

## Books on Mental Health.

Martinez, P. (2007) *A Thorn in the Flesh: finding strength and hope amid suffering*. IVP

Durà-Vilà, G. (2017). *Sadness, Depression, and the Dark Night of the Soul: Transcending the Medicalisation of Sadness*. Jessica Kingsley Publishers.

Eswine, Z. (2015). *Spurgeon's Sorrows: Realistic Hope for those who Suffer from Depression*. Christian Focus Publications Limited.

Koenig, H., & McConnell, M. (2001). *The healing power of faith: How belief and prayer can help you triumph over disease*. Simon and Schuster.

McNeill, D. P., Morrison, D. A., & Nouwen, H. J. (2006). *Compassion: A reflection on the Christian life*. Image, Doubleday. Chicago

Pitchford, S.R. (2011) *God in the Dark: Suffering and Desire in the Spiritual Life*. Liturgical Press

Piper, J. (2006). *When the Darkness Will Not Lift: Doing what We Can While We Wait for God and Joy*. Crossway.

Thompson, A. J. (2017). *Consolation for the Despairing. Finding Lost Words: The Church's Right to Lament*, 37. WIPF & Stock, Oregon.

Vanier, J., Swinton, J. (2014) *Mental Health: The Inclusive Church Resource*. Darton Longman & Todd

Welch, E. T. (2011). *Depression: Looking Up from the Stubborn Darkness*. New Growth Press.

Williams, C. J., Richards, P., & Whitton, I. (2002). *I'm not supposed to feel like this*. Hodder & Stoughton.

### Approved by the NHS: The Overcoming Series

These books use clinically proven techniques to treat longstanding and disabling conditions. They adopt cognitive behaviour therapy (CBT), which is complementary with Christian beliefs. The books are recommended by the national Reading Well Books on Prescription scheme for England delivered by the Reading Agency and are available in the Exeter City Library. The books provide worksheets for you to complete. These books are a long term investment in your health. See the website at [www.overcoming.co.uk](http://www.overcoming.co.uk).

*Here are some of the recent titles – there are many more addressing all kinds of mental health problems:*

Davies, W. (2016). *Overcoming anger and irritability: A self-help guide using Cognitive Behavioral Techniques*. Robinson

Fennell, M. (2016) *Overcoming Low Self-Esteem: A self- help guide using Cognitive Behavioural Techniques*. (Second Edition). Robinson

Gilbert, P. (2009) *Overcoming Depression: A self- help guide using Cognitive Behavioural Techniques*. (Third Edition). Robinson

Kennerley, H. (2014) *Overcoming Anxiety: A self- help guide using Cognitive Behavioural Techniques*. (Second Edition). Robinson.

Veale, D., & Willson, R. (2009). *Overcoming Obsessive-Compulsive Disorder: A Book on Prescription*. Robinson