







-  Slade, M., Oades, L.G. & Jarden, A. (eds) (2017) *Wellbeing, recovery and mental health*. Cambridge, Cambridge University Press. **WM670 (Whiteleaf)**
-  Thompson, N. (2019) *Mental health and well-being: alternatives to the medical model*. New York, Routledge. **WM31 (Warneford)**
-  Tobert, N. (2017) *Cultural perspectives on mental wellbeing: spiritual interpretations of symptoms in medical practice*. London, Jessica Kingsley. **WM31.1 (Warneford)**
-  Wax, R. (2016) *A mindfulness guide for the frazzled*. Penguin. **WM507 Wellbeing Collection (Littlemore, Warneford, Whiteleaf)**
-  White, J. (2017) *Stress control: a mind, body, life approach to boosting your well-being*. London, Robinson. **WLM228 Wellbeing Collection (Littlemore, Warneford, Whiteleaf)**
-  Williams, C. (2018) *Living life to the full: key life skills to change your life*. Five Areas. **WM505 Wellbeing Collection (Littlemore, Warneford, Whiteleaf)**

Useful Websites

-  MIND information and support - <https://www.mind.org.uk/information-support/>
-  Mental Health Foundation publications - <https://www.mentalhealth.org.uk/publications>
-  Reading Well for mental health - <https://reading-well.org.uk/books/books-on-prescription/mental-health>

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Mental Wellbeing

Selected Recent Titles Available in Oxford Health Libraries

This guide is not intended to be a comprehensive list.

To borrow any items contact us via: library.enquiries@oxfordhealth.nhs.uk.
View a full list of books available via the library catalogue at:
swims.inforlib.uk/iguana/www.main.cls?surl=HEE
NHS OpenAthens login required for Electronic Books.

-  Bowling, A. (2017) *Measuring health: a review of subjective health, well-being and quality of life measurement scales*. 4th edition. London, Open University Press. **W270 (Warneford)**
-  Brown, J.S., Learmonth, A.M. & Mackereth, C.J. (2015) *Promoting public mental health and well-being: principles into practice*. London, Jessica Kingsley. **WM27 (Whiteleaf)**
-  Butler, G., Grey, N. & Hope, T. (2018) *Manage your mind: the mental fitness guide*. Oxford, Oxford University Press. **WLM305 Wellbeing Collection (Warneford)**
-  Carlson, M. (2014) *CBT for chronic pain and psychological well-being: a skills training manual integrating DBT, ACT, behavioral activation and motivational interviewing*. Chichester, Wiley-Blackwell. **WL810 (Whiteleaf)**
-  Clift, S. & Camic, P.M. (2016) *Oxford textbook of creative arts, health, and wellbeing: international perspectives on practice, policy, and research*. Oxford, Oxford University Press. **W4 (Warneford)**
-  Clouston, T.J. (2015) *Challenging stress, burnout and rust-out: finding balance in busy lives*. London, Jessica Kingsley. **WLM228 (Warneford)**
-  Dynes, R. (2017) *Positive communication: activities to reduce isolation and improve the wellbeing of older adults*. London, Jessica Kingsley. **WT120 (Warneford)**
-  Eastham, C. (2017) *We're all mad here: the no-nonsense guide to living with social anxiety*. London, Jessica Kingsley. **WLM228 Wellbeing Collection (Littlemore, Warneford, Whiteleaf)**
-  Harris, R. (2008) *The happiness trap: based on ACT: a revolutionary mindfulness-based programme for overcoming stress, anxiety and depression*. London, Robinson. **WLM228 Wellbeing Collection (Whiteleaf)**
-  Hogan, B. & Brosan, L. (2017) *An introduction to coping with anxiety*. 2nd edition. London, Robinson. **WM172 Wellbeing Collection (Littlemore, Warneford, Whiteleaf)**
-  Kennerley, H. (2014) *Overcoming anxiety: a self-help guide to using cognitive behavioral techniques*. 2nd edition. London, Robinson. **WM172 Wellbeing Collection (Littlemore, Warneford, Whiteleaf)**
-  Knight, A. & McNaught, A. (eds) (2011) *Understanding wellbeing: an introduction for students and practitioners of health and social care*. Banbury, Lantern. **W250 (Warneford)**
-  Muir, G. (2015) *Sod 70!: The guide to living well*. London, Bloomsbury. **WT104 Wellbeing Collection (Whiteleaf)**
-  Nagoski, E. & Nagoski A. (2019) *Burnout: the secret to solving the stress cycle*. London, Vermilion. **WLM228 (Warneford)**
-  Nash, M. (2014) *Physical health and well-being in mental health nursing: clinical skills for practice*. 2nd edition. Maidenhead, Open University Press. **WM80 (Littlemore, Whiteleaf)**
-  Rahman, S. (2014) *Living well with dementia: the importance of the person and the environment for wellbeing*. London, Radcliffe. **WM221 (Warneford)**
-  Ross, C. (ed) (2012) *Words for wellbeing: using creative writing to benefit health and wellbeing*. Penrith, Cumbria Partnership NHS Foundation Trust. **WM660 Wellbeing Collection (Warneford)**