



Primary Care Psychological Therapy Service

Self-Help Reading List

Depression

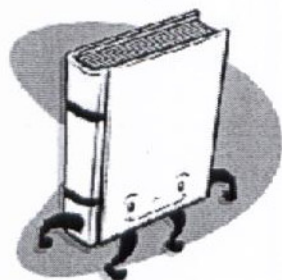
The following books and websites can help
if you suffer from depression:

Overcoming Depression

Paul Gilbert
Constable & Robinson, 2000
ISBN 1841191256

The Feeling Good Handbook

David Burns
Plume Book, 2000
ISBN 0452281326



Mind Over Mood

Dennis Greenberger & Christine Padesky
Guildford Press, 1995
ISBN 0898621283

Overcoming Mood Swings

Jan Scott
Constable & Robinson, 2001
ISBN 1841190179