

# Recommended Stop Smoking Book

The only stop smoking book endorsed by NHS Warwickshire Stop Smoking Service.

Can be used on its own or alongside support from your local NHS Stop Smoking Service.



The Smokefree Formula reveals the TRUTH about stopping smoking from leading expert Professor Robert West. This book shows, for the first time, how you can create your personal Smokefree Formula so that you are free from cigarettes for good. Professor Robert West is a world authority on smoking and addiction and has been helping smokers stop for more than 30 years. He is an advisor to the Department of Health and helped set up the NHS Stop Smoking Services.

## Available from:

All Warwickshire libraries (part of the Books on Prescription catalogue)  
Online: Amazon, Waterstones, WHSmith

**What a Warwickshire quitter said about the book:** *"Everything in the plan has been discussed with the NHS Stop Smoking Advisor. Professor West echoes the same thoughts and information, so the book has been a great accompaniment to the NHS service. I have absorbed fascinating facts about how my mind works – who this "demon" is that I am fighting and strategies to overcoming the loss of a crutch – and logically and rationally pushing forward."*

## To find your local NHS Stop Smoking Service contact:

0800 085 2917, text free "LIFE" to 80800 [www.smokefreewarwickshire.org](http://www.smokefreewarwickshire.org)

# Reading Well Books on Prescription



Books prescribed for: (please give **name, address, postcode**)

Books prescribed by: (please give your **name**)

Please give details of your **organisation** (name & address) or **surgery stamp**

Please give your **designation** (e.g. GP, IAPT Practitioner, Community Mental Health Team, Health Visitor)

Signed:

Date:

**Prescribers** – Please circle / highlight a particular book to recommend it, or circle / highlight a topic and suggest that the person might pick the best book , audio or e-book to suit their needs.

Topic	Format	Title	Author
Anger		Overcoming Anger & Irritability	Davies, W.
		Dealing with Anger	*C&WPT
Anxiety		Overcoming Anxiety	Kennerley, H.
		Overcoming Anxiety, Stress & Panic: A Five Areas Approach	Williams, C.
		Feel the Fear & Do it Anyway	Jeffers, S.
		Introduction to Coping with Anxiety	Hogan, B.
		Dealing with Negative Thinking	*C&WPT
		Relaxation	*C&WPT
Binge Eating / Bulimia Nervosa		Overcoming Binge Eating	Fairburn, C.
		Getting Better Bit(e) by Bit(e)	Schmidt, U.
		Overcoming Bulimia Nervosa & Binge Eating	Cooper, P.
Chronic Fatigue		Chronic Fatigue Syndrome	Campling, F.
		Overcoming Chronic Fatigue	Burgess, M.
Chronic Pain		Overcoming Chronic Pain	Cole, F.
Dementia		Understanding Alzheimer's Disease & Other Dementias	Graham, N.
		Living Your Best With Early-Stage Alzheimer's	Snyder, L.
		A Personal Guide to Living with Progressive Memory Loss	Burgener, S.
		Alzheimer's & Other Dementias	Cayton, H.

\* Coventry and Warwickshire Partnership Trust \*\* Royal College of Psychiatrists

Topic	Format	Title	Author
Depression		Overcoming Depression & Low Mood: A Five Areas Approach	Williams, C.
		Mind Over Mood	Greenberger, D.
		Manage your Mind	Butler, G.
		Overcoming Depression	Gilbert, P.
		I had a Black Dog	Johnstone, M.
		Living With a Black Dog – for carer	Johnstone, M.
		Sod It!: the Depression 'Virus' & How to Deal with it	Davies, M.
		The Mindful Way Through Depression	Williams, M.
Health Anxiety		Coping with Depression	**RCPsych.
		Overcoming Health Anxiety	Veale, D.
Obsessions & Compulsions		Introduction to Coping With Health Anxiety	Hogan, B.
		Overcoming Obsessive Compulsive Disorder	Veale, D.
		Understanding Obsessions & Compulsions	Tallis, F.
Panic		Break Free from OCD	Challacombe, F.
		Overcoming Panic & Agoraphobia	Silove, D.
		Panic Attacks	Ingham, C.
Phobias		Dealing with Panic Attacks	*C&WPT
Relationship Problems		An Introduction to Coping With Phobias	Hogan, B.
Self-Esteem		Overcoming Relationship Problems	Crowe, M.
		Overcoming Low Self-Esteem	Fennell, M.
		The Feeling Good Handbook	Burns, D.
Social Phobia		Assert Yourself	Lindenfield, G.
Sleep Problems		Overcoming Social Anxiety & Shyness	Butler, G.
		Overcoming Insomnia & Sleep Problems	Espie, C.
Smoking		Coping with Sleep Problems	**RCPsych.
Stress		The Smokefree Formula A Revolutionary Way to Stop Smoking Now	Professor Robert West PhD
		The Relaxation & Stress Reduction Workbook	Davis, M.
		Manage Your Stress for a Healthier Life	Looker, T.
		Sod It All! How to Deal with the Stress 'Virus' in your Life	Davies, M.
Worry		Coping with Stress at Work	**RCPsych.
		The Worry Cure	Leahy, R.
		How to Stop Worrying	Tallis, F.
		Dealing with Worry	*C&WPT

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**For full details of Reading Well Books on Prescription, including locations where collections are on display, how to request titles for collection at all local Warwickshire Libraries, and how to access e-books free with your library card, visit: [www.warwickshire.gov.uk/booksonprescription](http://www.warwickshire.gov.uk/booksonprescription)**

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