



Turn the Page Book List

Recommended book titles for Turn the Page that Puke Ariki holds may be found by searching **Turn the Page** under **Subject Browse** on the library computer system

The following is a quick reference to finding book titles by using Dewey numbers. All books can be found on Level One Puke Ariki Library with the exception of a couple of the teenage titles that are held in Discover It.

Category A - Anxiety

616.85223 PEU (Back of row 7)

Anxiety, phobias, and panic: a step-by-step programme for regaining control of your life

616.8522 GAR (Back of row 7)

Phobias and how to overcome them: understanding and beating your fears

152.46 PEA (Back of row 1)

A brief history of anxiety: yours and mine / Patricia Pearson.

616.85 HUN (Back of row 7)

What your doctor may not tell you about anxiety, phobias, and panic attacks: the all-natural program that can help you conquer your fears

152.46 POT (Back of row 1)

The worrywart's companion: twenty-one ways to soothe yourself and worry smart

616.85223 SIL(Front of row 7)

Overcoming panic and agoraphobia : a self-help guide to using cognitive behavioral techniques

616.8522 KEN(Front of row 7)

Overcoming anxiety : self-help programme : a 3-part programme based on cognitive behavioral techniques

616.8522 KEN (Front of row 7)

Overcoming anxiety : self-help programme : a 3-part programme based on cognitive behavioral techniques

616.8522 KEN (Front of row 7)

Overcoming anxiety : self-help programme : a 3-part programme based on cognitive behavioral techniques / Helen Kennerley.

616.8527 SCO(Back of row 7)

Overcoming mood swings

Category DE – Depression

616.8527 WIL (Back of row 7)

Overcoming depression and low mood : a five areas approach / Chris Williams.

616.895 LIV (Back of row 7)

Living with bipolar: a guide to understanding and managing the disorder

616.8527 COW (Back of row 7)

Back from the brink too: helping your loved one overcome depression.

618.9285 COB (Back of row 7)

When nothing matters anymore: a survival guide for depressed teens

NZ616.8527 SMI (Back of row 7)

Depression explained: how you can help when someone you love is depressed

616.85 BIS (Front of row 7)

Taming the black dog a guide to overcoming depression

616.8522 KEN(Front of row 7)

Overcoming anxiety : self-help programme : a 3-part programme based on cognitive behavioral techniques / Helen Kennerley.

362.25 MIN

The mindful way through depression [book and CD] : freeing yourself from chronic unhappiness

616.8527 WIL (Back of row 7)

Overcoming depression and low mood : a five areas approach

613 LOW

Low-cost approaches to promote physical and mental health : theory, research, and practice

158.1 BUR (Back of row 1)

Ten days to great self-esteem / David D. Burns.

616.89142 GRE(Back of row 7)

"Mind over mood : change how you feel by changing the way you think.

616.89142 DIA(Back of row 7)

The dialectical behavior therapy skills workbook : practical DBT exercises for learning mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance

158.12 SIE(Back of row 1)

The mindfulness solution : everyday practices for everyday problems

158.2 DRY(Back of row 1)

Assertiveness step by step / Windy Dryden and Daniel Constantinou

616.8527 GIL(Back of row 7)

Overcoming depression : a self-help guide using cognitive behavioral techniques

Category DR - Drug/Alcohol Addiction

TNF618.92852WES (Teenage section downstairs – Discover It)

Hannah: my true story of drugs, cutting, and mental illness

616.86 SAU (Back of row 7)

Drug repair that works: how to reclaim your health, happiness and highs

362.299 GOR (Back row 4)

The agony of ecstasy

TNF362.299 (Teenage section downstairs – Discover It)

Speed

Category E - Eating disorders

616.85262 ALE (Back of row 7)

My kid is back: empowering parents to beat anorexia nervosa

616.85262 LAC (Back of row 7)

Overcoming anorexia

618.8526 COL (Back of row 7)

Eating with your anorexic: how my child recovered through family-based treatment - and yours can too.

616.85262 FRE(Back of row 7)

Overcoming anorexia nervosa : a self-help guide using Cognitive Behavioral Techniques

613.25019 GAU(Front row 6)

Overcoming weight problems : a self-help guide using cognitive behavioral techniques

616.85262 TRE (Front row 7)

Anorexia nervosa : a survival guide to families, friends, and sufferers

616.8526 FAI (Front row 7)
Overcoming binge eating

Category G - Grief

155.937 DRE (Back of row 1)
Saying goodbye to someone you love: your emotional journey through end of life and grief

155.937 MOR(Back of row 1)
Overcoming grief; a self help guide using cognitive behavioural techniques

155.937 TAT(Back of row 1)
The courage to grieve

Category P - Parenting Issues

NZ616.8498 JOH (Front row 7)
Getting a good night's sleep

NZ364.36 LAS (Back of row 4)
The power of mothers

616.89 KIT(Front row 7)
Youth mental health first aid : a manual for adults assisting youth

PC649.1 SIE (Left hand side back of row 8)
Parenting from the inside out - how a deeper understanding can help you raise children who thrive

NZ649.132 LAS (Left hand side back of row 8)
He'll be OK: growing gorgeous boys into good men

Category R - Relationship

158.1 ROB (Back of row 1)
Be yourself, everyone else is already taken: transform your life with the power of authenticity

158.2 HAR (Back of row 1)
ACT with love: stop struggling, reconcile differences, and strengthen your relationship with acceptance and commitment therapy

158.1 CAR (Back of row 1)
Let your past go and live: freedom from family, relationship and work baggage

248.84 (Front of row 2)
Wild at heart: discovering the secret of a man's soul

158.1 FEN (Back of row 1)
Overcoming low self-esteem: a self-help guide to using cognitive behavioural techniques.

616.89142 BUR(Front row 7)
The feeling good handbook

Category S - Stress

616.8521 ORA (Front row 7)
Shock waves: a practical guide to living with a loved one's PTSD

NZ158.1 GAR (Back of row 1)
Enrich your life with the power of mindfulness

158.1 FRO (Back of row 1)
From stress to success - in just 31 days!

613.192 JOH (Front row 7)
Natural stress and anxiety relief

155.9042 COP (Back of row 1)
Wellness recovery action plan : a system for monitoring, reducing and eliminating uncomfortable or dangerous physical symptoms and distressing emotional feelings or experiences

155.9042 LOO (Back of row 1)
Managing stress / Terry Looker and Olga Gregson.

152.47 DAV(Back of row 1)
Overcoming anger and irritability : a self-help guide using cognitive behavioral techniques

616.85822 KEN(Front row 7)
Overcoming childhood trauma : a self-help guide using cognitive behavioral techniques



Te Kaunihera-ā-Rohe o Ngāmotu
NEW PLYMOUTH DISTRICT COUNCIL
newplymouthnz.com

Puke Ariki

Puke Ariki, 1 Ariki Street, New Plymouth, phone 06 759 6060, www.pukeariki.com