

Recommended self help materials.

Keren Fisher: Coping with physical disability and amputation

Fisher, K. (2006) *Coping with physical disability and amputation*. London. Sheldon Press.

Maggie Rich: Coping with Brain Injury.

Rich, M. (2005) *Coping with brain injury: How to help after accidents, stroke, and illness*. London. Sheldon Press.

Trevor Powell: Head Injury

Powell, T. (2004) *Head Injury, a practical guide*.

Kit Mahlia & Trevor Powell: The Brain Injury Workbook

Powell, T. & Malia, K. (1999) *The brain injury work book: exercises for cognitive rehabilitation*. Speechmark Publishing Ltd.

Irvin Yalom: Staring at the Sun

Yalom, I.D. (2008) *Staring at the Sun, Overcoming the dread of Death*. London. Piatkus Books.

Robert McCrum : My Year off, Rediscovering life after Stroke

McCrum, R. (2009) *My year off, Rediscovering life after stroke*. Picador.

Frances Cole, Helen Macdonald, Catherine Carcus, Hazel Howden - Leach:

Overcoming Chronic Pain, A self help guide using Cognitive Behavioural Techniques

Cole, F., Macdonald, H., Carcus, C., & Howden - Leach, H. (2005) *Overcoming Chronic Pain, A self help guide using Cognitive Behavioural Techniques*. London. Constable & Robinson.

Mary Burgess: Overcoming Chronic Fatigue

Burgess, M. (2005) *Overcoming Chronic Fatigue*. London. Constable & Robinson.

Neville Shone: Coping successfully with Pain.

Shone, N. (2002) *Coping successfully with Pain*. London. Sheldon Press.

Jamie Andrew: Life and Limb

Andrew, J. (2004) *Life and Limb*. Kent.Mackays Ltd.

Susan Elliot - Wright: Coping with Type 2 Diabetes

Elliot -Wright, S. (2005) *Coping with type 2 diabetes*. London. Sheldon Press.

Gill Hicks - One Unknown

Hicks, G. (2007) *One Unknown*. Rochdale. Rodale.

Tom Smith - Coping successfully with Prostate Cancer.

Smith, T. (2002) *Coping successfully with Prostate Cancer*. London. Sheldon Press.

Robert Bor, Carina Eriksen, and Ceildh Stapelkamp. Coping with the Psychological effects of cancer.

Bor, R., Eriksen, C. & Stapelkamp, C. (2010) *Coping with the psychological effects of cancer*. London. Sheldon Press.