



COUNSELLING SERVICE

SELF HELP

The following Self Help Books are available in the library

Title	ISBN	Location in Library	Number of copies available
Overcoming Anxiety	1-854487-422-5	152.46	3
Overcoming Social Anxiety and Shyness	1-85487-703-8	152.46	3
Overcoming Anger and Irritability	1-85487-595-7	152.47	3
Overcoming Low Self-Esteem	1-85487-725-9	158.1	3
Overcoming Compulsive Gambling	1-85487-484-5	306.482	3
Overcoming Relationship Problems	1-84529-066-6	306.7	3
Overcoming Weight Problems	1-84529-068-2	613.25	3
Overcoming Chronic Pain	1-84119-970-2	616.0472	3
Overcoming Chronic Fatigue	1-84119-942-7	616.0478	3
Overcoming Traumatic Stress	1-84119-016-0	616.85	3
Overcoming Panic	1-85487-701-1	616.85223	3
Overcoming Childhood trauma	1-84119-081-0	616.8582239	3
Overcoming Anorexia Nervosa	1-85487-963-3	616.8526	3
Bulimia Nervosa and Binge-eating	1-85487-171-4	616.85263	3
Overcoming Obsessive Compulsive Disorder	1-84119-936-2	616.85227	3
Overcoming Mood Swings	1-84119-017-9	616.8527	3
Overcoming Depression	1-84119-125-6	616.8527	2
Overcoming Sexual Problems	1-84529-069-0	616.8583	3

