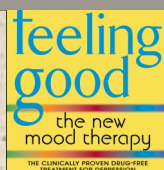


ebooks available on Overdrive or Borrow Box

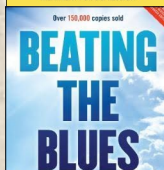
Feeling Good

The New Mood Therapy
David D Burns



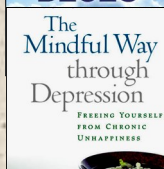
Beating The Blues

A Self-help Approach to Overcoming Depression
Susan Tanner/J Ball



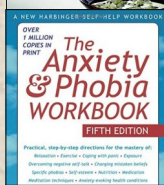
The Mindful Way Through Depression

Williams, Teasdale-Segal and Kabat-Zinn



The Anxiety & Phobia Workbook

Fourth Edition
E Bourne



The 10 Best-Ever Anxiety Management Techniques

Understanding How Your Brain Makes You Anxious
And What You Can do To Change It
Margaret Wehrenberg



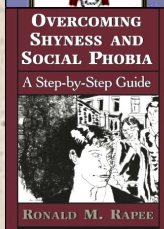
Living With IT

A Survivors Guide to Panic Attacks
Bev Aisbett



Overcoming Shyness And Social Phobia

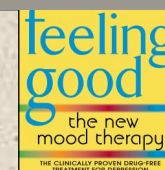
A Step-by-Step Guide
Ronald Rapee



ebooks available on Overdrive or Borrow Box

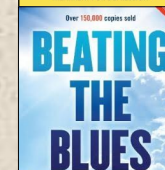
Feeling Good

The New Mood Therapy
David D Burns



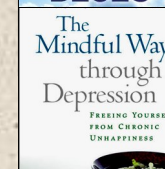
Beating The Blues

A Self-help Approach to Overcoming Depression
Susan Tanner/J Ball



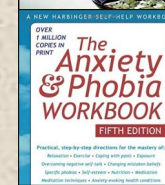
The Mindful Way Through Depression

Williams, Teasdale-Segal and Kabat-Zinn



The Anxiety & Phobia Workbook

Fourth Edition
E Bourne



The 10 Best-Ever Anxiety Management Techniques

Understanding How Your Brain Makes You Anxious
And What You Can do To Change It
Margaret Wehrenberg



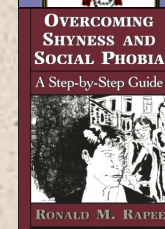
Living With IT

A Survivors Guide to Panic Attacks
Bev Aisbett



Overcoming Shyness And Social Phobia

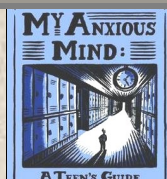
A Step-by-Step Guide
Ronald Rapee



ebooks available on Overdrive or Borrow Box

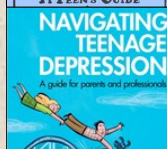
My Anxious Mind

A Teen's Guide To Managing Anxiety And Panic
Tompkins and Martinez



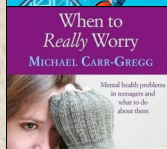
Navigating Teenage Depression

A Guide for Parents and Professionals
G Parker & K Evers



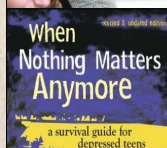
When To Really Worry

Michael Carr Gregg



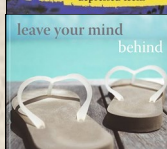
When Nothing Matters Anymore

Bev Cobain



Leave Your Mind Behind

Matthew McKay



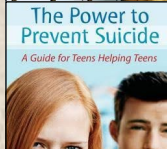
Tired But Wired

Nerina Ramlakhan



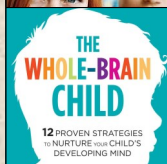
The Power To Prevent Suicide

Richard E Nelson



The Whole Brain Child

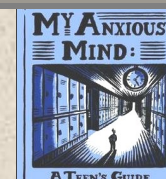
12 Revolutionary Strategies to Nurture Your Child's
Developing Brain
Dan Siegel



ebooks available on Overdrive or Borrow Box

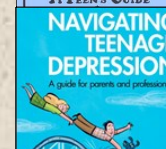
My Anxious Mind

A Teen's Guide To Managing Anxiety And Panic
Tompkins and Martinez



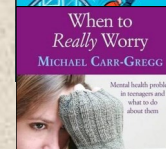
Navigating Teenage Depression

A Guide for Parents and Professionals
G Parker & K Evers



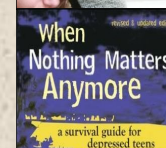
When To Really Worry

Michael Carr Gregg



When Nothing Matters Anymore

Bev Cobain



Leave Your Mind Behind

Matthew McKay



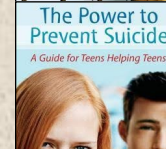
Tired But Wired

Nerina Ramlakhan



The Power To Prevent Suicide

Richard E Nelson



The Whole Brain Child

12 Revolutionary Strategies to Nurture Your Child's
Developing Brain
Dan Siegel

