

## Books

No	Title	Author	ISBN
1	7 habits of highly effective families	David Keirse	1-885705-02-6
2	Please understand me 2	Gerrilyn Smith Dee Cox Jacqui Saradjian	0-7043-4440-8
3	Women and Self Harm	Helen Dore	0-600-56904-7
4	Coping with Stress	Dr Raj Persaud	0-553-81347-1
5	Staying Sane	Marilee Strong	1-86049-754-3
6	Bright Red Scream	JackCanfield Mark Victor Hansen	
7	2nd Helping of Chicken Soup for the Soul	Elayne Savage	1-57224-077-6
8	Don't Take it Personally	James F Masterson M.D	0-02-920292-2
9	The Search for the Real Self	Steven Levenkron	0-393-31938-5
10	Cutting	Mary Valentis Anne Devane	0-7499-1560-9
11	Female Rage	Leland M Heller	1-928947=01-8
12	Life at the Border	Xandria Williams	0-7493-1955-0
13	Beating the Blues	Dr Kwame McKenzie	0-7513-0845-5
14	The BMA Guide to Depression	Ian Marber	1-4053-1524-5
15	The Food Doctor Everyday Diet	Amanda Geary	0-00-711423-0
16	The Food and Mood Handbook	Dr Kwame McKenzie	1-903474-35-3
17	Understanding Depression	Rebecca Fox-Spencer Prof AllanYoung	1-905466-03-X
18	Depression	Dorothy Rowe	0-7100-9586-4
19	D epression The way out of your prison	Kay Redfield Jamison	978-0-330-34651-1
20	An unquiet mind	mdf wales	dvd
21	bipolar affective disorder dvd	Paul McGee	1-84112-711-6
22	S.U.M.O.	Monica Ramirez	1-59385=162-6
23	The Bipolar Workbook	Matthew Johnstone	978-1-84529-589-9
24	I had a black dog	Fiona Whelpton	978-1-905610-93-8
25	The Musical Paintbox	Dolly Sen	459-0-2218-1-8
26	The World is full of laughter	Sarah Owen and Amanda Saunders	978-1-85618-604-9
27	Bipolar Disorder-the ultimate guide		
28			
29	Stop Paddling, start sailing	Roger Smith	1-4137-2020-x
30			
31	are you mad? Video	horizon programme	
32	Fish	Stephen Lundin,Harry Paul et al	0-340-81979-0
33	r	Ian Banks	
34	taming bipolar disorder	Lori Oliwenstein	1-59257-285-5
35	you don't have to be famous to have m d.	jeremy thomas dr tony hughes	978-0-141-03217-7
36	The Mood Cure	Julia Ross	0-00-712803-7
37	Creating Optimism	Bob Murray Alicia Fortinberry	0-07-144683-4
38	1001 things to make you smile	Marion Kaplinsky	1-84483-081-0
39	The bipolar disorder survival guide	David j Miklowitz	1-57230-525-8
40	The Bipolar Handbook	Wes Burgess	1-58333-249-9