

# Wadham College Library – Welfare resources

Call No	Author	Title	Publisher
Z 8 (R)	Rowe, Dorothy.	Beyond fear	London : HarperCollins, 2002.
Z 8 (D)	Dennison, Paul E. (Paul Ehrlich)	Brain gym : simple activities for whole brain learning	Ventura, Calif. : Edu-Kinesthetics, Inc., c1986.
Z 8 (P)	Palmer, Stephen.	Coping with stress at university : a survival guide	London : SAGE, 2006.
Z 8 (D)	Du Pré, Liz (Elizabeth A.)	Dyslexia at college	London : Routledge, 2008.
Z 8 (J)	Jeffers, Susan J.	Feel the fear and do it anyway	London : Vermilion, 2012.
Z 8 (B)	Burns, David D., author.	Feeling good : the new mood therapy	New York : Harper, 2009.
Z 8 (B)	Berne, Eric	Games people play : the psychology of human relationships	Harmondsworth : Penguin, 1968.
Z 8 (B)	Blauner, Susan Rose.	How I stayed alive when my brain was trying to kill me : one person's guide to suicide prevention	New York : Harper, 2003.
Z 8 (P)	Phillips, Estelle.	How to get a PhD : a handbook for students and their supervisors	Maidenhead : Open University Press, 2005.
Z 8 (R)	Rowe, Dorothy.	How to-- improve your mental wellbeing.	London : Mind Publications, 2004.
Z 8 (T)	Tallis, Frank.	How to stop worrying	London : Sheldon, 1990.
Z 8 (C)	Casey, Francis.	How to study : a practical guide	Basingstoke : Macmillan Education, 1985
Z 8 (M)	Murray, Rowena.	How to write a thesis	Maidenhead : Open University Press, 2011.
Z 8 (M)	Murray, Rowena.	How to write a thesis	Maidenhead : Open University Press, c2006.
Z 8 (B)	Ashman, Sandra.	How to write essays : a guide for students	London : University of North London, 1996.
Z 8 (F)	Fabb, Nigel.	How to write essays and dissertations : a guide for English literature students	London : Pearson Longman, 2005.
Z 8 (B)	Fry, Ronald W.	Improve your memory	Blackwell
Z 8 (P)	Punch, Keith.	Introduction to social research : quantitative and qualitative approaches	London : SAGE, 2005.
Z 8 (P)	Perry, Andrea.	Isn't it about time? : how to stop putting things off and get on with your life	London : Worth, 2002.
Z 8 (O)	Otto, Michael.	Living with bipolar disorder : a guide for individuals and families	New York : Oxford University Press, c2011
Z 8 (C)	Colley, Mary.	Living with dyspraxia : a guide for adults with developmental dyspraxia	London ; Philadelphia : Jessica Kingsley Publishers, 2006.

Z 8 (B)	Butler, Gillian.	Manage your mind : the mental fitness guide	Oxford : Oxford University Press, 2007.
Z 8 (B)	Butler, Gillian.	Manage your mind : the mental fitness guide	Oxford : Oxford University Press, 2007.
Z 8 (B)	Butler, Gillian.	Manage your mind : the mental fitness guide	New York ; Oxford : Oxford University Press, 1995.
Z 8 (H)	Houghton, Keith.	Manage your student finances now! : easy ways to balance your budget at university and college	London : Vermilion, 2003.
Z 8 (B)	Buzan, Tony.	Mind mapping	Harlow : BBC Active, 2006.
Z 8 (W)	Williams, J. Mark G.	Mindfulness : a practical guide to finding peace in a frantic world	London : Piatkus, 2011.
Z 8 (W)	Williams, J. Mark G.	Mindfulness : a practical guide to finding peace in a frantic world	London : Piatkus, 2011.
Z 8 (G)	Gilbert, Paul.	Overcoming depression : a self-help guide using cognitive behavioral techniques	London : Robinson, 2009.
Z 8 (V)	Veale, David.	Overcoming obsessive compulsive disorder : a self-help guide using cognitive behavioral techniques	London : Robinson, 2005.
Z 8 (S)	Shafran, Roz.	Overcoming perfectionism : a self-help guide using cognitive behavioral techniques	London : Robinson, 2010.
Z 8 (B)	Butler, Gillian.	Overcoming social anxiety and shyness : a self-help guide using cognitive behavioral techniques	London : Robinson, 1999.
Z 8 (A)	Acres, David.	Passing exams without anxiety : how to get organised, be prepared and feel confident of success	Oxford : How To Books, 1998.
Z 8 (A)	Acres, David.	Passing exams without anxiety : how to get organised, be prepared and feel confident of success	Oxford : How To Books, 1998.
Z 8 (B)	Ashman, Sandra.	Reading for study : a guide for students	London : University of North London, 1996.
Z 8 (R)	Robson, Colin.	Real world research : a resource for social scientists and practitioner-researchers	Oxford : Blackwell, 2002.
Z 8 (H)	Harpur, John, 1958-	Succeeding in college with Asperger syndrome : a student guide	London : Jessica Kingsley, 2004.
Z 8 (B)	Ashman, Sandra.	Taking notes from lectures : a guide for students	London : University of North London, 1996.
Z 8 (G)	Grant, David, Dr.	That's the way I think : dyslexia and dyspraxia explained	London : David Fulton, 2005.
Z 8 (S)	Storr, Anthony.	The art of psychotherapy	New York : Routledge, 1990.
Z 8 (D)	Davis, Ronald D. (Ronald Dell), 1942-	The gift of dyslexia : why some of the brightest people can't read and how they can learn	London : Souvenir, 1997.
Z 8 (N)	Northedge, Andrew.	The good study guide	Milton Keynes : Open University, 2005.

Z 8 (B)	Bachelor, Lisa.	The Guardian student finance guide 2007 : from loans to landlords : the essential handbook	London : Guardian, 2006.
Z 8 (B)	Buzan, Tony.	The mind map book	Harlow : BBC Active, 2006.
Z 8 (W)	Williams, J. Mark G.	The mindful way through depression : freeing yourself from chronic unhappiness	New York : Guilford Press, 2007.
Z 8 (C)	Cottrell, Stella.	The study skills handbook	Basingstoke : Palgrave Macmillan, 2013.
Z 8 (C)	Cottrell, Stella.	The study skills handbook	Basingstoke : Palgrave Macmillan, 2003.
Z 8 (A)	Adler, Alfred.	Understanding human nature	Center City, Minn. : Hazelden, c1998.
Z 8 (B)	Buzan, Tony.	Use your head : innovative learning and thinking techniques to fulfil your potential	London : BBC Active, 2006.
Z 8 (B)	Burns, David D.	When panic attacks : a new drug-free therapy to beat chronic shyness, anxiety and phobias	London : Vermilion, 2010.
Z 8 (A)	Abrams, Rebecca.	When parents die : learning to live with the loss of a parent	New York : Routledge, 2013.
Z 8 (W)	Watson, George.	Writing a thesis : a guide to long essays and dissertations	London : Longman, 1987
Z 8 (O)	Oliver, Paul.	Writing your thesis	Thousand Oaks, CA : SAGE Publications Ltd, 2014.