

The Feminist Bookshop

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Depression / Anxiety

Overcoming Depression One Step At A Time

Michael Addis \$36.95

A new behavioural approach to getting your life back by using depression as a signpost to change. Workbook.

Living It Up

Bev Aisbett \$17.95

Fun and easy read guide to surviving anxiety, depression, and panic attacks. Offering hope and guidance. Also available and excellent *Living With It, Letting It Go*, and *Taming The Black Dog*.

Helping Your Depressed Child

Martha Barnard \$31.95

Hope and practical help for the family, if your child shows symptoms of depression.

Embracing The Fear

Judith Bemis \$27.50

Learning to manage anxiety and panic attacks, includes personal recovery stories.

Loving A Depressed Man

Douglas Bey \$25.95

Understanding the symptoms, finding the help he needs, and maintaining your morale.

Ending The Depression Cycle

Peter Bieling \$37.95

Workbook with step-by-step guide for preventing relapse into depression.

Hello Cruel World

Kate Bornstein \$28.95

101 alternatives to suicide for teens, freaks, and other outlaws. Inspiring and life affirming book for anyone who feels different, and is depressed or suicidal.

Natural Relief For Anxiety

Edmund Bourne \$22.95

Written by best-selling author of *The Anxiety And Phobia Workbook*, this book offers a complete strategy for overcoming anxiety without drugs. Includes guides to relaxation, exercise, nutrition and other complementary treatments.

The Anxiety And Phobia Workbook

Edmund Bourne \$42.95

Best-selling workbook for dealing with fears and phobias.

Five Good Minutes

Jeffrey Brantley \$28.95

Simple morning practices to relieve stress and help you stay calm and focused all day.

SOS Help For Emotions

Lynn Clark \$30.95

Easy to read guidelines for managing anxiety, anger, and depression.

When Nothing Matters Anymore

Bev Cobain \$26.95

Survival guide for depressed teens. If you think you might be depressed read this book.

Living Without Depression & Manic Depression

Mary Ellen Copeland \$41.95

A workbook for maintaining mood stability.

Recovering From Depression : Workbook For Teens

Mary Ellen Copeland \$45.95

Interactive workbook to help teens build a safety plan, ideal for teens, their parents and friends, or professionals.

The Loneliness Workbook

Mary Ellen Copeland \$34.95

Workbook guide to developing and maintaining lasting connections, looks at ways people resolve issue of loneliness.

Back From The Brink

Graeme Cowan \$36.95

Helping your loved one overcome depression. We need to work together to beat it.

Women And Anxiety

Helen DeRosis \$23.95

Step-by-step programme for managing anxiety and depression.

The Deepest Blue

Lauren Dockett \$33.95

How women face and overcome depression. Insight, good advice, and personal stories.

Overcoming Anxiety

Windy Dryden \$19.95

Good advice on how to identify, challenge, and change the beliefs that make you anxious.

Beating The Senior Blues

Leslie Eckford \$41.95

Simple guidelines for ageing people to feel better and enjoy life after depression. or recognition of loss and grief.

Taming The Black Dog

Patrick Ellverton \$33.95

Practical manual for sufferers of depression, their families and their work colleagues.

Mastering Bipolar Disorder

Kerrie Eyers & Gordon Parker eds \$24.95
Insider's guide to managing mood swings and finding balance. Includes personal stories.

Working In The Dark

Fawn Fitter \$40.00
How to keep your job while dealing with depression.

Coping With Depression In Young People

Carol Fitzpatrick \$26.95
Guidance, support, and advice for parents of depressed teenagers.

The Mindfulness & Acceptance Workbook For Anxiety

John Forsyth \$37.95
Guide for breaking free from anxiety, phobias, and worry using Acceptance & Commitment Therapy..

Overcoming Anxiety

Lynn Fossum \$21.95
Useful workbook for better life management skills, on how to understand anxious feelings.

Power Over Panic

Bronwyn Fox \$19.95
Freedom from panic and anxiety related disorders.

Dancing With Fear

Paul Fozman \$54.95
Overcoming anxiety in a world of stress and uncertainty.

Raising A Moody Child

Mary Fristad \$29.95
How to cope with depression and bipolar disorder in a child.

Overcoming Depression

Paul Gilbert \$24.95
Self-help guide to using Cognitive Behavioural Techniques for dealing with anxiety and depression. Step by step suggestions.

Counselling For Depression

Paul Gilbert \$68.00
Introduction to a broad-based cognitive approach to depression, from an expert in the field.

Mind Over Mood

Dennis Greenberger \$39.95
Learn how to change how you feel by changing the way you think.

Queer Blues

Kimeron Hardin \$33.95
Guide to overcoming depression for lesbian and gay people.

Women Who Worry Too Much

Holly Hazlett-Stevens \$26.95
How to stop worry and anxiety from ruining relationships, work, and fun.

Depression & Attempted Suicide in Adolescence

Martin Herbert \$15.95
Practical guide for practitioners who work with teens and their families. Looks at assessment, intervention and planning programmes.

Listening To Depression

Lara Honos-Webb \$29.95
A new way of looking at depression, how understanding your pain can heal your life.

The Depression Book

Cheri Huber \$22.95
Depression as an opportunity for spiritual growth from an inspiring Buddhist teacher.

Silencing The Self

Dana Jack \$25.95
Women and depression and the challenge of relationships.

Writing For Emotional Balance

Beth Jacobs \$29.95
Guided journal to help you manage overwhelming emotions.

Conquering Depression & Anxiety Through Exercise

Keith Johnsgard \$41.95
Based on reliable research in his own work, the author demonstrates the effectiveness of exercise in helping many people throw off depression and live normal happy lives.

I Had A Black Dog

Matthew Johnstone \$16.95
Simple and illuminating insight into the hell of depression, showing a bloke living with his Black Dog.

Living With A Black Dog

Matthew & Ainsley Johnstone \$19.95
How to take care of someone with depression while looking after yourself. Written by authors in a relationship, both with understanding of the issues.

Depression In New Mothers

Kathleen Kendall-Tackett \$44.95
Causes, consequences, and treatment alternatives for postpartum depression.

The Cognitive Behavioural Workbook For Depression

William Knaus \$37.95
Step by step workbook for looking at causes, and changes that can help overcome depression.

The Cognitive Behavioural Workbook For Anxiety

William Knaus \$38.95
Steps to overcoming fear, anxiety, and depression.

The Worry Trap

Chad Lejeune \$32.95
Do you worry all the time? How to free yourself from worry and anxiety using acceptance and commitment therapy.

The Dance Of Fear

Harriet Lerner \$27.95

Guide to rising above anxiety, fear, and shame to be your best and bravest self. From the author of the acclaimed *Dance Of Anger*.

Sunbathing In The Rain

Gwyneth Lewis \$25.00

Describes as a cheerful book about depression, this is an engaging personal story of survival and getting through the hard times.

The Pain Behind The Mask

John Lynch \$39.95

Looks at strategies for treating male depression.

Depression In Later Life

Jill Manthorpe \$37.95

Depression in relation to, and distinct from, dementia, anxiety, and ageing

Depressed And Anxious

Thomas Marra \$41.95

Workbook for overcoming depression and anxiety.

Peaceful Mind

John McQuaid \$31.95

Using mindfulness and Cognitive Behavioural Psychology to move beyond depression and into lasting peace of mind.

The Estrogen-Depression Connection

Karen Miller \$32.95

Hidden link between hormones and women's depression.

Living Longer Depression Free

Mark Miller \$39.95

Family guide to recognizing, treating, and preventing depression in later life.

Trouble In My Head

Mathilde Monaque \$25.95

Touching insight into teenage depression, true story of a girl's experiences of developing depression at age 14.

Adolescent Depression

Francis Mondimore \$38.95

Psychiatrist describes danger signs and explains treatment options for parents of depressed teens.

The Worry Tree

Marianne Musgrove \$14.95

Easy to read book for primary age children about anxiety. Juliet is a worrywart and this is how she copes.

I Can See Tomorrow

Patricia Owen \$30.00

Relevant information and action steps to improve your quality of recovery from depression.

Dealing With Depression

Gordon Parker \$21.95

Brief user-friendly guide to depression and mood disorders for sufferers and their families, and for health professionals.

Navigating Teenage Depression

Gordon Parker & Kerie Eyers \$25.00

Guide for parents and professionals. Australian authors.

The Interpersonal Solution To Depression

Jeremy Pettit \$35.95

Workbook for changing how you feel by changing how you relate, and by improving day-to-day interactions.

Understanding Depression

Maria Prendergast \$29.95

An extremely accessible Australian book that defines depression, gives a comprehensive summary of treatment types available, and shares personal stories.

You Can Beat Depression

John Preston \$29.95

Self-help guide to prevention and recovery.

Helping Your Anxious Child

Ronald Rapee et al \$34.95

Second Edition : Step by step guide for parents to help their children with fears and insecurities.

Stress Can Really Get On Your Nerves

Trevor Romaine \$14.95

Great little handbook with cartoons to help children deal with anxiety

When Someone You Love Is Depressed

Laura Rosen \$27.95

How to help your loved one without losing yourself.

Conquering Postpartum Depression

Ronald Rosenberg \$26.00

A lifesaving book from experts in the field, a proven plan of recovery.

Fight Your Dark Shadow

Therrie Rosenvald \$24.95

Managing depression with Cognitive Behaviour Therapy.

I Just Want You To Be Happy

Leanne Rowe & David Bennett \$27.95

Preventing and tackling teenage depression. For parents, carers, teachers and friends.

Depression : The Way Out Of Your Prison

Dorothy Rowe \$35.00

Well known psychologist and expert in the field shares her insights into recovery.

Help Yourself

Helga Rowe \$34.95

Move out of depression and anxiety with this step by step plan.

Beyond The Blues

Lisa Schab \$24.95

Workbook for helping teens to overcome depression, deal with sadness and difficult feelings.

Anxiety Workbook For Teens

Lisa Schab \$24.95

Activities to help teens deal with anxiety and worry, and to feel calm in the face of every day problems.

Helping Your Child Cope With Depression And Suicidal Thoughts

Tonia Shamoo \$29.95

How to learn to communicate effectively with a depressed child, and how to determine the risk of suicide.

Dealing With Depression

Gerrilyn Smith \$26.75

An accessible resource book for anyone who has experienced depression either in themselves or others.

Depression Explained

Gwendoline Smith \$29.95

How you can help when someone you love is depressed.

The Mindfulness & Acceptance Workbook For Depression

Kirk Strosahl \$32.95

Understanding depression in a new way to help you move through it and create a good life.

The Panic Attack Recovery Book

Shirley Swede \$22.00

Step-by-step techniques to reduce anxiety and change your life, without using drugs.

Beating The Blues

Susan Tanner \$27.50

Self-help approach to overcoming depression by changing thinking habits.

Surviving Manic Depression

E.Fuller Torrey \$29.95

A manual on bipolar disorder for patients, families, and professionals. Looks at causes, symptoms, risk factors, and resources.

Worried No More

Aureen Wagner \$41.95

For parents, school, and healthcare professionals, on help and hope for anxious children.

Overcoming The Fear Of Fear

Margo Watt \$32.95

Complete guide to help in reducing anxiety sensitivity, maintaining progress, and preventing relapse.

Is He Depressed Or What?

David Wexler \$28.95

What to do when the man you love is irritable, moody and withdrawn. Is he struggling with depression?

A Secret Sadness

Valerie Whiffen \$26.95

Hidden relationships patterns that make women depressed.

The Truth About Depression

Charles Whitfield \$32.95

New choices to heal from depression from a doctor who explores the options of a drug free approach, and looks at the risks of using drugs alone.

Journeys With The Black Dog

Tessa Wigney ed \$24.95

Personal stories from sufferers of depression, from first symptoms, to success with gaining understanding and help.

Hot Stuff To Help Kids Worry Less

Jerry Wilde \$18,95

Anxiety management workbook for kids practical advice for primary age group.

The Mindful Way Through Depression

Mark Williams et al \$39.95

Freeing yourself from chronic unhappiness, includes a CD of guided meditation.

Beating The Blues

Xandria Williams \$27.40

Guide to avoiding and lifting depression

Treating Depression With Hypnosis

Michael Yapko \$54.00

Integrating Cognitive-Behavioural and strategic approaches, using hypnosis to support therapy.

Hand Me Down Blues

Michael Yapko \$25.00

How to stop depression from spreading in families, and how families can play a crucial role in recovery.

An End To Panic

Elke Zuercher-White \$48.95

Breakthrough techniques for overcoming panic attacks.

Other related booklists available : anger management, addiction/codependence, relationships, masculinity, self-esteem, mental illness Have a look on our webpage for these and other lists.

Helpful organizations

www.beyondblue.org.au

www.blackdoginstitute.org.au

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