



STUDENT SUPPORT LIBRARY

The College now has a collection of books and DVDs on a wide range of welfare issues. The Student Support Library is here to provide you with an additional resource for managing the various issues you may encounter during your time at university. These may be issues that you are facing yourself, or it may be that you need some information to help you support a friend.

Any student at Jesus College is very welcome to browse and borrow these items at any time. The Student Support Library is run on an honesty system and book borrowing is **anonymous** – there is no need to scan books out. Simply take the book you need from the shelves in the **Lower Library**. When you have finished with the book, just drop it back on the returns trolley.

If you have a comment about the Student Support Library or would like to suggest a book for inclusion, you can either email the Chaplain (chaplain@jesus.ox.ac.uk) or another member of the Welfare Team. Or, if you prefer to make a suggestion anonymously, simply put it in an envelope and deliver it to the Lodge.

Student Support Library Catalogue

Study Skills	Cooking	Coming to University	General Self-Help/Well-Being
Alcohol Problems	Anger Management	Anorexia Nervosa	Anxiety/Worry
Autism	Bereavement/Grief	Bipolar Disorder	Body Image Problems/BDD
Bulimia Nervosa/Binge-Eating	Counselling	Depression	Depression (Friends)
Dyslexia	Dyspraxia	Insomnia & Sleep Problems	Low Self-Esteem
LGBTQ Issues	Mindfulness	Obsessive-Compulsive Disorder	Panic Attacks
Procrastination	Relationships (Family)	Relationships (Marriage)	Relaxation
Self-Harm	Sex	Shyness/Social Anxiety	Stress
	Suicidal Feelings	Trauma	

STUDY SKILLS

Andrew Abbott, <i>Digital Paper: A Manual for Research and Writing with Library and Internet Materials</i>	SS1 ABB
Lesley Andres, <i>Designing & Doing Survey Research</i>	SS1 AND
Judith Bell with Stephen Walters, <i>Doing Your Research Project: A Guide for First-Time Researchers</i>	SS1 BEL
Michael Blastland & Andrew Dilnot, <i>The Tiger That Isn't: Seeing Through a World of Numbers</i>	SS1 BLA
Tracey Bowell & Gary Kemp, <i>Critical Thinking: A Concise Guide</i>	SS1 BOW
Tony Buzan & Barry Buzan, <i>The Mind Map Book: Unlock Your Creativity, Boost Your Memory, Change Your Life</i>	SS1 BUZ
Stella Cottrell, <i>The Study Skills Handbook</i>	SS1 COT
John W. Creswell, <i>Research Design: Qualitative, Quantitative, and Mixed Methods Approaches</i>	SS1 CRE
Mike Evans, <i>How to Pass Your Exams: Proven Techniques for Any Exams That Will Guarantee Success</i>	SS1 EVA
Gavin Fairbairn, <i>Reading at University: A Guide for Students</i>	SS1 FAI
Elizabeth Fisher & Richard Thompson, <i>Enjoy Writing Your Science Thesis or Dissertation: A Step-By-Step Guide to Planning and Writing a Thesis or Dissertation for Undergraduate and Graduate Science Students</i>	SS1 FIS
Uwe Flick, <i>An Introduction to Qualitative Research</i>	SS1 FLI
Floyd J. Fowler, <i>Survey Research Methods</i>	SS1 FOW
Inger Furseth & Euris Larry Everett, <i>Doing Your Master's Dissertation: From Start to Finish</i>	SS1 FUR
Andrew Goatly, <i>Critical Reading and Writing: An Introductory Coursebook</i>	SS1 GOA
David E. Gray, <i>Doing Research in the Real World</i>	SS1 GRA
Bryan Greetham, <i>How to Write Your Undergraduate Dissertation</i>	SS1 GRE
Jill K. Jesson with Lydia Matheson & Fiona M. Lacey, <i>Doing Your Literature Review: Traditional and Systematic Techniques</i>	SS1 JES
James D. Lester & James D. Lester, Jr., <i>Writing Research Papers: A Complete Guide</i>	SS1 LES
Peter Levin & Graham Topping, <i>Perfect Presentations!</i>	SS1 LEV
Thomas Mann, <i>The Oxford Guide to Library Research</i>	SS1 MAN
Grant McCracken, <i>The Long Interview</i>	SS1 MCC
Andrew Northedge, <i>The Good Study Guide</i>	SS1 NOR
Colin Robson, <i>How to do a Research Project: A Guide for Undergraduate Students</i>	SS1 ROB
Colin Robson & Kieran McCartan, <i>Real World Research: A Resource for Users of Social Research Methods in Applied Settings</i>	SS1 ROB
Derek Rowntree, <i>Learn How to Study: A Guide for Students of All Ages</i>	SS1 ROW
Maggi Savin-Baden & Claire Howell Major, <i>Qualitative Research: The Essential Guide to Theory and Practice</i>	SS1 SAV
John A. Sharp, John Peters & Keith Howard, <i>The Management of a Student Research Project</i>	SS1 SHA
David Silverman, <i>Interpreting Qualitative Data</i>	SS1 SIL
Peter Suber, <i>Open Access</i>	SS1 SUB
Chris Anderson, <i>TED Talks: The Official TED Guide to Public Speaking</i>	SS1 TED
Anne Thomson, <i>Critical Reasoning: A Practical Introduction</i>	SS1 THO
Joan van Emden & Lucinda Becker, <i>Presentation Skills for Students</i>	SS1 VAN

COOKING

Joy May, <i>Nosh4students: A Fun Cookbook for Students</i>	SS2 MAY
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COMING TO UNIVERSITY

Nicola Morgan, <i>The Leaving Home Survival Guide</i>	SS2 MOR
Lucy Tobin, <i>A Guide to Uni Life: The One Stop Guide to What Student Life is Really Life</i>	SS2 TOB

GENERAL SELF-HELP/WELL-BEING

Oliver Burkeman, <i>The Antidote: Happiness for People Who Can't Stand Positive Thinking</i>	SS3 BUR
Oliver Burkeman, <i>HELP!: How to Become Slightly Happier and Get a Bit More Done</i>	SS3 BUR
David D. Burns, <i>The Feeling Good Handbook</i>	SS3 DAV
Russ Harris, <i>The Illustrated Happiness Trap: How to Stop Struggling and Start Living</i>	SS3 HAR
Emily Reynolds, <i>A Beginner's Guide to Losing Your Mind: Survival Techniques for Staying Sane</i>	SS5 REY
David Servan-Shreiber, <i>Healing Without Freud or Prozac: Natural Approaches to Curing Stress, Anxiety and Depression</i>	SS5 SER
Richard Wiseman, <i>59 Seconds: Think a Little, Change a Lot</i>	SS3 WIS
Gillian Butler, <i>Manage Your Mind: The Mental Fitness Guide</i>	SS5 BUT

ALCOHOL PROBLEMS

Nick Heather & Ian Robertson, <i>Let's Drink to Your Health!: A Self-Help Guide to Sensible Drinking</i>	SS7 HEA
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ANGER MANAGEMENT

Gael Lindenfield, <i>Managing Anger: Simple Steps to Dealing with Frustration and Anger</i>	SS5 LIN
Ronald T. Potter-Efron, <i>Angry All the Time: An Emergency Guide to Anger Control</i>	SS5 POT

ANOREXIA NERVOSA

Christopher Freeman, <i>Overcoming Anorexia Nervosa: A Self-Help Guide Using Cognitive Behavioral Techniques</i>	SS7 FRE
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ANXIETY/WORRY

John P. Forsyth & Georg H. Eifert, <i>The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free From Anxiety, Phobias, and Worry Using Acceptance & Commitment Therapy</i>	SS5 FOR
Brenda Hogan & Lee Brosan, <i>An Introduction to Coping with Anxiety</i>	SS5 HOG
Kevin Meares & Mark Freeston, <i>Overcoming Worry and Generalised Anxiety Disorder: A Self-Help Guide Using Cognitive Behavioral Techniques</i>	SS5 MEA
Frank Tallis, <i>How to Stop Worrying</i>	SS5 TAL

AUTISM

Maxine C. Aston, <i>What Men with Asperger Syndrome Want to Know about Women, Dating and Relationships</i>	SS8 AST
Nick Dubin, <i>Asperger Syndrome and Anxiety: A Guide to Successful Stress Management</i>	SS8 DUB
Rudy Simone, <i>Aspergirls: Empowering Females with Asperger Syndrome</i>	SS8 SIM
Rudy Simone, <i>22 Things a Woman with Asperger's Syndrome Wants Her Partner to Know</i>	SS8 SIM
Liane Holliday Willey, <i>Safety Skills for Asperger Women: How to Save a Perfectly Good Female Life</i>	SS8 WIL

BEREAVEMENT/GRIEF

Sue Morris, <i>An Introduction to Coping with Grief</i>	SS5 MOR
Susan Wallbank, <i>Facing Grief: Bereavement and the Young Adult</i>	SS6 WAL
Alison Wertheimer, <i>A Special Scar: The Experiences of People Bereaved by Suicide</i>	SS6 WER

BIPOLAR DISORDER

Monica Ramirez Basco, <i>The Bipolar Workbook: Tools for Controlling your Mood Swings</i>	SS5 BAS
Michael W. Otto, <i>Living with Bipolar Disorder: A Guide for Individuals and Families</i>	SS5 OTT

BODY IMAGE PROBLEMS/BODY DYSMORPHIC DISORDER (BDD)

Katharine A. Phillips, <i>Understanding Body Dysmorphic Disorder: An Essential Guide</i>	SS5 PHI
Susie Orbach, <i>Fat is a Feminist Issue</i>	SS7 ORB

BULIMIA NERVOSA/BINGE-EATING

Ulrike Schmidt, Janet Treasure & June Alexander, <i>Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders</i>	SS7 SCH
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WHAT IS COUNSELLING?

Robert de Board, <i>Counselling for Toads: A Psychological Adventure</i>	SS3 DEB
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DEPRESSION

Paul Gilbert, <i>Overcoming Depression: A Self-Help Guide Using Cognitive Behavioral Techniques</i>	SS5 GIL
Sophia Gill, <i>101 Distractions from Depression, Self-Harm (and Other Soul-Destroyers)</i>	SS5 GIL
Kirk D. Strosahl & Patricia J. Robinson, <i>The Mindfulness & Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression & Create a Life Worth Living</i>	SS5 STR

DEPRESSION (FRIENDS)

Anne Sheffield, <i>How You Can Survive When They're Depressed: Living and Coping with Depression Fallout</i>	SS5 SHE
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DYSLEXIA

Vicki Goodwin & Bonita Thomson, <i>Making Dyslexia Work for You: A Self-Help Guide</i>	SS9 GOO
Ginny Stacey, <i>A Taste of Dyslexia: A Workshop [DVD]</i>	SS9 STA

DYSPRAXIA

Mary Colley, <i>Living with Dyspraxia: A Guide for Adults with Developmental Dyspraxia</i>	SS9 COL
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INSOMNIA AND SLEEP PROBLEMS

Colin A. Espie, <i>An Introduction to Coping with Insomnia and Sleep Problems</i>	SS5 ESP
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LOW SELF-ESTEEM

Russ Harris, <i>The Confidence Gap</i>	SS3 HAR
Melanie Fennell, <i>Overcoming Low Self-Esteem: A Self-Help Guide Using Cognitive Behavioral Techniques</i>	SS5 FEN

LGBTQ ISSUES

Kate Bornstein, <i>My New Gender Workbook: A Step-by-Step Guide to Achieving World Peace Through Gender Anarchy and Sex Positivity</i>	SS4 BOR
Stephen E. Goldstone, <i>The Ins and Outs of Gay Sex: A Medical Handbook for Men</i>	SS4 GOL
Nicholas Teich, <i>Transgender 101: A Simple Guide to a Complex Issue</i>	SS4 TEI
Matthew Todd, <i>Straight Jacket: How to be Gay and Happy</i>	SS4 TOD

MINDFULNESS

Mark Williams & Danny Penman, <i>Mindfulness: A Practical Guide to Finding Peace in a Frantic World</i>	SS5 WIL
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OBSESSIVE-COMPULSIVE DISORDER (OCD)

Jeffrey Schwartz, <i>Brain Lock: Free Yourself from Obsessive-Compulsive Behavior: A Four-Step Self Treatment Method to Change Your Brain Chemistry</i>	SS5 SCH
David Veale & Rob Willson, <i>Overcoming Obsessive Compulsive Disorder: A Self-Help Guide Using Cognitive Behavioral Techniques</i>	SS5 VEA

PANIC ATTACKS

Christine Ingham, <i>Panic Attacks: What They Are, Why They Happen, What You Can Do About Them</i>	SS5 ING
Charles Young, <i>An Introduction to Coping with Panic</i>	SS5 YOU

PROCRASTINATION

Andrea Perry, <i>Isn't it About Time?: How to Stop Putting Things Off and Get On With Your Life</i>	SS3 PER
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RELATIONSHIPS (FAMILIES)

Susan Forward and Craig Buck, <i>Toxic Parents: Overcoming their Hurtful Legacy and Reclaiming Your Life</i>	SS4 FOR
A.C. Robin Skynner, John Cleese & J.B. Handelsman, <i>Families and How to Survive Them</i>	SS4 SKY

RELATIONSHIPS (MARRIAGE)

Nicky Lee & Sila Lee, <i>The Marriage Book</i>	SS4 LEE
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RELAXATION

Alice Muir, <i>Relaxation Techniques: Teach Yourself</i>	SS3 MUI
Martha Davis, Elizabeth Robbins Eshelman & Matthew McKay, <i>The Relaxation & Stress Reduction Workbook</i>	SS3 DAV

SELF-HARM

Celia Richardson, <i>The Truth About Self-Harm: For Young People and Their Friends and Families</i>	SS5 MEN
Jan Sutton, <i>Healing the Hurt Within: Understand Self-Injury and Self-Harm, and Heal the Emotional Wounds</i>	SS6 SUT

SEX

Suzi Godson, <i>The Sex Book</i>	SS4 GOD
James McConnachie, <i>The Rough Guide to Sex: The Facts and Myths, The Taboos and the Toys</i>	SS4 MCC

SHYNESS/SOCIAL ANXIETY

Chris MacLeod, <i>The Social Skills Guidebook: Manage Shyness, Improve Your Conversations, and Make Friends, Without Giving Up Who You Are</i>	SS2 MAC
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STRESS

Lee Brosan, <i>An Introduction to Coping with Stress</i>	SS5 BRO
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SUICIDAL FEELINGS

Susan Rose Blauner, <i>How I Stayed Alive When My Brain Was Trying to Kill Me: One Person's Guide to Suicide Prevention</i>	SS5 BLA
Kate Bornstein, <i>Hello Cruel World: 101 Alternatives to Suicide for Teens, Freaks and Other Outlaws</i>	SS5 BOR

TRAUMA

Claudia Herbert, <i>Understanding Your Reactions to Trauma: A Guide for Survivors of Trauma and Their Families</i>	SS6 HER
Babette Rothschild, <i>8 Keys to Safe Trauma Recovery: Take-Charge Strategies to Empower Your Healing</i>	SS6 ROT
Bessell van der Kolk, <i>The Body Keeps the Score: Mind, Brain and Body in the Transformation of Trauma</i>	SS6 VAN

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