

Healthy Ireland at Your Library Book List				
Topic Area	Author	Title	Publisher	ISBNs
Healthy Eating	Aoife Hearne	The plan	Gill (Ireland)	9780717170920
Healthy Eating	Paula Mee and Kate O'Brien	Your Middle Years	Gill (Ireland)	9780717169757
Healthy Eating	Kelly, V., Farrell, P. Dunne T	Feed your Child Well: babies, toddlers & older children	O'Brien Pres, 2017	978-1847178381
Healthy Eating	Llewellyn, Dr. Clare & Syrad, Dr Hayley	Baby food matters : What science says about how to give your child healthy eating habits for life	Hachette / Yellow Kite, 2018	978-1473663176
Healthy Eating	Henry, Karl	Healthy Living Handbook	Penguin Ireland (March 2018)	978-1844884209
Healthy Eating	Rayman, Margaret	Healthy Eating to Reduce the Risk of Dementia	Kyle Books, 2015	9780857832283
Healthy Eating	Michael EJ Lean, Emilie Combet	Barasi's Human Nutrition: A Health Perspective	Routledge, 2016	9781444137200
Healthy Eating	O'Rourke, Derval	Food for the Fast Lane	Gill & Macmillan, 2014	978-0717162888
Healthy Eating	Dr. Sue Shepherd	The Low-FODMAP Diet Cookbook: 150 simple and delicious recipes to relieve symptoms of IBS, Crohn's disease, coeliac disease and other digestive disorders	Vermilion, 2015	9780091955342
Wellbeing & Mental Health	Bates, Tony	Coming through depression	Gill (Ireland)	9780717147809
Wellbeing & Mental Health	Brosan, Lee	An Introduction To Coping With Depression	Robinson (UK)	9781845292836
Wellbeing & Mental Health	Brosan, Lee	An Introduction To Coping with Stress	Robinson (UK)	9781849013970
Wellbeing & Mental Health	Davis, Martha	The relaxation and stress reduction workbook	New Harbinger (US)	9781572245495
Wellbeing & Mental Health	Dennis Greenberger, Christine A. Padesky	Mind Over Mood: Change How You Feel by Changing the Way You Think	Guilford (US)	9781462520428
Wellbeing & Mental Health	Espe, Colm	An introduction to coping with sleep problems	Robinson (UK)	9781472138545
Wellbeing & Mental Health	Kabat-zinn, Jon	Mindfulness for Beginners: Reclaiming the Present Moment and Your Life	Sounds True (US)	9781622036677
Wellbeing & Mental Health	Vidyamala Burch & Danny Penman	Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing Stress and Restoring Wellbeing	Piatkus (UK)	9780749959241
Wellbeing & Mental Health	Murphy, Dr. Eddie	Becoming Your Real Self: A Practical Toolkit For Managing Life's Challenge	Penguin, 2015	978-1844883554
Wellbeing & Mental Health	Lucey, Pr. Jim	The Life Well Lived : Therapeutic Paths to Recovery and Wellbeing	TW Ireland, 2017	978-1848272330
Wellbeing & Mental Health	Davis, Nicola Dr	Eating disorder recovery handbook : a practical guide to long-term recovery	JK, 2016	9781785921339
Wellbeing & Mental Health	Eastham, Claire	We're All Mad Here: The No-Nonsense Guide to Living with Social Anxiety	Hachette/Jessica Kingsley, 2016	9781785920820
Wellbeing & Mental Health	Vijaya Manicavasagar, Derrick Silove	Overcoming Panic	Hachette / Robinson, 2017	9781472135827
Wellbeing & Mental Health	Morris, Sue	An introduction to coping with Grief	Hachette / Robinson, 2017	9781472140081
Wellbeing & Mental Health	Samuel, Julia	Grief Works: Stories of Life, Death and surviving	PRH, 2017	9780241270776
Wellbeing & Mental Health	Meadows, Guy	The Sleep Book: How to Sleep Well Every Night	Hachette/Orion 2014	9781409157618
Wellbeing & Mental Health	Ulrike Schmidt, Janet Treasure and June Alexander	Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders	Routledge, 2015	9781138797376
Parenting	Coleman, David	Parenting is child's play	Penguin Ireland	9781844881406
Parenting	Webster-Stratton, C	The Incredible Years :a trouble-shooting guide for parents of children aged 2-8 years	Incredible Years (US)	9781892222046
Parenting	O'Malley, Stella	Bully-proof kids: practical tools to help your child grow up confident, resilient and strong	Gill & MacMillan, 2017	9780717175420
Parenting	Sunderland, Margot	What every parent needs to know: the incredible effects of love, nurture and play on your child's development	DK	9780241216569
Parenting	Siegel, Pr. Daniel	Parenting from the Inside out	Scribe, 2013	9781922247445
Parenting	Sharry, John Dr.	Parenting teenagers : a guide to solving problems, building relationships and creating harmony in the family	Veritas, 2014	978-1847305732
Parenting	Sharry, John Dr.	Parenting When Separated	Veritas, 2013	978-1847304630
Parenting	Gilligan, Paul	Raising emotionally healthy children	Veritas, 2015	978-1847305916
Parenting	Haymand, S.and Coleman, J.	Parents and Digital Technology	Routledge, 2016	9781138933163
Parenting	Sunderland, Margot	Conversations That Matter: Talking with Children and Young Adultagers in Ways that Help	Worth Publishing, 2015	9781903269244
Parenting	Daniel J. Siegel, Tina Payne Bryson	No-drama discipline: The Whole-Brain Way to Calm the Chaos and Nurture your Child's Developing Mind	Faber & Faber - Scribe, 2016	9781922247568
Breastfeeding	Jack Newman, Teresa Pitman	Dr. Jack Newman's Guide to Breastfeeding	Pinter & Martin, 2014	9781780662305
Physical Activity	John G O'Dwyer	Pilgrim Paths in Ireland: A Guide	Collins Press (Ireland)	9781848893153
Physical Activity	Hugh O'Donovan	Mindful Walking: Walk Your Way to Mental and Physical Well-Being	Hachette Books Ireland	9781473613898
Physical Activity	Fairbairn, Helen	Ireland's Wild Atlantic Way: A Walking Guide	Collins Press, 2016	978-1848892675
Physical Activity	Fairbairn, Helen	Ireland's Best Walks: A Walking Guide	Collins Press, 2014	978-1848892118
Physical Activity	Forte, Carlo	Navigation in the Mountains: The Definitive Guide for Hill Walkers, Mountaineers & Leaders - the Official Navigation Book for All Mountain Leader Training Schemes	UKMTB, 2012	9780954151157
Physical Activity	Murakami, Haruki	What I Talk About When I Talk About Running	Vintage, 2009	9780909526155
Physical Activity	Barough, Nina	Walking for fitness: make every step count	DK Pub 2017	9780241278598
Physical Activity	Reynolds, Gretchen	The first 20 minutes: surprising science reveals how we can exercise better, train smarter, live longer	9781848316515	Avery publishing group, 2013
Physical Activity	Pavey, Jo	This mum runs	Yellow Jersey, 2017	9780224100434
Physical Activity	Robinson, Lynne	Pilates for Life: How to improve strength, flexibility and health over 40	Kyle Books	9780224100434
Physical Activity	McGrattan, Dr. Juliet	Sorted: the active woman's guide to health	Bloomsbury Sport, 2017	9781472924797
Physical Activity	McNulty, Enda	Commit! Make Your Mind and Body Stronger	Penguin, 2018	978-0241978849
Physical Activity	Flanagan, David	Cycling in Ireland	Three Rock Books, 2018	9780956787453
Physical Activity		The complete running and marathon book	Dorling Kindersley, 2014	9781409337638
Positive Ageing	Murphy, Trish	The challenge of retirement	Orpen Press, 2014	978-1909852322
Positive Ageing	O'Neill, Des	Ageing and caring: a guide for later life	Orpen Press, 2013	978-1871305319
Positive Ageing	Pachana, Nancy	Ageing: A Very Short Introduction	Oxford University Press, 2016	9780198725329
Positive Ageing	Cameron, Julia	The Artist's Way: A Course in Discovering and Recovering Your Creative Self	Macmillan, 2016	9781509829477
Positive Ageing	Gray, Muir	Sod it! Eat Well : Healthy Eating in your 60s, 70s and beyond	Bloomsbury, 2016	9781472927057
Positive Ageing	Gray, Muir	Sod sitting, get moving! Get active in your 60s, 70s and beyond	Bloomsbury, 2017	9781472943767
Positive Ageing	Shultz, Kenneth	Retirement: the psychology of reinvention	DK, 2016	9780241229545
Tobacco	Carr, Allen	Stop smoking with Allen Carr [book with audio disc]	Arcturus (UK)	9781848589971
Tobacco	Carr, Allen	Allen Carr's easy way to stop smoking. : be a happy non-smoker for the rest of your life.	Penguin (UK)	9781405923316
Tobacco	Doe, Allan	Most natural and effective ways to quit smoking : easy-to-do steps to end the cigarette habit forever	Speedy (US)	9781681275222
Alcohol	Carr, Allen	Easy Way to Control Alcohol	Arcturus (UK)	9781848374652
Alcohol	Carr, Allen and Aisbett, Bev	The illustrated easy way to stop drinking	Arcturus (UK)	9781784045043
Alcohol	Meyers, Robert	Get your loved one sober: alternatives to nagging, pleading and threatening	Hazelden (US)	9781592850815
Alcohol	Spada, Marcantonio	Overcoming Alcohol Misuse	Robinson (UK)	9781472138583
GIY	Kelly, Michael (RTE TV SERIES)	Grow Cook Eat	2018	9780993042614