



Llywodraeth Cymru  
Welsh Government

## Rhestr Lyfrau Presgripsiwn Llyfrau Cymru 2011/Booklist - Books Prescription Wales 2011

<http://howis.wales.nhs.uk/bpw>

[www.cymru.gov.uk](http://www.cymru.gov.uk)

Y Broblem / Problem addressed	Rhif / No.	Teitl y Llyfr / Book Title	Awdur(on) / Author(s)	Blwyddyn / Year	Cyhoeddwr / Publisher	ISBN
Gwyltineb / Anger	BPW51	Overcoming Anger and Irritability	Davies, William	2009	Robinson	1849011311
Anorecsia Nerfosa / Anorexia Nervosa	BPW52	Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers	Treasure, Janet	1997	Psychology Press	0863777600
	BPW53	Overcoming Anorexia Nervosa	Freeman, Christopher	2009	Robinson	1849011303
Pryder / Anxiety	BPW54	Overcoming Anxiety	Kennerly, Helen	2009	Robinson	1849010714
	BPW55	Overcoming Anxiety, Stress and Panic: A Five Areas Approach	Williams, Chris	2009	Hodder Arnold	0340986557
Pendantrwydd (Menywod) Assertiveness (Women)	BPW56	Woman in Your Own Right	Dickson, Anne	1982	Quartet Books	0704334208
Profedigaeth / Bereavement	BPW57	Living With Bereavement	James, Alex	2004	Elliot Right Way Books	0716021668
Anhwylder Gorfwyta a Bwlimia Nerfosa / Binge-Eating Disorder & Bulimia Nervosa	BPW58	Overcoming Binge Eating	Fairburn, Christopher	1995	Guilford Press	0898621798
	BPW59	Getting Better Bit(e) By Bit(e): A Survival Guide for Sufferers of Bulimia Nervosa and Binge Eating Disorders	Schmidt, Ulrike & Treasure, Janet	1993	Psychology Press	0863773222
Chronic Fatigue / ME	BPW60	Chronic Fatigue (The Facts)	Campling, Frankie & Sharpe, Michael	2008	Oxford University Press	0199233160
	BPW61	How to Manage Chronic Fatigue	Craggs-Hinton, Christine	2010	Sheldon Press	1847090648

Y Problem / Problem addressed	Rhif / No.	Teitl y Llyfr / Book Title	Awdur(on) / Author(s)	Blwyddyn / Year	Cyhoeddwr / Publisher	ISBN
Dementia	BPW62	A Personal Guide to Living with Progressive Memory Loss	Burgener Sandy & Twigg, Prudence	2007	Jessica Kingsley	1843108631
	BPW63	Dementia: Alzheimer's and other Dementias (At Your Fingertips)	Cayton, Harry, Graham, Nori & Warner, James	2008	Care Publishing	1859591485
	BPW64	Caring for the Person with Dementia	Alzheimer's Society	2009	The Alzheimer's Society	9791906647087
	BPW65	Simplicity of Dementia: A Guide for Family and Carers	Buijssen, Huub	2001	Jessica Kingsley	1843103214
Iselder / Depression	BPW66	Overcoming Depression and Low Mood: A Five Areas Approach	Williams, Chris	2009	Hodder Arnold	0340986050
	BPW67	Mind Over Mood	Greenberger, Dennis & Padesky, Christine	1995	Guilford Press	0898621283
	BPW68	The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness	Williams, Mark, Teasdale, John, Segal, Zindel & Kabat-Zinn, Jon	2007	Guilford Press	1593851286
Pryder am Iechyd / Health Anxiety	BPW69	Stop Worrying About Your Health	Zgourides, George. D	2008	Lulu.com	1435711920
Iselder Manig / Manic Depression	BPW70	Overcoming Mood Swings	Scott, Jan	2001	Robinson	9781849011297
Obsesiynau a Chymelliadau / Obsessions & Compulsions	BPW71	Overcoming Obsessive Compulsive Disorder	Veale, David & Willson, Robert	2009	Robinson	1849010722
	BPW72	Overcoming Obsessive Thoughts	Clark, David & Purdon, Christine	2005	New Harbinger Publications	1572243813
Panig / Panic	BPW73	Overcoming Panic and Agoraphobia	Silove, Derrick & Manicavasagar, Vijaya	2009	Robinson	1849010021
	BPW74	Panic Attacks: What They Are, Why They Happen, and What You Can Do About Them	Ingham, Christine	2000	Harper Collins	0007106904
PTSD/Trawma / PTSD/Trauma	BPW75	Overcoming Traumatic Stress	Herbert, Claudia & Wetmore, Ann	1999	Robinson	1841190160
Self-Esteem	BPW76	Overcoming Low Self Esteem	Fennell, Melanie	2009	Robinson	1849010684
	BPW77	Reinventing Your Life: How to Break Free from Negative Life Patterns	Young, Jeffrey E. & Klosko, Janet, S.	1998	Penguin Putnam Inc USA	0452272041
Sexual Abuse (Adult Survivors)	BPW78	Breaking Free: Help for Survivors of Child Sexual Abuse	Ainscough, Carolyn & Toon, Kay	2000	Sheldon Press	0859698106
	BPW79	The Survivor's Guide to Recovery from Rape & Sexual Abuse	Kelly, Robert A., Maxted, Fay & Campbell, Elizabeth	2005	Rugby RoSA	0955103703
Social Anxiety / Social Phobia	BPW80	Overcoming Social Anxiety and Shyness	Butler, Gillian	2009	Robinson	1849010005
Stress	BPW81	Total Relaxation (Paperback Plus CD)	Harvey, John	1998	Kodansha America, Inc	9781568362243
Worry	BPW82	The Worry Cure: Stop Worrying and Start Living	Leahy, Robert, L.	2006	Piatkus Books	0749927240