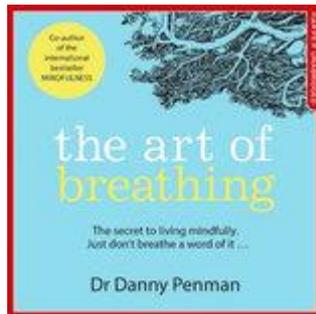


**Recommended titles with reviews by HSE Psychology staff
available on Borrowbox**

Adults



The art of breathing – Dr. Danny Penman (Available on e-audio)

A beautiful short book about conscious breathing, compassion and mindfulness. Very accessible. Short chapters with memorable quotes. Meditation without wordy theory.



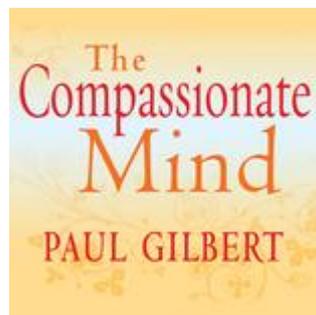
When Panic Attacks – Dr. Áine Tubridy (Available on both e-audio and e-book)

Very detailed and helpful information on managing panic attacks.



Coming through Depression – Tony Bates (Available on e-book)

Good all-round information on depression. Includes a section on meditation



The Compassionate Mind – Paul Gilbert (Available on e-audio)

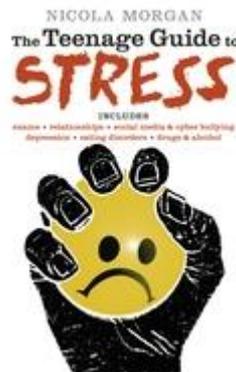
Detailed book for anyone who is looking for more information on the benefits of being self-compassionate and exercises to try out.

Young People



Sitting Still like a frog – Eline Snel (Available on both e-audio and e-book)

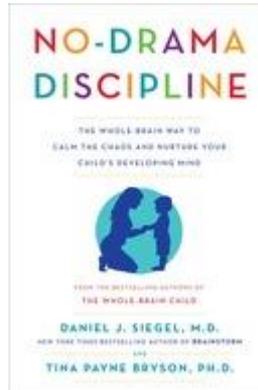
Aimed at children aged 5 & older. An excellent resource for parents interested in supporting their child in using mindfulness to understand & manage their feelings, develop greater concentration, patience, trust & knowledge of their body & its messages.



The Teenage Guide to Stress – Nicola Morgan (Available in e-book)

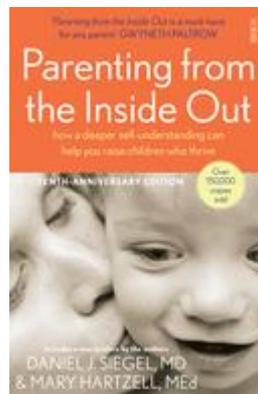
A practical and normalising stress guide for adolescents (and parents). Non-judgmental and informative.

Parents



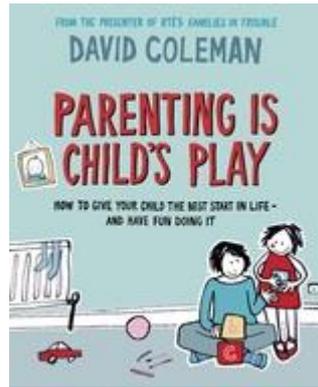
No drama discipline – Daniel J Siegel (Available on both e-audio and e-book)

Want to stop shouting and fighting with your child? This research-based parenting book provides alternative discipline techniques that move away from punishment and consequence. This book aims to remove the drama from discipline, promoting a more collaborative and respectful relationship between parent and child.



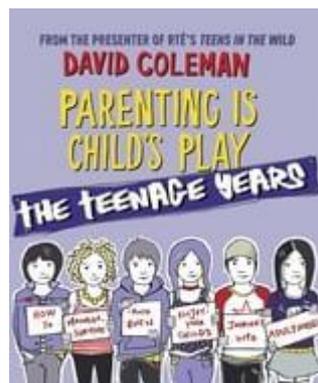
Parenting from the inside out – Daniel J Siegel (Available in e-book)

A comprehensive resource looking at how relationship affects brain development in children. Encourages parents to think about their own childhood experiences & their child's inner world. A challenging & detailed read.



Parenting is child's play – David Coleman (Available in e-book)

Focus on 0 – 6 years. Written by a clinical psychologist it gives helpful information on areas such as sleep, toilet training, eating habits & other parenting challenges. Looks at the importance of understanding your child's communication & promotes playful parenting.



Parenting is child's play – the teenage years - David Coleman (Available in e-book)

A comprehensive and accessible book with information about the tasks of adolescence and the tasks of parenthood in this developmental phase. Full of information about difficult topics and areas of conflict while also providing useful information on maintaining connection and communication.