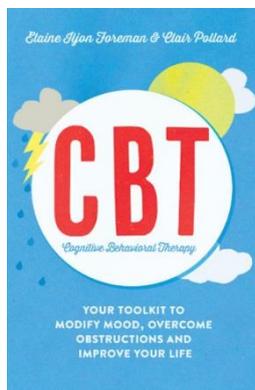


Reading Well Books on Prescription: Overview of the 37 mental health books

Introductions to therapies and approaches

Cognitive Behavioural Therapy (CBT)

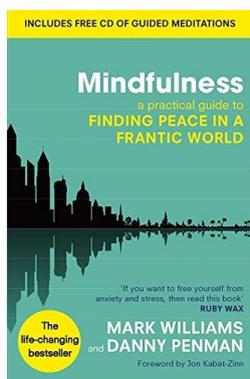


Cognitive Behavioural Therapy: Your Toolkit to Modify Mood, Overcome Obstructions and Improve Your Life by Elaine Iljon Foreman, Clair Pollard

ISBN: 9781848319509 **Format:** Paperback **Publication date:** June 2016 **Extent:** 240 pages **Other format:** ebook 9781848319516

Change can often seem like an impossible task, but this practical book will help you put it into perspective. With guidance from two experts, you'll recognise the behaviours and thoughts that hold you back, and will develop skills to think more positively, act more calmly and feel better about yourself. Using the same tools employed by CBT practitioners, this book is full of activities and experiments to explore and challenge, stories and exercises to provide perspective, and a clear framework to encourage and guide you. The authors' friendly and supportive approach will help you learn to manage recurrences of negative thinking and behaviours, and to develop strong coping strategies. CBT incorporates the latest therapies and research, including ACT and mindfulness, and explicitly addresses problem areas like insomnia and depression.

Mindfulness



Mindfulness: A practical guide to finding peace in a frantic world by Mark Williams and Dr Danny Penman

ISBN: 9780749953089 **Format:** Paperback **Publication date:** May 2011 **Extent:** 288 pages

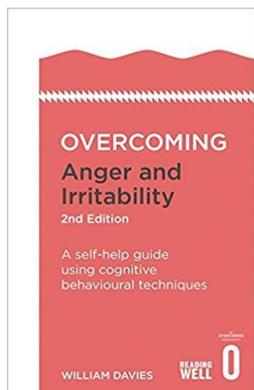
Other format: ebook 9780748126514, [Soundcloud online audio meditations](#)

This book and CD package has become a word-of-mouth bestseller and global phenomenon. It reveals a set of simple yet powerful practices that you can incorporate into daily life to break the cycle of anxiety, stress, unhappiness and exhaustion. The book details a unique programme developed by Oxford University

psychologist Professor Mark Williams with colleagues around the world. *Mindfulness* is based on mindfulness-based cognitive therapy (MBCT), which is recommended by the UK's National Institute for Health and Care Excellence.

Common feelings and experiences

Anger



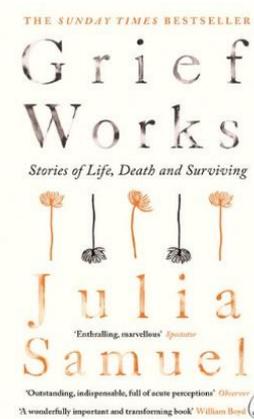
Overcoming Anger and Irritability, Second Edition by Dr William Davies

ISBN: 9781472120229 **Format:** Paperback **Publication date:** October 2016 **Extent:** 400 pages **Other format:** ebook 9781472120465, audiobook 9781405546164, downloadable resources www.overcoming.co.uk, [app also available](#)

Irritability or flashes of bad temper can cause difficulties in relationships with friends, family or colleagues and leave us feeling unhappy and exhausted. This fully updated and revised edition of William Davies' bestselling title is for anyone struggling to control their rage and regretting inappropriate reactions. It explains clearly what provokes anger and what we can do to prevent it. Techniques based on Cognitive

Behavioural Therapy offer a positive approach with long-term goals in mind and show how you can stay cool and successfully handle situations that would tax anyone.

Bereavement and loss

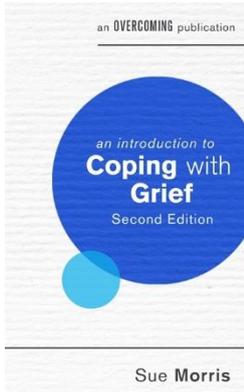


Grief Works: Stories of Life, Death and Surviving by Julia Samuel

ISBN: 9780241270776 **Format:** Paperback **Publication date:** March 2018 **Extent:** 320 pages **Other format:** ebook 9780241270752, audiobook 9780241980569

In *Grief Works* we hear stories from those who have experienced great love and great loss - and survived. Stories that explain how grief unmasks our greatest fears, strips away our layers of protection and reveals our innermost selves. Julia Samuel, a grief psychotherapist, has spent twenty-five years working with the bereaved and understanding the full repercussions of loss. This deeply affecting book is full of psychological insights on how grief, if approached correctly, can heal us. Through elegant, moving stories, we learn how we can stop feeling awkward and uncertain about death, and not shy away from talking honestly with family and friends. This

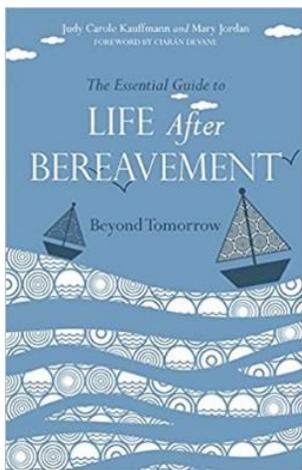
extraordinary book shows us how to live and learn from great loss.



An Introduction to Coping with Grief, Second Edition by Sue Morris

ISBN: 9781472140081 **Format:** Paperback **Publication date:** September 2017 **Extent:** 112 pages **Other format:** ebook 9781472140098, downloadable resources www.overcoming.co.uk, [app also available](#)

Grief is a natural reaction to loss but it can be devastating, preventing you from moving on in your life and affecting your relationships and work. This fully updated self-help guide offers an examination and explanation of the grieving process and outlines clinically-proven strategies, based on Cognitive Behavioural Therapy (CBT), to help you adjust to life without a loved one.

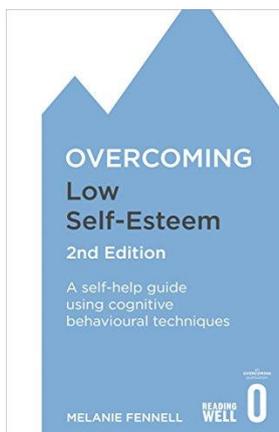


The Essential Guide to Life after Bereavement: Beyond Tomorrow by Carole Kauffmann and Mary Jordan

ISBN: 9781849053358 **Format:** Paperback **Publication date:** June 2013 **Extent:** 176 pages **Other format:** ebook 9780857006691

This book acts as a supportive map through the initial period of loss, and through the weeks and months that follow. The authors address the emotional aspects of bereavement, but also important and often overlooked practical considerations such as dealing with wills and other paperwork, personal possessions, making arrangements for funerals and memorial services, coping with the anniversaries of a death and resolving family conflict. Drawing on many real examples, they offer compassionate, realistic advice on dealing with guilt and other negative emotions, as well as helpful guidance on how and when to break the news of a death to others, including to children, people with learning disabilities and people with dementia.

Low self-esteem

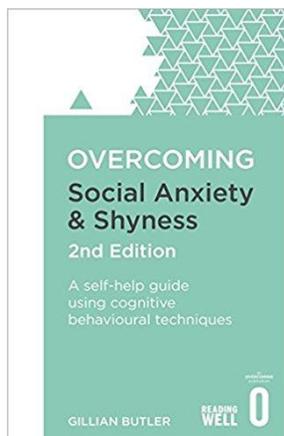


Overcoming Low Self-Esteem, Second Edition by Melanie Fennell

ISBN: 9781472119292 **Format:** Paperback **Publication date:** October 2017 **Extent:** 432 pages **Other format:** ebook 9781472119308, audiobook 9781405546157, downloadable resources www.overcoming.co.uk, [app also available](#)

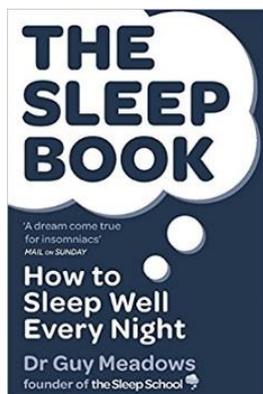
Low self-esteem can make life difficult in all sorts of ways. It can make you anxious and unhappy, tormented by doubts and self-critical thoughts. It can get in the way of feeling at ease with other people and stop you from leading the life you want to lead. It makes it hard to value and appreciate yourself in the same way you would another person you care about.

Social anxiety and shyness



Overcoming Social Anxiety and Shyness, Second Edition by Gillian Butler ISBN: 9781472120434 **Format:** Paperback **Publication date:** October 2016 **Extent:** 400 pages **Other format:** ebook 9781472120441, audiobook 9781405546171, downloadable resources www.overcoming.co.uk, [app also available](#) Everyone feels foolish, embarrassed, judged or criticised at times, but this becomes a problem when it undermines your confidence and prevents you from doing what you want to do. Extreme social anxiety and shyness can be crippling but they are readily treated using Cognitive Behavioural Therapy. In this fully revised and updated edition, Dr Gillian Butler provides a practical, easy-to-use self-help course which will be invaluable for those suffering from all degrees of social anxiety.

Sleep problems

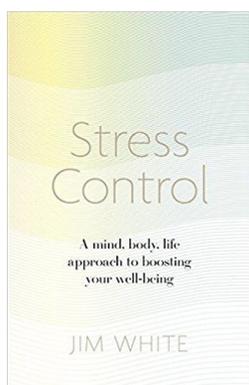


The Sleep Book: How to Sleep Well Every Night by Dr Guy Meadows

ISBN: 9781409157618 **Format:** Paperback **Publication date:** December 2014 **Extent:** 224 pages **Other format:** ebook 9781409158042,

A third of the population sleep badly, but you don't have to be one of them. Using a blend of mindfulness and new ACT therapy techniques, the book shares a unique five-week plan to cure your sleep problem whether it's a few restless nights or a lifetime of insomnia. *The Sleep Book* is the sum of a doctorate degree in sleep and well over 12,000 hours spent working with more than 2,000 insomniacs in one-to-one clinics, workshops and retreat environments.

Stress



Stress Control: A Mind, Body, Life Approach to Boosting Your Well-being by Jim White

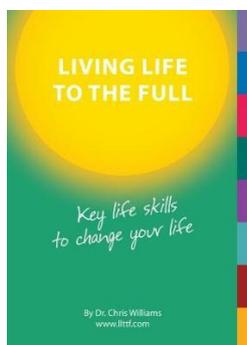
ISBN: 9781472137104 **Format:** Paperback **Publication date:** March 2017 **Extent:** 288 pages **Other format:** ebook 9781472137111

This accessible, jargon-free book combines clinically proven methods from Cognitive Behavioural Therapy (CBT), positive psychology and mindfulness to give you the tools you need to improve your mind and take on stress. Learn about stress and how it affects you, follow straightforward steps to get an instant sense of control, develop a set of linked skills for long-term stress management, boost your wellbeing and feel in control of your future.

Self-help books to support mental health

These books have been recommended to support psychological therapy

Wellbeing



***Living Life to the Full* by Chris Williams**

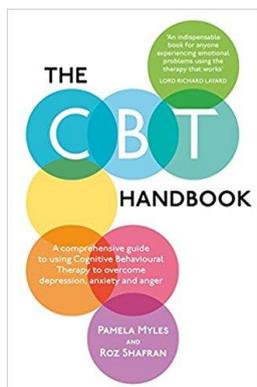
ISBN: 978-1906564582 **Format:** Paperback **Publication date:** **Extent:** 267 pages

Other format: digital worksheets, audio recordings and other free online resources

www.llttf.com

This course is a series of chapters and linked free online modules that have been proven to improve low mood and anxiety. As you read the book, you can print off any linked worksheets from www.llttf.com and practice the skills you are learning.

Developed by CBT expert Dr Chris Williams, this book uses an accessible format to help build a toolkit of skills for good mental health.

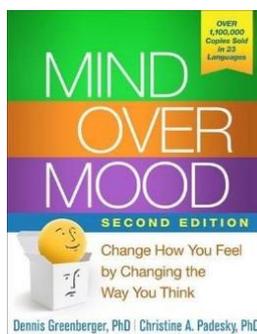


***The CBT Handbook: A Comprehensive Guide to Using CBT to Overcome Depression, Anxiety, Stress, Low Self-Esteem and Anger* by Pamela Myles and Roz Shafran**

ISBN: 9781780332017 **Format:** Paperback **Publication date:** April 2015 **Extent:** 528 pages **Other format:** ebook 9781472102362, downloadable resources

www.overcoming.co.uk, [app also available](#)

Cognitive Behavioural Therapy (CBT) is widely recommended in the NHS for the treatment of emotional and psychological conditions, such as depression, low self-esteem, low mood, chronic anxiety, stress or anger. This thorough yet easy-to-read general self-help guide is a must-have for anyone experiencing these common problems. An accessible yet authoritative guide written by two of the UK's leading CBT clinicians and researchers.



***Mind Over Mood, Second Edition* by Dennis Greenberger and Christine A. Padesky**

ISBN: 9781462520428 **Format:** Paperback **Publication date:** October 2015 **Extent:**

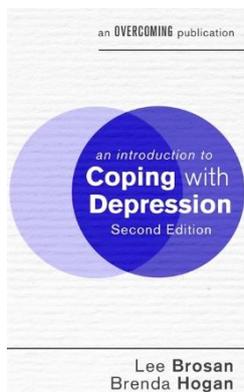
341 pages **Other format:** online resources www.guilford.com/MOM2-materials,

ebook 9781462522934 (or website download [here](#))

Identifying simple yet powerful steps you can take to overcome emotional distress and feel happier, calmer, and more confident. This life-changing book has already helped more than 1,100,000 readers to conquer depression, anxiety, panic attacks, anger, guilt, shame, low self-esteem, eating disorders, substance abuse, and relationship problems. Revised and expanded to reflect scientific developments, the second edition contains numerous new features: expanded content on anxiety; chapters on setting personal goals and maintaining progress; happiness

rating scales; gratitude journals; innovative exercises focused on mindfulness, acceptance, and forgiveness; and much more.

Depression

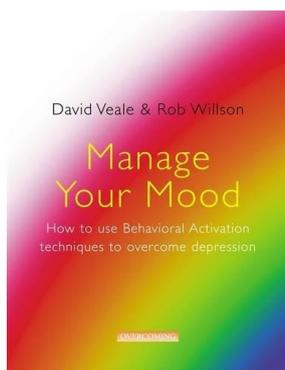


An Introduction to Coping with Depression, Second Edition by Lee Brosan and Brenda Hogan

ISBN: 9781472140210 **Format:** Paperback **Publication date:** January 2018 **Extent:** 96 pages

Other format: ebook 9781472140227, downloadable resources
www.overcoming.co.uk, [app also available](#)

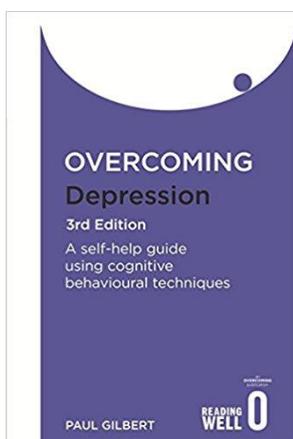
Written by experienced practitioners, this introductory book explains what depression is and how it can make you feel. It will help you to understand your symptoms and is ideal as an immediate coping strategy and as a preliminary to fuller therapy. You will learn how depression develops and what keeps it going, how to spot and challenge thoughts that maintain your depression and problem solving and balanced thinking skills.



Manage Your Mood: How to Use Behavioural Activation Techniques to Overcome Depression, Second Edition by David Veale and Rob Willson

ISBN: 9781845293147 **Format:** Paperback **Publication date:** September 2007 **Extent:** 288 pages **Other format:** downloadable resources www.overcoming.co.uk, [app also available](#)

With over 1,000,000 copies sold in 23 languages, this book has been called “the most influential Cognitive Behavioural Therapy publication” by the British Association for Behavioural and Cognitive Psychotherapies (BABCP). In an accessible format, this manual sets out step-by-step plans to teach proven, powerful strategies to transform your life. You can also [download PDFs](#) of all the helpful worksheets online.



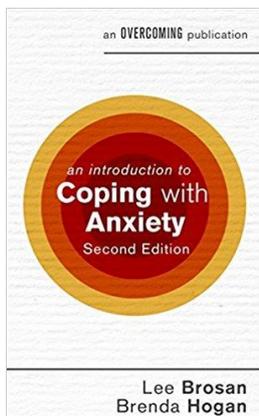
Overcoming Depression, Third Edition by Paul Gilbert

ISBN: 9781849010665 **Format:** Paperback **Publication date:** September 2009 **Extent:** 624 pages **Other format:** ebook 9781849011556, audiobook 9781405546188, downloadable resources www.overcoming.co.uk, [app also available](#)

This highly acclaimed book has been of benefit to thousands of people including people living with depression, as well as their friends and families. This fully revised third edition has been extensively updated and rewritten to reflect new research on understanding and treating depression, particularly the importance of developing compassionate ways of thinking, behaving and feeling. It contains helpful case

studies and new, easy-to-follow, step-by-step suggestions and exercises to help you understand your depression and lift your mood.

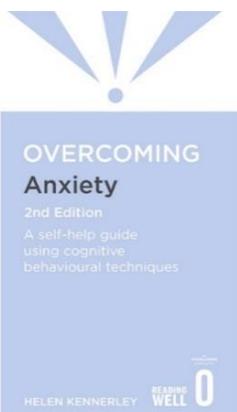
Anxiety and panic



***An Introduction to Coping with Anxiety, Second Edition* by Brenda Hogan and Lee Brosan**

ISBN: 9781472140241 Format: Paperback **Publication date:** January 2018 **Extent:** 112 pages **Other format:** ebook 9781472140234, downloadable resources
www.overcoming.co.uk, [app also available](#)

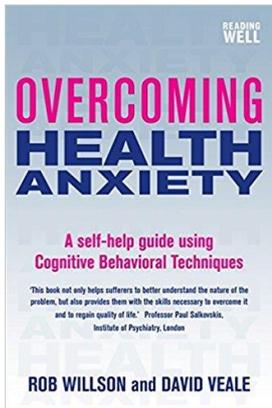
Written by experienced practitioners, this introductory book can help you if anxiety has become a problem. It explains what anxiety is and how it makes you feel when it becomes unmanageable or lasts for long periods of time. It will help you to understand your symptoms and is ideal as an immediate coping strategy or as a preliminary to therapy. You will learn what anxiety is and how it develops, physical symptoms to look out for, how to spot and challenge thoughts that make you anxious and ways to change how you behave in order to reduce your feelings of anxiety.



***Overcoming Anxiety, Second Edition* by Helen Kennerley**

ISBN: 9781849018784 Format: Paperback **Publication date:** May 2014 **Extent:** 416 pages **Other format:** ebook 9781472113979, audiobook 9781405546140, downloadable resources www.overcoming.co.uk, [app also available](#)

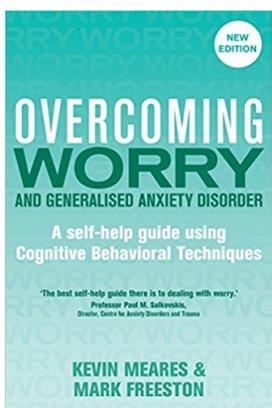
This ever-popular guide offers a self-help programme, written by one of the UK's leading authorities on anxiety and based on CBT, for those suffering from anxiety problems. A whole range of anxieties and fears are explained, from panic attacks and phobias to obsessive compulsive disorder (OCD) and generalised anxiety. It includes an introduction to the nature of anxiety and stress and a complete self-help programme with monitoring sheets based on Cognitive Behavioural Therapy.



Overcoming Health Anxiety by David Veale and Rob Willson

ISBN: 9781845298241 **Format:** Paperback **Publication date:** November 2009 **Extent:** 336 pages **Other format:** ebook 9781849014205, downloadable resources

www.overcoming.co.uk, [app also available](#) Many of us have a tendency to worry about our health. For some the anxiety becomes a problem, and they may spend many hours checking for symptoms, seeking reassurance from others, surfing the internet for information about different diseases, or repeatedly visiting the doctor. Using a structured, step-by-step approach the authors explain how the problem develops, how to recognize what feeds it and how to develop effective methods of dealing with it.



Overcoming Worry and Generalised Anxiety Disorder, Second Edition by Kevin Meares and Mark Freeston

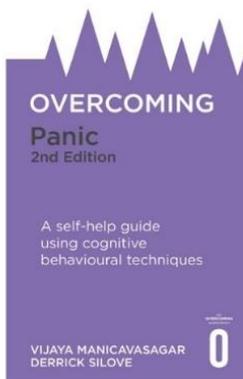
ISBN: 9781472107428 **Format:** Paperback **Publication date:** May 2015 **Extent:** 256 pages **Other format:** ebook 9781472113948, downloadable resources

www.overcoming.co.uk, [app also available](#)

Up to 44 in every 1000 adults suffer from Generalised Anxiety Disorder. This is more than the normal worrying we all do - it can lead to significant personal and social difficulties. This user-friendly, step-by-step approach explains why they worry, how to recognise what feeds it and develop effective methods of dealing with it. With each step the authors introduce new ideas that add to the picture of worry, and use

questionnaires, exercises and tasks to help the reader understand and then challenge unhelpful habits and beliefs.

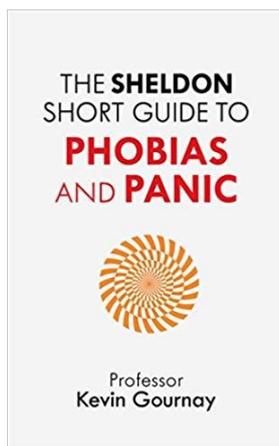
Overcoming Panic, Second Edition by Vijaya Manicavasagar and Derrick Silove



ISBN: 9781472135827 **Format:** Paperback **Publication date:** October 2017 **Extent:** 224 pages **Other format:** ebook 9781472135834, downloadable resources

www.overcoming.co.uk, [app also available](#)

Do you sometimes feel overwhelmed by feelings of panic that seem to come from nowhere and yet feel terrifyingly real? Do you avoid certain situations because you think you'll experience a panic attack? If so, this step-by-step self-help course can give you the necessary skills to overcome and prevent such attacks and the associated agoraphobia. Based on Cognitive Behavioural Therapy techniques and the authors' many years of experience and expertise in treating anxiety, it offers an indispensable guide for anyone affected, including people living with panic as well as their friends and families.

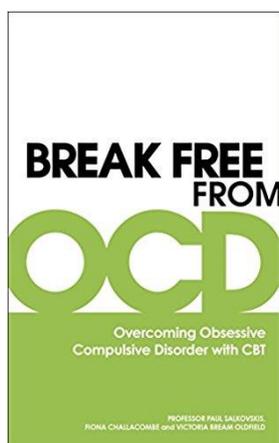


***The Sheldon Short Guide to Phobias and Panic* by Kevin Gournay**

ISBN: 9781847093684 **Format:** Paperback **Publication date:** October 2015 **Extent:** 64 pages **Other format:** ebook 9781847093691

Sheldon Short Guides let you grasp the essentials in less than an hour. Many people struggle with phobias. Common fears may range from crowded places to a fear of spiders or blood, but, the basic underlying mechanism is the same - acute anxiety. This book looks at how to tackle both specific phobias and the anxiety which causes such fear, and covers obsessive-compulsive disorder, social phobia, generalized anxiety state, and panic disorder with agoraphobia.

Obsessions and compulsions



***Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT* by Fiona Challacombe, Victoria Bream Oldfield, Paul M Salkovskis**

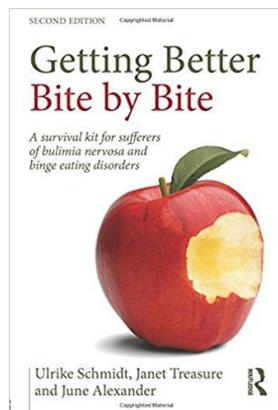
ISBN: 9780091939694 **Format:** Paperback **Publication date:** September 2011
Extent: 304 pages **Other format:** ebook 9781446491843

Obsessive worries can be a drain on daily life, but this practical guide, written by three leading Cognitive Behavioural Therapy experts, enables you to make sense of your symptoms, and gives a simple plan to help you conquer OCD. Includes: detailed information on the many different manifestations of OCD; the differences between normal and obsessive worries; clear information on treating your individual problem; real-life case studies and examples; and advice and support for

friends and family of people living with OCD.

Other common conditions

Binge eating and bulimia nervosa



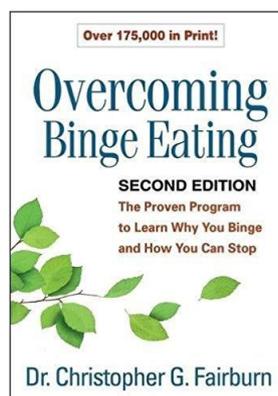
***Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders* by Ulrike Schmidt, Janet Treasure and June Alexander**

ISBN: 9781138797376 **Format:** Paperback **Publication date:** September 2015

Extent: 182 pages **Other format:** ebook 9781317622833

Providing an essential, authoritative and evidence-based self-help programme that has been used effectively for over 20 years. This new edition has updated content, drawing on the latest knowledge and providing step-by-step guidance for change based on solid research. The use of everyday language, stimulating contemporary case studies and helpful illustrations provide encouragement and hope. Authors

Ulrike Schmidt and Janet Treasure are world-renowned authorities on eating disorders, and June Alexander, who has lived experience of anorexia and bulimia, is a respected writer and internationally-known eating disorder awareness advocate.



***Overcoming Binge Eating Second Edition: The Proven Program to Learn Why You Binge and How You Can Stop* by Dr Christopher G. Fairburn**

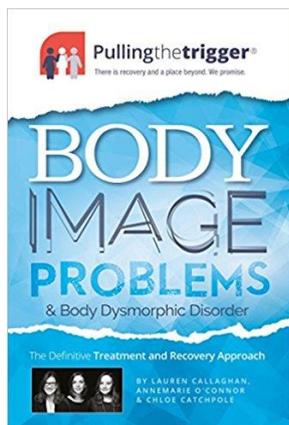
ISBN: 9781572305618 **Format:** Paperback **Publication date:** August 2013 **Extent:**

243 pages **Other format:** ebook 9781462510788 (also website download [here](#)), supporting digital resources at www.credo-oxford.com

This trusted bestseller provides all the information needed to understand binge eating and bring it under control, whether you are working with a therapist or on your own. Clear, step-by-step guidelines show you how to overcome the urge to binge, gain control over what and when you eat, break free of strict dieting and

other habits that may contribute to binges, establish stable, healthy eating patterns, improve your body image and reduce the risk of relapse. This fully updated second edition incorporates important advances in the understanding and treatment of eating disorders.

Body image and body dysmorphic disorder

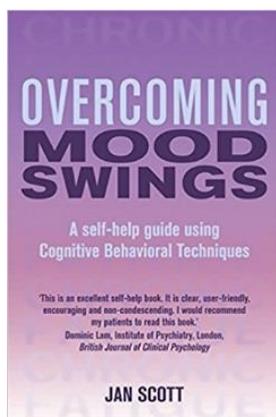


Body Image Problems and Body Dysmorphic Disorder: The Definitive Treatment and Recovery Approach by Chloe Catchpole, Lauren Callaghan, Annemarie O'Connor

ISBN: 9781911246107 **Format:** Paperback **Publication date:** July 2017 **Extent:** 272 pages **Other format:** ebook 9781911246114, audiobook 9781911246145

From the lived experience of Chloe Catchpole and clinical psychologists, Lauren Callaghan and Dr Annemarie O'Connor, this book is divided into two helpful, cohesive parts. In Part I we follow Chloe's struggle with body image and body dysmorphia. People living with any type of body image or anxiety conditions will identify with Chloe's experience. Part II is a unique, user-friendly self-help approach to support and guide mild, moderate and severe sufferers to a place called recovery and beyond.

Mood swings

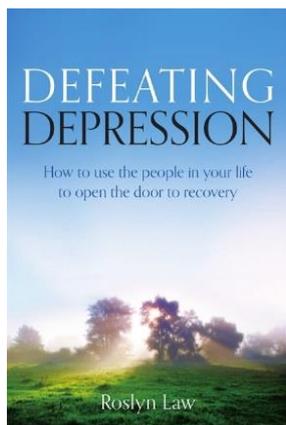


Overcoming Mood Swings, Second Edition by Jan Scott

ISBN: 9781849011297 **Format:** Paperback **Publication date:** March 2010 **Extent:** 304 pages **Other format:** ebook 9781849014236, downloadable resources www.overcoming.co.uk, [app also available](#)

Most people know what it is like to experience mood swings. For some people, emotional extremes can seriously disrupt their lives, either because they happen too frequently or because the mood swings are intense and are accompanied by other symptoms of depression or mania. This book is a self-help manual for those who have experienced mood swings and gives background information on depression and mania. The author uses tried and tested practical techniques that will help people identify and manage their mood more effectively, and achieve a more stable emotional state.

Depression and relationships

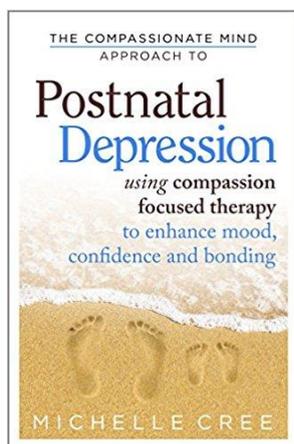


Defeating Depression: How to use the people in your life to open the door to recovery by Roslyn Law

ISBN: 9781849017121 **Format:** Paperback **Publication date:** August 2013 **Extent:** 544 pages **Other format:** ebook 9781780330808

This ground-breaking self-help book is based on Interpersonal Psychotherapy (IPT), a therapeutic approach adopted by the NHS. IPT focuses on the interactions between people to identify and improve how they are feeling and behaving in their relationships. By improving relationships where there may be tension, either exacerbated by depression, or perhaps even causing it, we can alleviate the symptoms and address the underlying causes of depression. This guide uses practical exercises and techniques with personal stories from people living with depression.

Postnatal depression



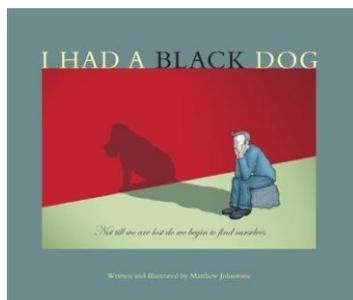
The Compassionate Mind Approach to Postnatal Depression: Using Compassion Focused Therapy to Enhance Mood, Confidence and Bonding by Michelle Cree

ISBN: 9781780330853 **Format:** Paperback **Publication date:** August 2015 **Extent:** 416 pages **Other format:** ebook 9781472104915

Having a baby can be a time of joy but also one of anxiety and even depression for new mothers. It is very common for new mothers to experience a short period of distress following childbirth and for more than 1 in 10 women, this distressing experience can be more prolonged. This practical self-help book based on Compassion Focused Therapy will help you to recognise some of the symptoms and, where appropriate, to normalise them, thereby alleviating their distress. It will also guide mothers-to-be and new mothers through the maze of confusing feelings that can arise.

Depression

***I Had a Black Dog* by Matthew Johnstone**

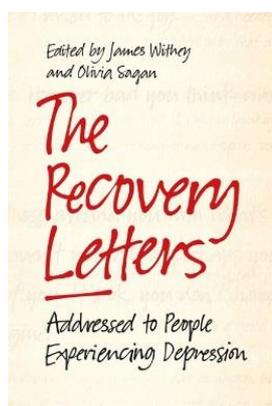


ISBN: 9781845295899 **Format:** Paperback **Publication date:** May 2007

Extent: 48 pages **Other format:** ebook 9781780339030

There are many different breeds of Black Dog affecting millions of people from all walks of life. The Black Dog is an equal opportunity mongrel. It was Winston Churchill who popularised the phrase Black Dog to describe the bouts of depression he experienced for much of his life. Matthew Johnstone has lived experience of depression and has written and illustrated this

moving and uplifting insight into what it is like to have a Black Dog as a companion and how he learned to tame it and bring it to heel. Mental Health Journal described it as 'A beautiful book, worth owning for the author's illustrations alone, in 48 pages Matthew condenses insight, advice and inspiration'.



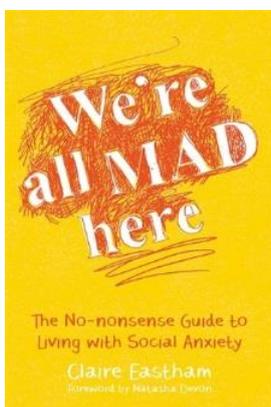
***The Recovery Letters* edited by James Withey and Olivia Sagan**

ISBN: 9781785921834 **Format:** Paperback **Publication date:** July 2017 **Extent:** 232 pages **Other format:** ebook 9781784504601, therecoveryletters.com

The Recovery Letters was launched to host a series of letters online written by people recovering from depression, addressed to those currently affected by a mental health condition. Addressed 'Dear You', the inspirational and heartfelt letters provide hope and support to those experiencing depression and are a testament that recovery is possible. Now these letters have been compiled into an anthology for people living with depression and are interspersed with motivating quotes and additional resources as well as new material written specifically for the book. This powerful

collection of personal letters from people with first-hand experiences of depression will serve as a comforting resource for anyone on the journey to recovery.

Social anxiety



***We're All Mad Here: The No-Nonsense Guide to Living with Social Anxiety* by Claire Eastham**

ISBN: 9781785920820 **Format:** Paperback **Publication date:** November 2016 **Extent:** 200 pages **Other format:** ebook 9781784503437

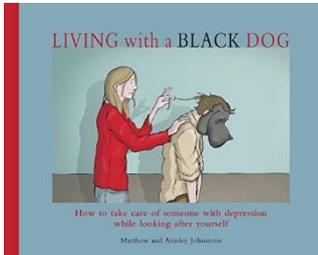
This no-nonsense guide to beating social anxiety covers everything from surviving university and the workplace, through to social media and making it through parties and dates (whilst actually enjoying them!). With honest insights about her own social anxiety and a healthy dose of humour, award-winning blogger Claire Eastham describes what social anxiety is, why it happens, and how you can lessen its effects

with lifestyle choices, talking therapies or even a hug from your favourite canine friend!

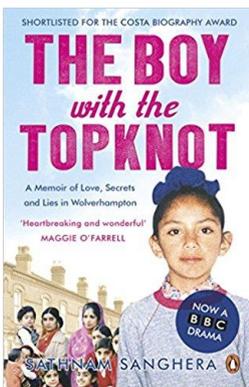
Support for carers

***Living with a Black Dog* by Matthew Johnstone and Ainsley Johnstone**

ISBN: 9781845297435 **Format:** Paperback **Publication date:** January 2009 **Extent:** 80 pages **Other format:** ebook 9781780339047



This second book from Matthew Johnstone, author of *I Had a Black Dog*, is an equally touching and beautifully illustrated book, written for those who care for those living with depression - friends, family members, colleagues, and even therapists. Matthew and his wife Ainsley offer a moving, inspirational and often humorous portrait of life with depression - not only for those experiencing it themselves, but for those close to them. *Living with a Black Dog* speaks directly to the carer and offers practical and sometimes tongue-in-cheek tips on helping the person with depression, such as 'Socks have little do with mental health. If people could just 'snap out of it' they would.' Based on their own experiences, Matthew and his wife Ainsley treat the subject of depression sympathetically, hopefully and, most importantly, humorously.



***The Boy with the Topknot: A Memoir of Love, Secrets and Lies in Wolverhampton* by Sathnam Sanghera**

ISBN: 9780141028590 **Format:** Paperback **Publication date:** April 2009 **Extent:** 336 pages **Other format:** ebook 9780670923090, audiobook 9781510094550, DVD

For Sathnam Sanghera, growing up in Wolverhampton in the eighties was a confusing business. His family's strange and often difficult behaviour was challenged at the age of twenty-four, when he made a discovery that changed everything he ever thought he knew about them. Equipped with breathtaking courage and a glorious sense of humour, he embarks on a journey into their extraordinary past - from his father's harsh life in rural Punjab to the steps of the Wolverhampton Tourist Office - trying to make sense of a life lived among secrets. It explores the sensitive subject of mental illness with courage and honesty, and by being authentic and specific to Sathnam and his wonderful family, it tells a universal truth about the human heart.