



## Resources - Books

*The resources listed here can be helpful companions, offering insight, reassurance, and a sense of being less alone. However, reading is often most effective when it sits alongside space to reflect, process, and be supported.*

*If you'd like to explore any of the themes raised here in more depth, I offer a warm, confidential space where we can work together at your pace. You're welcome to get in touch to arrange an initial conversation and see whether counselling with me feels right for you.*

### General Mental Health

**The Reading Agency** Reading Well Books on Prescription: Highly recommended, evidence-based books available through local libraries, often endorsed by NHS professionals.

<https://readingagency.org.uk/get-reading/our-programmes-and-campaigns/reading-well/reading-well-for-mental-health/>

**BookTrust** Offers curated lists for children and families.

<https://www.booktrust.org.uk/resources/mental-health/>

**NHS Borders** Specifically, lists from Public Health Dorset and NHS Trusts.

<https://www.nhsborders.scot.nhs.uk/patients-and-visitors/our-services/general-services/wellbeing-service/books-on-prescription/>

#### **Demystifying the Counselling Process:**

*Counselling for Toads: A Psychological Adventure* by Robert de Board

#### **For Anxiety & Stress:**

*Why Has Nobody Told Me This Before?* by Dr. Julie Smith

*The Anxiety and Phobia Workbook* by Edmund Bourne, *Overcoming Worry and Generalised Anxiety Disorder* by Kevin Meares and Mark Freeston



*The Happiness Trap* by Russ Harris.

**For Mind Management & Resilience:**

*The Chimp Paradox* by Prof Steve Peters,

*The Subtle Art of Not Giving a Fck\** by Mark Manson

*Atomic Habits* by James Clear.

**For Depression & Trauma:**

*Reasons to Stay Alive* by Matt Haig,

*The Body Keeps the Score* by Bessel van der Kolk

*I Had a Black Dog* by Matthew Johnstone.

**For Mindfulness & Well-being:**

*A Mindfulness Guide for the Frazzled* by Ruby Wax

*The Power of Now* by Eckhart Tolle

*The Comfort Book* by Matt Haig.

**Practical Self-Help & Workbooks:**

*The Mindful Self-Compassion Workbook, Overcoming Perfectionism* by Ros Shafran,

*A Manual for Being Human* by Dr. Sophie Mort.

## **Menopause**

**Understanding Menopause** by *Menopause Support*. This charitable organisation has launched an excellent 44-page free guidance booklet. You can download for free here.

[https://menopausesupport.co.uk/?page\\_id=17128](https://menopausesupport.co.uk/?page_id=17128)

**Preparing for the Perimenopause and Menopause** by *Dr. Louise Newson*: A top-rated guide from the UK's leading expert, covering symptoms, treatments, and debunking myths

**Perimenopause Power** by *Maisie Hill*: Focuses on navigating the hormonal shifts, focusing on understanding your body during the transition.



**What Fresh Hell Is This? Perimenopause, Menopause, Other Indignities, and You** by *Heather Corinna*: Widely regarded as the most inclusive, this book specifically addresses LGBTQIA+, transgender, non-binary, and gender-diverse people, as well as disability and intersectional experiences

**The Perimenopause Solution** by *Dr. Shahzadi Harper & Emma Bardwell*: A practical guide combining medical advice with nutrition for managing symptoms.

**Cracking the Menopause** by *Mariella Frostrup & Alice Smellie*: A frank, informative, and witty look at the realities of the menopause

**Everything You Need to Know About the Menopause (but were too afraid to ask)** by *Kate Muir*. A guide to the menopause, bringing you answers to all those questions that have been hidden behind a veneer of misplaced shame, bad science and centuries of patriarchy.

**The Definitive Guide to the Perimenopause and Menopause** by *Dr Louise Newson*. A Sunday Times Bestseller drawing upon exclusive new research, hundreds of case studies and Dr Newson's personal experience this book shares the facts, the science plus a range of medical and lifestyle changes that could help manage symptoms.

**Menopause: The One-Stop Guide** by *Kathy Abernethy*: A book that provides practical advice on dealing with the menopause, written by the former chair of the British Menopause Society.

**The Wisdom of Menopause** by *Dr. Christiane Northrup*. This book is a highly respected globally and provides a comprehensive look at menopause.

**Confessions of a Menopausal Woman** by *Andrea McLean*. A Sunday Times bestseller, this book provides an honest account of menopause from the perspective of a well-known TV presenter.



**Second Spring: The self-care guide to menopause** by *Kate Codrington*: described as ‘The ‘Artists Way’ of the menopause’, this book offers a new vision for menopause, mapping the psychological phases and showing how this period of life can be a time of personal growth. It includes a wealth of practical self-care practices to help soothe and manage symptoms.

**Men... Let’s Talk Menopause: What’s going on and what you can do about it** by *Ruth Devlin*. This book has been written specifically for men to help them better understand menopause and what is going on for the women in their lives.

#### **Other General Menopause Resources:**

**The Menopause Manifesto: Own Your Health with Facts and Feminism** by Dr. Jen Gunter

**Menopausal** by Davina McCall

**The Perimenopause Journal** by Kate Codrington

#### **LGBTQIA+ Specific Support:**

**Queerpause:** A Scotland-based LGBTQIA+ menopause online support group.

**All-Gender Peri/Menopause Facebook Group:** An online community for gender-diverse people.

**Menopause Whilst Black:** Podcasts and resources focused on Black British women's experiences, curated by Karen Arthur.

#### **Disclaimer:**

*These resources are intended to support wellbeing, but they are not a substitute for professional medical advice, diagnosis, or treatment. If you are in crisis or feel at risk, please contact a professional support service such as the Samaritans on 116 123 (UK), or seek urgent help via your GP or call 999.*