



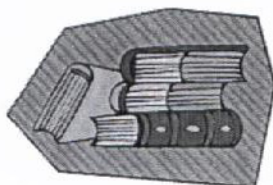
## Primary Care Psychological Therapy Service

### *Self-Help Reading List*

# Anxiety

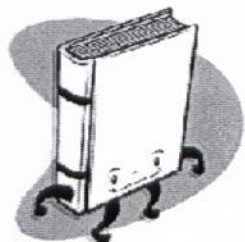
These books and websites can help if you have problems with anxiety:

**Feel the Fear & Do It Anyway**  
Susan Jeffers  
Rider & Co., 1997  
ISBN 0712671056



**Overcoming Anxiety**  
Helen Kennerley  
Constable & Robinson, 2004  
ISBN 1854874225

**Overcoming Social Anxiety & Shyness**  
Gillian Butler  
Constable & Robinson, 1999  
ISBN 1854877038



**Overcoming Obsessive Compulsive Disorder**  
David Veale & Rob Wilson  
Constable & Robinson, 2005  
ISBN 1841199362

[www.nomorepanic.com](http://www.nomorepanic.com)  
[www.moodgym.com](http://www.moodgym.com)  
[www.livinglifetothefull.com](http://www.livinglifetothefull.com)