

Book List: Health and Wellbeing Collection

Ordered by Title

Title	Author	Year
1001 albums you must hear before you die	Dimery, Robert	2008
A cool head: (Quick reads)	Rankin, Ian	2009
A day to remember: (Quick reads)	Phillips, Fiona	2007
A fine balance	Mistry, Rohinton	1996
A handful of dust	Waugh, Evelyn	2000
Aim high: (Quick reads)	Grey-Thompson, Tanni	2007
Alive and kicking: (Quick reads)	Legg, Andy	2009
All these lonely people: (Quick reads)	Phinn, Gervase	2009
Anita and me	Syal, Meera	1997
Arcadia	Crace, Jim	1992
Behind the scenes at the museum	Atkinson, Kate	1998
Black-eyed devils: (Quick Reads)	Collier, Catrin	2009
Bonjour tristesse	Sagan, Françoise	2007
Chickenfeed: (Quick reads)	Walters, Minette	2006
Cool camping: England	Knight, Jonathan	2008
Cool camping cookbook	Grylls, Bear	2007
Creative visualization	Gawain, Shakti	2002
Criminal tendencies: great stories from great crime writers	Billingham, Mark Et Al.	2009
Cross stitch	Gabaldon, Diana	1994
Cyclecraft: the complete guide to safe and Enjoyable cycling for adults and children	Franklin, John	2007
Danny Wallace and the centre of the universe: (Quick reads)	Wallace, Danny	2006
Doctor Who: the Sontaran games: (Quick reads)	Rayner, Jacqueline	2009
Don't make me laugh: (Quick reads)	Augustus, Patrick	2006
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
Girls' poker night: (Quick reads)	Davis, Jill	2002
Grow your own drugs: easy recipes for natural remedies and beauty treats	Wong, James	2009

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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
Hell island: (Quick reads)	Reilly, Matthew	2005
How the dead live	Self, Will	2001
How to stop worrying	Tallis, Frank	2009
Humble pie: (Quick reads)	Ramsay, Gordon	2008
I, robot	Isaac Asimov	1967
If morning ever comes	Tyler, Anne	1991
In at the deep end: (Quick reads)	Davies, David	2009
Irrationality	Sutherland, Stuart	2007
Jamie's ministry of food: anyone can learn to cook in 24 hours	Oliver, Jamie	2008
Lady Audley's secret	Braddon, Mary Elizabeth	1997
Life's new hurdles: (Quick reads)	Jackson, Colin	2008
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
Manchester and Salford: Explorer paps	Ordnance Survey	2007
Mary Berry's ultimate cake book: over 200 classic recipes	Berry, Mary	2003
Miss Dahl's voluptuous delights	Dahl, Sophie	2009
Nausea	Sartre, Jean-Paul	2000
Never let me go	Ishiguro, Kazuo	2005
Nights at the circus	Carter, Angela	2006
Not dark yet: a very funny book about a very serious game	Harfield, Mike	2008
Old bag: (Quick Reads)	Burgess, Melvin	1999
On Beulah Height	Hill, Reginald	2009
One good turn?: (Quick reads)	Ryan, Chris	2008
Ottolenghi: the cookbook	Ottolenghi, Yotam; Tamimi, Sami	2008
Overcoming low self-esteem	Fennell, Melanie	2009

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Overcoming obsessive compulsive disorder	Veale, David; Wilson, Rob	2005
Overcoming weight problems	Gauntlett-Gilbert, Jeremy; Grace, Clare	2005
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
Raw voices: true stories of hardship and hope (Quick reads)	Feltz, Vanessa (ed.)	2008
Reading my arse!: searching for the Rock Island Line: (Quick reads)	Tomlinson, Ricky	2007
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
Secrets: (Quick reads)	Barrett-Lee, Lynne	2006
Sewing for dummies	Maresh, Janice Saunders	2004
Snakebite: (Quick reads)	Swindells, Robert	2006
Star Sullivan: (Quick reads)	Binchy, Maeve	2006
Stitch 'n bitch: the knitter's handbook	Stoller, Debbie	2003
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
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 blessed and the damned: (Quick Reads)	Sheridan, Sara	2001
The blue hen: (Quick Reads)	Dillon, Des	2004
The Brass verdict	Connelly, Michael	2009
The catcher in the rye	Salinger, J. D.	1994

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The collected tales of Nikolai Gogol	Gogol, Nikolai Vasilievich	2003
The dare: (Quick reads)	Boyne, John	2009
The grapes of wrath	Steinbeck, John	2000
The grey man: (Quick reads)	McNab, Andy	2006
The hardest test: (Quick reads)	Quinnell, Scott	2008
The house with the green shutters	Brown, George Douglas	2005
The island of Dr Moreau	Wells, H. G.	2007
The magic of metaphor: 77 stories for teachers, trainers and thinkers	Owen, Nick	2001
The Martian chronicles	Bradbury, Ray	2001
The most amazing places to visit in Britain	Reader's Digest	2006
The national 3 peaks: taking up the challenge	Williams, Steve	2008
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 prophet	Gibran, Kahlil	1991
The rubber woman: (Quick reads)	Ashford, Lindsay	2007
The sea	Banville, John	2005
The seasoned vegetarian	Rimmer, Simon	2009
The shadow of the wind	Zafon, Carlos Ruiz	2004
The tannery: (Quick reads)	Hewson, Sherrie	2009
The thief: (Quick reads)	Rendell, Ruth	2006
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 visitor: (Quick Reads)	Halam, Ann	2006
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

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Toast	Slater, Nigel	2003
Twenty tales from the war zone: the best of John Simpson (Quick reads)	Simpson, John	2007
Vegetable growing month-by-month: the down-to-earth guide that takes you through the vegetable year	Harrison, John	2008
Vinyl demand: (Quick reads)	Long, Hayley	2008
Walk Britain: The Ramblers' top 50 walking routes to Britain's finest views	Ramber's Association	2009
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
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