

Book List: Health and Wellbeing Collection

Ordered by Title

Title	Author	Year
1001 albums you must hear before you die	Dimery, Robert	2008
10-minute yoga workouts: power tone your body from top to toe	Currie, Barbara	2002
59 seconds: think a little, change a lot	Wiseman, Richard	2009
A fine balance	Mistry, Rohinton	1996
A handful of dust	Waugh, Evelyn	2000
Anita and me	Syal, Meera	1997
Anorexia nervosa: a survival guide for families, friends and sufferers	Treasure, Janet	1997
Anticancer: a new Way of life	Servan-Schreiber, David	2008
Arcadia	Crace, Jim	1992
As a man thinketh	Allen, James	2007
Bad science: better research for better healthcare	Goldacre, Ben	2009
Beat depression and reclaim your life	Massey, Alexandra	2005
Beat stress and fatigue: the drug-free guide to de-stressing and raising your energy levels (Optimum Nutrition Handbook)	Holford, Patrick	2010
Beating Stress, Anxiety and Depression: groundbreaking ways to help you feel better	Plant, Jane; Stephenson, Janet	2008
Behind the scenes at the museum	Atkinson, Kate	1998
Blitzed!: The autobiography of Steve Strange	Strange, Steve	2002
Bonjour tristesse	Sagan, Françoise	2007
Born to win: transactional analysis with Gestalt experiments	James, Muriel; Jongeward, Dorothy	1996
Change your life in seven days	McKenna, Paul	2010
Change your life in seven days [CD]	McKenna, Paul	2010
Cheshire: walks: (Pathfinder Guide)	Conduit, Brian	2009
Cool camping: England	Knight, Jonathan	2008
Cool camping cookbook	Grylls, Bear	2007
Cool camping Scotland: a hand-picked selection of exceptional campsites and camping experiences	Didcock, Keith	2010
Cool camping Wales: a hand-picked selection of exceptional campsites and camping experiences	Knight, Jonathan	2010
Creative visualization	Gawain, Shakti	2002
Criminal tendencies: great stories from great crime writers	Billingham, Mark Et Al.	2009

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Cross stitch	Gabaldon, Diana	1994
Cyclecraft: the complete guide to safe and Enjoyable cycling for adults and children	Franklin, John	2007
Did you keep your appointment?: an up-date on patients failure to attend out-patient appointments and some reasons why	Waiting List Monitoring Group	1995
Did you spot the gorilla?: how to recognise the hidden opportunities in your life	Wiseman, Richard	2004
Dragons' Den: Your Road to Success (Quick Reads)	Jones, Peter; Meaden, Deborah; Paphitis, Theo; Bannatyne, Duncan; Caan, James	2009
Eat that frog!: get more of the important things done, today!	Tracy, Brian	2004
Eating disorders: the path to recovery	Middleton, Kate	2007
Embracing uncertainty: breakthrough methods for achieving peace of mind when facing the unknown	Jeffers, Susan	2003
Feel happy now!	Neill, Michael	2007
Feel the fear and do it anyway	Jeffers, Susan	2007
Food for free	Mabey, Richard	2007
Forest of Bowland: with Pendle Hill and the West Pennine Moors (Freedom to Roam Guides)	Bibby, Andrew	2005
Getting things done: how to achieve stress-free productivity	Allen, David	2001
Goal mapping: how to turn Yyour dreams into realities	Mayne, Brian	2006
Grow your own drugs: easy recipes for natural remedies and beauty treats	Wong, James	2009
Grow your own fruit and veg in plot, pots or growbags: the A-Z guide to growing and cooking farm-fresh food	Ott, Steve; Rawlings, Emma; Warwick, Roxanne	2008
Happiness now!: timeless wisdom for feeling good fast	Holden, Robert	1998
Healing with whole foods: Asian traditions and modern nutrition	Pitchford, Paul	2002
Healthy eating for kids: over 100 meal ideas, recipes and healthy eating tips for children	Bean, Anita	2007
Hooping: a revolutionary fitness program	Zamor, Christabel	2010
How the dead live	Self, Will	2001
How to develop a brilliant memory week by week: 52 proven ways to enhance your memory skills	O'Brien, Dominic	2005
How to look good naked: shop for your shape and look amazing!	Wan, Gok	2007
How to raise your self-esteem	Branden, Nathaniel	1987

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How to stop worrying	Tallis, Frank	2009
How to win friends and influence people	Carnegie, Dale	2006
I can make you thin [CD]	McKenna, Paul	2010
I had a black dog	Johnstone, Matthew	2007
I, robot	Isaac Asimov	1967
If morning ever comes	Tyler, Anne	1991
Irrationality	Sutherland, Stuart	2007
Irrationality: the enemy within	Sutherland, Stuart	1994
Jamie's ministry of food: anyone can learn to cook in 24 hours	Oliver, Jamie	2008
Lady Audley's secret	Braddon, Mary Elizabeth	1997
Lancashire: walks	Marsh, Terry	2010
Lily: a ghost story (Quick reads)	Geras, Adele	2007
Living with a black dog	Johnstone, Matthew; Johnstone, Ainsley	2008
Loving, living, party going	Green, Henry	2005
Low-cost living: live better, spend less	Harrison, John	2009
Manchester and Salford: explorer maps	Ordnance Survey	2007
Mary Berry's ultimate cake book: over 200 classic recipes	Berry, Mary	2003
Maximum achievement:: strategies and skills that will unlock your hidden powers to succeed	Tracy, Brian	1995
Mind over mood: change how you feel by changing the way you think	Greenberger, Dennis; Padesky, Christine A.	1995
Miss Dahl's voluptuous delights	Dahl, Sophie	2009
Money magic: Seven Simple Steps to True Financial Freedom (Quick Reads)	Hall, Alvin	2010
Mood mapping: plot your way to emotional health and happiness	Miller, Liz	2009
Nasty people: how to stop being hurt by them without stooping to their level	Carter, Jay	2003
Nausea	Sartre, Jean-Paul	2000
Never let me go	Ishiguro, Kazuo	2005
New you boot camp	Moran, Sunny; Cleaver, Jacqui	2010
Nights at the circus	Carter, Angela	2006

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Not dark yet: a very funny book about a very serious game	Harfield, Mike	2008
On Beulah Height	Hill, Reginald	2009
Ottolenghi: the cookbook	Ottolenghi, Yotam; Tamimi, Sami	2008
Overcoming anger and irritability	Davies, William	2000
Overcoming anxiety	Kennerley, Helen	2009
Overcoming insomnia and sleep problems: a self-help guide using cognitive behavioral techniques	Espie, Colin A.	2010
Overcoming low self-esteem	Fennell, Melanie	2009
Overcoming obsessive compulsive disorder	Veale, David; Wilson, Rob	2005
Overcoming relationship problems: a self-help guide using cognitive behavioral techniques	Crowe, Michael	2005
Overcoming social anxiety and shyness	Butler, Gillian	2009
Overcoming weight problems	Gauntlett-Gilbert, Jeremy; Grace, Clare	2005
Overcoming worry	Mearns, Keven; Freeston, Mark	2008
Panic attacks: what they are, why they happen and what you can do about them	Ingham, Christine	2000
Peak District: Northern and Western Moors (Freedom to Roam Guides)	Smith, Roly	2005
Positively happy: cosmic ways to change your life	Edmonds, Noel	2006
Powerful beyond measure: an inspiring guide to personal freedom	Williams, Nick	2003
Prescriptions for living: inspirational lessons for a joyful, loving life	Siegel, Bernie S.	1998
Raw voices: true stories of hardship and hope (Quick reads)	Feltz, Vanessa (ed.)	2008
Reiki for life: the essential guide to Reiki practice	Quest, Penelope	2002
Running made easy: Zest Magazine	Whalley, Susie; Jackson, Lisa	2008
Sail	Patterson, James	2009
Screw it, let's do it: lessons in Life (Quick reads)	Branson, Richard	2006
Screw work, let's play: how to do what you love and get paid for it	Williams, John	2010
See you at the top	Ziglar, Zig	2005
Self matters: creating your life from the inside out	McGraw, Phillip C.	2002
Sewing for dummies	Maresh, Janice Saunders	2004
Stitch 'n bitch: the knitter's handbook	Stoller, Debbie	2003

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Stop worrying about your health!: how to quit obsessing about symptoms and feel better now	Zgourides, George D.	2008
Stringing beads: (Getting Started)	Campbell, Jean	2005
Supercoach: 10 secrets to transform anyone's life	Neill, Michael	2009
Surfacing	Atwood, Margaret	1972
Tao of Jeet Kune Do	Lee, Bruce	2010
Teach yourself to meditate: over 20 exercises for peace, health and clarity of mind	Harrison, Eric	1993
The alchemist: a fable about following your dream	Coelho, Paulo	1999
The best of Edgar Allan Poe: all of his macabre tales complete and unabridged	Poe, Edgar Allan	2009
The big sleep and other novels	Chandler, Raymond	2000
The Brass verdict	Connelly, Michael	2009
The catcher in the rye	Salinger, J. D.	1994
The collected tales of Nikolai Gogol	Gogol, Nikolai Vasilievich	2003
The compassionate mind	Gilbert, Paul	2010
The coolcamping guide to festivals	Pow, Sam	2009
The feeling good handbook	Burns, David D	1999
The grapes of wrath	Steinbeck, John	2000
The house with the green shutters	Brown, George Douglas	2005
The inner game of tennis	Gallwey, W. Timothy	1975
The island of Dr Moreau	Wells, H. G.	2007
The little book of calm at work	Wilson, Paul	1999
The luck factor: the scientific study of the lucky mind	Wiseman, Richard	2003
The magic of believing	Bristol, Claude M.	1969
The magic of metaphor: 77 stories for teachers, trainers and thinkers	Owen, Nick	2001
The magic of thinking big	Schwartz, David J.	2006
The Martian chronicles	Bradbury, Ray	2001
The millionaire next door	Stanley, Thomas J.; Danko, William D.	1996
The most amazing places to visit in Britain	Reader's Digest	2006
The national 3 peaks: taking up the challenge	Williams, Steve	2008

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The non-runner's marathon trainer	Whitsett, David A.; Dolgner, Forrest; Kole, Tanjala Mabon	1998
The official body control pilates manual: the ultimate guide to the Pilates method - for fitness, health, sport and at work	Robinson, Lynne; Fisher, Helge; Knox, Jacqueline; Thompson, Gordon	2000
The Peak District: (AA 50 Walks)	Aa Publishing	2008
The prophet	Gibran, Kahlil	1991
The quick and easy way to effective speaking	Carnegie, Dale	1998
The richest man in Babylon	Clason, George S.	2002
The sea	Banville, John	2005
The seasoned vegetarian	Rimmer, Simon	2009
The shadow of the wind	Zafon, Carlos Ruiz	2004
The strengths book: be confident, be successful, and enjoy better relationships by realising the best of you	Linley, Alex, Willars, Janet; Biswas-Diener, Robert	2010
The thought gang	Fischer, Tibor	1999
The tiger in the smoke	Allingham, Margery	2005
The triathlete's training bible	Friel, Joe	2009
The virgin green guide: the easy way to save the planet and save pounds	No Waste Like Home	2007
The Wagamama cookbook	Arnold, Hugo	2005
Think and grow rich: the original classic	Hill, Napoleon	2009
This rough magic	Stewart, Mary	2005
Three men in a boat / three men on the Bummel	Jerome, Jerome K.	1999
To kill a mockingbird	Lee, Harper	2004
Toast	Slater, Nigel	2003
Twenty tales from the war zone: the best of John Simpson (Quick reads)	Simpson, John	2007
Ultimate confidence: the secrets to feeling great about yourself every day	Peer, Marisa	2009
Unclutter your life: transform your physical, Mental and emotional space	Gibson, Katherine	2004
Unlimited power: the new science of personal achievement	Robbins, Anthony	2001
Vegetable growing month-by-month: the down-to-earth guide that takes you through the vegetable year	Harrison, John	2008

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Walk Britain: The Ramblers' top 50 walking routes to Britain's finest views	Ramber's Association	2009
Water off a duck's back: how to deal with frustrating situations, awkward, exasperating and manipulative people	Lavelle, Jon	2010
What every body is saying: an ex-FBI agent's guide to speed-reading people	Navarro, Joe	2008
What Maisie knew	James, Henry	2000
Wild swimming: 150 hidden dips in the rivers, lakes and waterfalls of Britain	Start, Daniel	2008
Wild swimming coast: explore the secret coves and wild beaches of Britain	Start, Daniel	2009
Will you please be quiet, please?	Carver, Raymond	2009
Women who think too much: how to break free of overthinking and reclaim your life	Nolen-Hoeksema, Susan	2003
Zeno's conscience	Svevo, Italo	2001