***List of 12 Reviewed Books for Public Library***

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| **Nos.** | **Main Topics** | **Age** | **Title** | **Author** |
| 1 | **Anxiety/Mood** | 8-14 yrs | Think Good Feel Good: A Cognitive Behaviour Therapy Workbook for Children and YoungPeople **(2nd Edition due Dec 18)** | Paul Stallard |
| 2 | **Anxiety** | 9-13 yrs | Outsmart Worry  | Dawn Huebner |
| 3 | **Anxiety/Worry** | 6-10 yrs | What to do when you worry too much **\*need to replace- not available \*** | Dawn Huebner |
| 4 | **Anger** | 6-10 yrs | What to do when your temper flares | Dawn Heubner |
| 5 | **Self control** | 4-7 yrs | How to be a superhero called self control **\*need to replace- not available \*** | Lauren Brukner |
| 6 | **Stress** | 11+ | Fighting Invisible Tigers – stress management for teens  | Earl Hipp |
| 7 | **Exam Stress** | 11+ | Starving the exam stress gremlin | Katie Collins-Donnelly |
| 8 | **Emotions/Mood** | 11+ | Don’t let your emotions run your life for teens | Sheri Van Dijk |
| 9 | **Low Mood/Depression** | 13+ | Am I depressed and what can I do about it – a CBT self help book for teenagers experiencing low mood and depression  | Shirley Reynolds & Monika Parkinson |
| 10 | **Parenting****(General)** | 2-8yrs | The Incredible Years **\*need to replace- not available \*** | Carolyn Webster-Stratton |
| 11 | **Parenting****(General)** | 0-8 yrs | What every parent needs to know  | Margot Sutherland |
| 12 | **Parenting**  | Teens | We need to talk – straight talking guide to raising resilient teens | Helen Fielding |