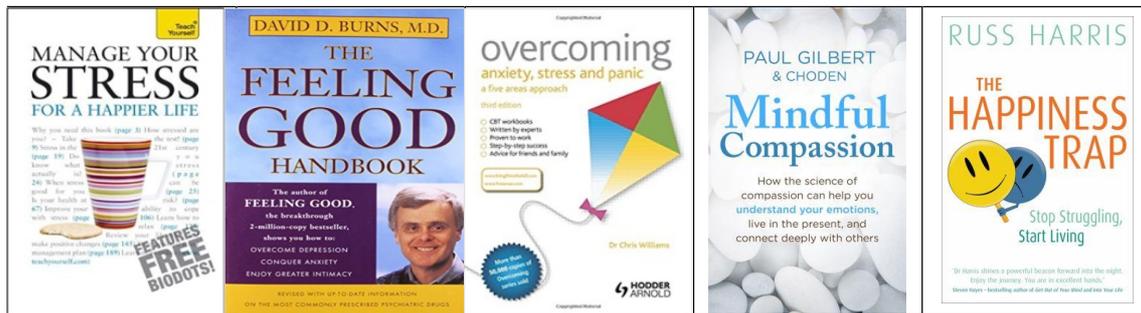


Sir Thomas Browne Library

Stress & Mindfulness



A selection of books

Mindfulness for dummies by Shamash Alidina	WB 880
An introduction to stress & health by Hymie Anisman	WM 172.4
The key to calm: your path to mindfulness - and beyond by Linda Blair	WB 880
Mindfulness for health : a practical guide to relieving pain, reducing stress and restoring wellbeing by Vidyamala Burch	WB 880
Feeling good handbook by David Burns	WM 172
Challenging stress, burnout and rust-out : finding balance in busy lives by Teena J. Clouston	WM 172.4
Mindful compassion: using the power of mindfulness and compassion to transform our lives by Paul Gilbert	BF 321
The happiness trap by Ray Harris	WM 425.5.C6
Understanding wellbeing edited by Anneyce Knight and Allan McNaught	WA 590
Manage your stress for a happier life by Terry Looker and Olga Gregson	WM 172
Managing stress: emotion and power at work by Tim Newton	WM 172
Facing the storm : using CBT, mindfulness and acceptance to build resilience when your world's falling apart by Ray Owen	WM 425.5.C6
The stress management workbook : a guide to developing resilience by Lynne Van Brakel	WM 172.4
Promoting healthy behaviour: a practical guide by Dominic Upton and Katie Thirlway	WA 590
Overcoming anxiety, stress and panic: a five areas approach by Dr Chris Williams	WM 172
Mindfulness: a practical guide to finding peace in a frantic world by J. Mark G. Williams	WM 507
Why can't I meditate? : how to get your mindfulness practice on track by Nigel Wellings	WB 880

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Location of books in the library	Shelfmark
Stress	WM 172
Mindfulness	WB 880
Resilience	WM 172.4
Depression	WM 171
Anxiety	WM 172
Sleep	WM 188

Reading well collections

These books have been selected from booklists by the Reading Agency. Find further details on the Reading Agency website:

<http://reading-well.org.uk/books/mood-boosting-books>

<http://reading-well.org.uk/books/books-on-prescription/>

Mood Boosting Books

Choose from our collection of uplifting fiction, non-fiction and poetry books which have been selected by reading groups throughout the country.

Books on Prescription

The “Reading well: books on prescription” collection aims to help you manage your wellbeing using self-help reading. The books provide information and step-by-step self-help techniques for managing common conditions including depression and anxiety. Books have been recommended by health professionals.

Useful webpages

www.eel.nhs.uk Discover more about the East of England Health Libraries and their resources, access your Athens account and search the healthcare databases for articles. Links to electronic journals and books (via Athens) and NHS evidence.

www.elms.nhs.uk The East of England Health Libraries Catalogue. Browse the catalogue or log in to renew or reserve items.

<http://www.nice.org.uk> Evidenced-based information for health, public health and social care professionals, including access to BNF & BNFC.

www.clinicalkey.com E-journals, e-books, images and more.

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