



Primary Care Psychological Therapy Service

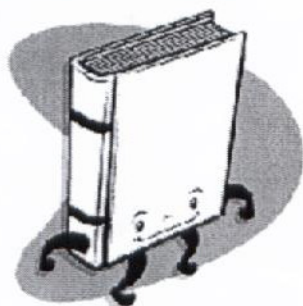
Self-Help Reading List

Stress

These books and websites can help if you have problems with stress:

Managing Stress

Terry Looker
Teach Yourself, 2003
ISBN 0340860073



Overcoming Traumatic Stress

Claudia Herbert
Robinson, 1999
ISBN 1841190160

Relaxation & Stress Reduction Workbook

Martha Davis
New Harbinger, 2000
ISBN 1572242140

