	Dawna Walter
Demystifying anorexia nervosa : an optimistic guide	Alexander R Lucas
Depression : what you really need to know	Virginia Edwards
Depression workbook : a guide to living with depression and manic depression	Mary Ellen Copeland
Discover yourself : understand your mind, know your body, nurture your spirit and realise your potential	Lillian Too
Dispel depression : the complete easy-to-follow diet and activity plan	Carolyn Humphries
Dr Gillian McKeith's ultimate health plan : the diet program that will keep you slim for life	Gillian McKeith
Dynamic flexibility : [warming up on the move]	Alan Pearson
Eat yourself happy : nutrients, foods, and recipes	Michael T Isaac
Eating disorders	Heather Warner
Eating disorders	Carlos Grilo
Eating disorders : a parents' guide	Rachel Bryant-Waugh
Eating disorders : the facts	Suzanne Abraham
Eating, drinking, overthinking : women's destructive relationship with food, alcohol and depression and how to break free	Susan Nolen-Hoeksema
Eliminating stress, finding inner peace	Brian L Weiss
Embracing change : essential steps to make your future today	Tony Buzan

Stock list by title

Embracing uncertainty : achieving peace of mind as we face the unknown	Susan Jeffers
Emotional intelligence in a week	Jill Dann
Emotional toolkit : how to cope with what life throws at you	Darlene Mininni
Empowering your life with massage	Erica Tismer
Energy break : the 10 minute way to help you refresh your body, focus your mind, unleash your creativity	Bradford P Keeney
Enneagram for the spirit	Mary Horsley
Essential help for your nerves : recover from nervous fatigue and overcome stress and fear	Claire Weekes
Essential massage book	
Everyday Chi Kung with Master Lam : 15-minute routines to build energy, boost immunity and banish stress	Kam Chuen Lam
Everything you need to know about managing stress	Eve Adamson
Everything you need to know about pilates	Amy Taylor Alpers
Exercise bible	Joanna Hall
Eyes without sparkle : a journey through postnatal illness	Elaine A Hanzak
Fabulous shape forever : yoga - the ultimate shape system	Barbara Currie
Family guide to reflexology	Ann Gillanders
Fear busting : a 10 step plan to change your life	Pete Cohen

Stock list by title

Fearless loving : eight simple truths that will change the way you date, mate and relate	Rhonda Britten
Feel the fear ... and beyond : dynamic techniques for doing it anyway	Susan Jeffers
Feeling good handbook	David D Burns
Feelings after birth : the NCT book of postnatal depression	Heather Welford
Fitness	Jeff Archer
Fitness for life manual	Matt Roberts
Five steps to overcoming fear and self doubt	Wyatt Webb
Flow : the classic work on how to achieve happiness	Mihaly Csikszentmihalyi
Food for fitness : nutrition guide, eating plans, over	Anita Bean
Food for life	Straten Michael Van
Food is medicine	Pierre Jean Cousin
Food medicine : what to eat to fight illness and achieve total health and well-being	Suzannah Olivier
Forgetfulness & dementia	Christopher N Martyn
Free your life from fear	Jenny Hare
Free yourself from fears : how to overcome anxiety with NLP	Joseph O'Connor
Friends and enemies : our need to love and hate	Dorothy Rowe

Stock list by title

From fatigued to fantastic! : a proven program to regain vibrant health ...	Jacob Teitelbaum
Gentle yoga for healing mind, body, spirit	Annalisa Cunningham
George Foreman's guide to life : how to get up off the canvass when life knocks you down	George Foreman
Get a life : setting your lifecompass for success	Nicholas Bate
Get a new life : how to change the way you live	Kaye Fallick
Getting better bit(e) by bit(e) : a survival kit for sufferers of bulimia nervosa and binge eating disorders	Ulrike Schmidt
Going sane	Adam Phillips
Golf for enlightenment : the seven lessons for the game of life	Deepak Chopra
Grief counselling and grief therapy : a handbook for the mental health practitioner	J William Worden
Grow younger, live longer : ten steps to reverse ageing	Deepak Chopra
Grow your own carrot : stop struggling and start succeeding	Bob Griffiths
Growing younger with yoga	Louise Wiggins
Hand reflexology : a practical introduction	Denise Whichello Brown
Handling confrontation	Gerry Williams
Harmony of health	Don G Campbell
Hatha yoga illustrated	Martin Kirk

Stock list by title

Head injury : a practical guide	Trevor J Powell
Head strong : how to get physically and mentally fit	Tony Buzan
Heal yourself : simple steps to heal your emotions, mind and soul	Anne Jones
Heal yourself with crystals : crystal medicine for body, emotions and spirit	Hazel Raven
Healing energies of light	Roger Coghill
Healing negative energies : simple steps to improve the energy of your home and workplace	Anne Jones
Healing samskara bodywork : a guide to your samskaras	Shakeh G Banyan
Healing the heart : the complete mind-body programme for overcoming heart disease	Deepak Chopra
Healing without Freud or Prozac : natural approaches to curing stress, anxiety and depression without drugs	David Servan-Schreiber
Health boosters : natural supplements for body and mind	Straten Michael Van
Hidden food allergies	Patrick Holford
Hold your head up high	Paul Hauck
Home health sanctuary : weekend plans to detox, relax and energise	Anna Selby
How to be happy	Liz Hoggard
How to beat pain : pain relief techniques that work	Christine Craggs-Hinton
How to change your life in 7 steps	John Bird

Stock list by title

How to cope successfully with anxiety and depression	Beth MacEoin
How to cope with bulimia	Joan Gomez
How to develop self-acceptance	Windy Dryden
How to get what you want : unlock the magic of your mind and achieve your goals	Sandra Cain
How to have an outstanding life	Paul Smith
How to lift depression - fast : a practical handbook	Joe Griffin
How to live for change and change for life : how to change your life for lasting love, increased success and vibrant health	John Gray
How to relax	Nitya Lacroix
How to stop worrying	Frank Tallis
How to win friends and influence people	Dale Carnegie
Illustrated elements of tai chi : a practical approach	Angus Clark
Indestructible self-belief : seven steps to getting it and keeping it	Fiona Harrold
Indian head massage	Helen McGuinness
Instant confidence : the power to go for anything you want	Paul McKenna
Instant meditation for stress relief : breathing techniques and mental exercise for an immediate sense of calm and well being	John Hudson
Invincibility training : total transformation in 3 days	Stephen Russell

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Invitation	Dreamer Oriah Mountain
Iyengar yoga : classic yoga postures for mind, body and spirit	Judy Smith
Jan de Vries guide to health and vitality	Vries Jan De
JfDI! : just do it : the definitive guide to realising your dreams	Nicholas Bate
Joy of burnout : how the end of the world can be a new beginning	Dina Glouberman
Joy of laziness : how to slow down and live longer	Peter Axt
Learn to make time : maximize your time, relieve time-related stress, reclaim your life	Lucy MacDonald
Letting go of anxiety and depression	Windy Dryden
Life after self-harm : a guide to the future	Ulrike Schmidt
Life audit : take control of your life now : every	Caroline Righton
Life choices, life changes : develop your personal vision with imagework	Dina Glouberman
Life coach : become the person you've always wanted to be	Pam Richardson
Life coaching handbook : everything you need to be an effective life coach	Curly Martin
Life lessons for women	Jack Canfield
Life makeovers : 52 practical and inspiring ways to improve your life one week at a time	Cheryl Richardson
Life mapping : create a powerful blueprint to bring out the best in yourself and your life	Brian Mayne

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Life! : reflections on your journey	Louise L Hay
Light on life : the journey to wholeness, inner peace and ultimate freedom	Bellur Krishnamukar Sundar Iyengar
Live longer, feel younger, look great : the complete guide to enjoying a fun, fit and healthy later life	Diana Moran
Living in the Light : Guide to Personal and Planetary Transformation	Shakti Gawain
Living on the seabed : a memoir of love, life and survival	Lindsay Nicholson
Living with change : positive techniques for transforming your life	Ursula Markham
Living with grief and loss	Julia Tugendhat
Living with HIV.	Michael Carter
Living with loss : a book for the widowed	Liz McNeill Taylor
Living with mental illness : a book for relatives and friends	Liz Kuipers
Losing a baby	Sarah Ewing
Losing a child : explorations in grief	Linda Hurcombe
Love sick : love as a mental illness	Frank Tallis
Magic of well-being	Judith Jackson
Make it happen : how to get ahead and be happy at work	
Making happy people : the nature of happiness and its origins in childhood	Paul Martin

Stock list by title

Making relationships work : how to love others and yourself	Alison Waines
Manage your mind : the mental fitness guide	Gillian Butler
Manage your pain : practical and positive ways of adapting to chronic pain	
Managing anger : simple steps to handling your temper	Gael Lindenfield
Managing chronic pain	Jean Craig
Managing stress	Terry Looker
Manifesto : the internal revolution : how to get what you want without trying	Stephen Russell
Massage	Denise Whichello Brown
Massage : mind and body	Larry Costa
Massage : soothe away the tensions and anxieties of a busy life	Eilean Bentley
Massage for common ailments	Sara Thomas
Massage made easy	Mario-Paul Cassar
Massage, aromatherapy & yoga	Carole McGilvery
Meditation	Naomi Ozaniec
Meditation & relaxation	Mariëlle Renssen
Meditation : exercises and inspirations for well-being	Bill Anderton

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Meditation : simple routines for home, work, & travel	Christina Rodenbeck
Meditation for dummies	Stephen Bodian
Men and depression : helping him, helping you	Theresa Francis-Cheung
Mental strength : condition your mind, achieve your goals	Iain Abernethy
Midlife, new life : renewal, rejuvenation & new direction	Judith Wills
Mind gym : wake your mind up	
Mind over mood : change how you feel by changing the way you think	Dennis Greenberger
Mind, body, spirit : a practical guide to natural therapies for health and well being	
Monday morning feeling : a book of comfort for sufferers	Joep P M Schrijvers
Mood cure : : take charge of your emotions in 24 hours using food and supplements	Julia Ross
Moody to mellow	Stephen Palmer
More positive thinking : how to create a better future for yourself	Vera Peiffer
Motivated mind	Raj Persaud
Napoleon Hill's unlimited success : 52 steps to personal and financial reward	Napoleon Hill
Nasty people	Jay Carter
Natural healing	Sue Hawkey

Stock list by title

Natural way to beat depression	Basant K Puri
Nature of happiness	Desmond Morris
Not rocket science : men's health	Lloyd Bradley
Nutrition for life : everything you need to know about food and nutrition	Catherine Saxelby
Obsessive compulsive disorder : practical, tried-and-tested strategies to overcome OCD	Frederick M Toates
Obsessive-compulsive disorder : the facts	Silva Padmal De
Official body control Pilates manual	
One minute for yourself : a simple strategy for a better life	Spencer Johnson
Optimum nutrition for the mind	Patrick Holford
Overcoming anger and irritability : a self-help guide using cognitive behavioral techniques	William Davies
Overcoming anorexia nervosa : a self-help guide using cognitive behavioral techniques	Chris Freeman
Overcoming anxiety : a self-help guide using cognitive behavioral techniques	Helen Kennerley
Overcoming binge eating	Christopher G Fairburn
Overcoming childhood trauma : a self-help guide using cognitive behavioral techniques	Helen Kennerley
Overcoming chronic fatigue : a self-help guide using cognitive behavioral techniques	Mary Burgess
Overcoming compulsive gambling : a self-help guide using cognitive behavioral techniques	Alex Blaszczynski

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Overcoming depression : a five areas approach	Chris Dr Williams
Overcoming depression : a self-help guide using cognitive behavioral techniques	Paul Gilbert
Overcoming depression : get rid of depression using this practical two-part programme	Dean Francis Juniper
Overcoming envy	Windy Dryden
Overcoming insomnia and sleep problems : a self-help guide using cognitive behavioral techniques	Colin A Espie
Overcoming jealousy	Windy Dryden
Overcoming loneliness and making friends	Márianna Csóti
Overcoming low self-esteem : a self-help guide using cognitive behavioral techniques	Melanie J V Fennell
Overcoming mood swings : a self-help guide using cognitive behavioral techniques	Jan Scott
Overcoming panic : a self-help guide using cognitive behavioral techniques	Derrick Silove
Overcoming performance anxiety	Rod Farnbach
Overcoming problem drinking	Marcantonio Spada
Overcoming shame	Windy Dryden
Overcoming social anxiety and shyness : a self-help guide using cognitive behavioral techniques	Gillian Butler
Overcoming traumatic stress : a self-help guide using cognitive behavioral techniques	Claudia Herbert
Overcoming your smoking habit	David F Marks

Stock list by title

Overload solution	Jane Alexander
Pain relief handbook : self-help methods for managing pain	Chris Wells
Panic disorder	Stanley J Rachman
Passage to power : natural menopause revolution	Leslie Kenton
Path to love : spiritual lessons for creating the love that you need	Deepak Chopra
Path with heart : the classic guide through the perils and promises of spiritual life	Jack Kornfield
Peaceful arts : meditation, yoga, tai chi, stretching	Mark Evans
Peaceful meditations	Francesca Grey
Pilates	Lesley Ackland
Pilates : creating the body you want	Anna Selby
PilateSystem : exercises to do at home inspired by the Joseph Pilate method	Eleanor McKenzie
Positive thinking, positive action : essential steps to achieve your potential	Douglas Miller
Positively fearless : breaking free of the fears that hold you back	Vera Peiffer
Power of chakras and chakra healing	Simon Lilly
Power yoga : the total strength and flexibility workout	Beryl Bender Birch
Practical encyclopedia of Astanga yoga & meditation	Jean Hall

Stock list by title

Practical encyclopedia of yoga and pilates	
Psychological first aid : caring for the victims of incidents	Eva Roman
Quest of the overself	Paul Brunton
Reflexology : a practical introduction	Denise Whichello Brown
Reflexology : simple routines for home, work, & travel	Ann Gillanders
Reflexology for hands and feet	Gillian Soutar
Reiki for emotional healing	Tanmaya Honervogt
Relaxation	Richard Craze
Relaxation & stress reduction workbook	Martha Davis
Remembering Judith	Ruth Joseph
Resilience factor : 7 keys to finding your inner strength and overcoming life's hurdles	Karen Reivich
Restful sleep	Deepak Chopra
Re-think : how to think differently	Nigel May Barlow
Ripple effect : a guide to creating your own spiritual philosophy	Anne Jones
Road less travelled : a new psychology of love, traditional values and spiritual growth	Morgan Scott Peck
Road less travelled and beyond : spiritual growth in an age of anxiety	Morgan Scott Peck

Stock list by title

Secrets of happiness	Richard W Schoch
Sedona Method : how to get rid of your emotional baggage and live the life you want	Hale Dwoskin
Self esteem	Gael Lindenfield
Self-esteem for women : a practical guide to love, intimacy and success	Lynda Field
Seven spiritual laws of success : a practical guide to the fulfilment of your dreams	Deepak Chopra
Sham : how the gurus of the self-help movement make us helpless	Steve Salerno
Shortcuts to bouncing back from heartbreak	Gael Lindenfield
Sick and tired : healing the illnesses doctors cannot cure	Nick Read
Slow yoga : for enhanced fitness, strength and health	Brian Payne
Slowing down to the speed of life : how to create a more peaceful simpler life from the inside out	Richard Carlson
Spirit and psyche : a new paradigm for psychology, psychoanalysis and psychotherapy	Victor L Schermer
Spirit of meditation	Erica Brealey
Spirit of success : how to connect your heart to your head in work and life	Norman Drummond
Staying sane : how to make your mind work for you	Raj Persaud
Staying sane : managing the stress of caring	Tanya Arroba
Stop smoking	Matthew Aldrich

Stock list by title

Stop the age clock	Vimla Lalvani
Stop worrying about your health! : how to quit obsessing about symptoms and feel better now	George D Zgourides
Straightforward guide to understanding mental illness	Marianne Richards
Stress : the good and the bad	Paula Ceccaldi
Stress and depression in children and teenagers	Vicky Maud
Stress at work	Mary Hartley
Stress buster : how to stop stress from killing you	Geoff Thompson
Stress free living	Trevor J Powell
Stress management	Vera Peiffer
Stress management in essence	Jennie Harding
Stress proof your life : 52 brilliant ideas for taking control	Elisabeth Wilson
Stress relief : simple routines for home, work, & travel	Jonathan Hilton
Succeed for yourself : unlock your potential for success and happiness	Richard Denny
S.U.M.O : shut up, move on : the straight-talking guide to creating and enjoying a brilliant life	Paul McGee
Sunbathing in the rain : a cheerful book about depression	Gwyneth Lewis
Super confidence : simple steps to build self-assurance	Gael Lindenfield

Stock list by title

Surviving your partner : living with the death of the person closest to you	Sylvia Murphy
Tai chi	Christian F Hanche
T'ai chi : 37 steps to happiness : with an introduction to aqua t'ai-chi	Peter Chin Kean Choy
Tai chi : flowing movements for harmony and balance	Paul Tucker
Tai chi for health & vitality : a comprehensive guide	Robert Parry
Tai chi for you : the step-by-step guide to tai chi at home for everybody	Ronnie Robinson
T'ai-chi chi kung : fifteen ways to a happier you	Peter Chin Kean Choy
Taking advantage of adversity : from crisis to creativity	Gail Carr Feldman
Taming the Black Dog : how to beat depression	Patrick Ellverton
Taoist secrets of long life and good health : a complete programme to rejuvenate mind, body and spirit	Charles Chan
Ten days to great self-esteem	David Burns
Thai massage : sacred bodywork	Ananda Apfelbaum
Therapeutic yoga	Mosaraf Ali
There must be more than this : finding more life, love and meaning by overcoming your 'soft addictions'	Judith Wright
Think your way to happiness	Windy Dryden
Think yourself fit	Gloria Thomas

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Through grief : the bereavement journey	Elizabeth Collick
Tibetan art of serenity : how to heal fear and gain contentment	Christopher Hansard
Time to grieve : how to come through bereavement to recovery and growth	Michael Dunn
Total detox : 6 ways to revitalise your life	Jane Scrivner
Total stress relief : practical solutions that really work	Vera Peiffer
Total wellbeing	
Trauma : how to recognise the symptoms and help the victims	Eva Roman
Trauma and recovery	Judith Lewis Herman
Treating body, mind and soul	Jan de Vries
Turn back your body clock : the guide to changing your life and living longer	Carina Norris
Ultimate health : twelve keys to abundant health and happiness	John Briffa
Ultimate holistic health book : your guide to ultimate health and well-being	Deborah McManners
Understanding obsessions and compulsions : a self-help manual	Frank Tallis
Understanding problem gamblers : a practitioner's guide	Paul Bellringer
Unstoppable : the pathway to living an inspired life	Adrian Gilpin
Use your brain to beat depression : the complete guide to understanding and tackling depressive illness	John Illman

Stock list by title

Waking the tiger : healing trauma : the innate capacity to transform overwhelming experiences	Peter A Levine
Walk your way through menopause : 14 programmes to get in shape, boost your mood...	Maggie Spilner
Way of stretching : flexibility for body and mind	Anne Kent Rush
weekend healer : essential home programmes to refresh body, mind and spirit	Jane Alexander
What doesn't kill you makes you stronger : transforming fear into positive action	Maxine Schnall
What you feel you can heal : a guide for enriching relationships	John Gray
What you really need to know about living with depression	Rob Buckman
What's holding you back? : 30 days to having the courage and confidence to do what you want...	Sam Horn
When you want to say yes, but your body says no : the proven mind-body plan to beat chronic fatigue...	Liz Tucker
Which? guide to managing stress	Mark Greener
Which? guide to men's health	Stephen Carroll
Which? guide to women's health	A Ann Robinson
Who moved my cheese? : an amazing way to deal with change in your life and your work	Spencer Johnson
Whole health : inspirational ideas for mind and body wellbeing	Kate Cook
Why zebras don't get ulcers	Robert M Sapolsky
Winter blues : everything you need to know to beat seasonal affective disorder	Norman E Rosenthal

Stock list by title

Without fear : the key to staying safe	Diana Lamplugh
Woman in your own right : assertiveness and you	Anne Dickson
Women who think too much : how to break free of over-thinking and reclaim your life	Susan Nolen-Hoeksema
Worry cure : stop worrying and start living	Robert L Leahy
Yoga	
Yoga : all the tips and techniques you need to get healthy in body and mind	Patricia A Ralston
Yoga : an illustrated guide	Howard Kent
Yoga : finding balance and serenity in everyday life	Stella Weller
Yoga : the path to holistic health	Bellur Krishnamukar Sundar Iyengar
Yoga for beginners	Harry Waesse
Yoga for dummies	Georg Feuerstein
Yoga for everybody	Paul Harvey
Yoga for life : finding and learning the right form of yoga for your lifestyle	Liz Lark
Yoga for real women	Megan Garcia
Yoga for stress	Vimla Lalvani
Yoga for you : a step-by-step guide to yoga at home for everybody	Tara Fraser

Stock list by title

Yoga in practice : a complete system to tone the body, to bring emotional balance and promote good health	Katy Appleton
Yoga mind & body	
Yoga over fifty : the way to vitality, health and energy in later life	Mary Stewart
Yoga therapy : a guide to the therapeutic use of yoga	Angarai Ganesha Mohan
Yoga-Pilates : the ultimate fusion for health and fitness	Jonathan Monks
You : the owner's manual : an insider's guide to the body that will make you healthier and younger	Michael F Roizen
You can change your life any time you want	Robin Sieger
You can have what you want	Michael Neill
You can win at life!	Steven Redgrave
Your life is in your hands : the path to lasting health and happiness	Krishan Chopra
Your man's health	Fiona Marshall
Zero to hero	Christine Wilding

Stock list by library

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Library	Number of copies
Bramhall	148
Bredbury	97
Brinnington	43
Central Lending	173
Cheadle	67
Cheadle Hulme	107
Dialstone	38
Edgeley	71
Great Moor	74
Hazel Grove	144
Heald Green	92
Heatons	85
High Lane	34
Marple	117
Reddish	60
Total	1,350

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Title	Author	Total items
Coping with Anxiety [Sound recording]		1
Emotional confidence [sound recording]	Lindenfield, Gael	17
Mayo Clinic on chronic pain [Sound recording] / DavicSwanson, David W.		1
Self motivation [sound recording]	Lindenfield, Gael	1
The flow of life [sound recording]	Murray, Phil	1
		21

Report Title	Total items
Item home site	
Bramhall	2
Bredbury	1
Central Lending	5
Cheadle	1
Cheadle Hulme	1
Edgeley	2
Great Moor	1
Hazel Grove	2
Heald Green	2
Heatons	1
High Lane	1
Marple	1
Reddish	1
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