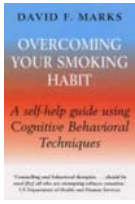
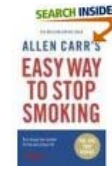


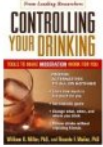

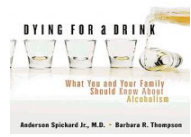



If you would like help finding any of these books at your library, please tick the appropriate box and give to library staff. They will be happy to help you.

Read Yourself Well: Smoking

 Marks	<u>OVERCOMING YOUR SMOKING HABIT</u> Using Cognitive Behavioral Therapy in changing negative or unhelpful patterns of behaviour and thoughts	Please Tick <input type="checkbox"/>	 Allen Carr	<u>EASY WAY TO STOP SMOKING</u> <i>"Reading this book was the best thing I could have done. It really is easy to stop smoking when you understand how the trap works".</i>	Please Tick <input type="checkbox"/>
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Read Yourself Well: Alcohol

 William Miller	<u>CONTROLLING YOUR DRINKING</u> The author shows readers how to become moderate drinkers by making small changes in everyday behaviour.	Please Tick <input type="checkbox"/>	 Spada, M	<u>OVERCOMING PROBLEM DRINKING</u> Using cognitive behavioral therapy, this is a useful read for those trying to cut down on their drinking and for their partners and families	Please Tick <input type="checkbox"/>
 Thompson & Spickard	<u>DYING FOR A DRINK</u> <i>"I've learnt so many things about drinking and its effects". Each chapter was so helpful!</i>	Please Tick <input type="checkbox"/>	 J Johnson	<u>WHY DO PEOPLE DRINK ALCOHOL</u> <u>FOR CHILDREN</u> A book about different types of drinks, effects of drinking, how it makes people feel and how drinking affects people's health.	Please Tick <input type="checkbox"/>

You can find your nearest library by using the following contacts:

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Telephone: 01604 462049

Email: enquiredirect@northamptonshire.gov.uk

If you would like to meet with one of the PCT's new Health Trainer's to discuss making healthy lifestyle changes call them **Free on 0800 085 1988.**