

Healthy Eating...

Hearne, Aoife	The Plan: Eat Well, Lose Weight, Transform Your Life
Mee, Paula & O'Brien, Kate	Your Middle Years
Henry, Karl	Karl Henry's Healthy Living Handbook
Rayman, Margaret	Healthy Eating to Reduce the Risk of Dementia
Shepherd, Dr. Sue	The Low-FODMAP Diet Cookbook
Davies, Nicola	I Can Beat Anorexia!
Davies, Nicola	Eating Disorder Recovery Handbook
Kelly, V; Farrell, P & Dunne, T	Feed Your Child Well: Babies Toddlers & Older Children
Boachie, Ahmed	A Parent's Guide to Defeating Eating Disorders

Wellbeing & Mental Health...

Bates, Tony	Coming Through Depression
Brosnan, Lee	An Introduction To Coping With Depression
Brosnan, Lee	An Introduction To Coping with Stress
Davis, Martha	The Relaxation and Stress Reduction Workbook
Greenberger, Dennis & Padesky, Christine A.	Mind Over Mood: Change How You Feel by changing the Way You Think
Espie, Colm	An Introduction to Coping with Insomnia and Sleep Problems
Kabat-Zinn, Jon	Mindfulness for Beginners:
Lindenfield, Gael	Assert Yourself
Looker, Terry	Managing Stress (Teach Yourself)
Burch, Vidyamala & Penman, Danny	Mindfulness for Health: A Practical Guide to Reliving Pain, Reducing Stress and Restoring Wellbeing
Murphy, Dr. Eddie	Becoming Your Real Self: A Practical Toolkit
Lucey, Pr. Jim	The Life Well Lived: Therapeutic Paths to Recovery and Wellbeing
Gates, Mariam	Good Night Yoga: A Pose-by-Pose Bedtime Story



Health Information
Guidance on access to information



Books on Health and Wellbeing
Large collection of books on health and wellbeing



Online Health Information
E-books, e-audiobooks and e-magazines



Programmes and Events
Talks, discussions and workshops relating to various health and well-being topics



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Alcohol...

Carr, Allen	Easy Way to Control Alcohol
Carr, Allen and Aisbett, Bev	The Illustrated Easy way to Stop Drinking
Meyers, Robert	Get Your Loved One Sober: Alternatives to Nagging, Pleading and Threatening
Spada, Marcantonio	An Introduction to Sensible Drinking
Spada, Marcantonio	Overcoming Problem Drinking

Tobacco...

Carr, Allen	Stop Smoking with Allen Carr
Carr, Allen	Allen Carr's Easy Way to Stop Smoking
Doe, Allan	Most Natural and Effective Ways to Quit Smoking
Seidman, Dr. Daniel F.	Smoke-Free in 30 Days
West, Robert	The Smokefree Formula

Parenting & Young People...

Coleman, David	Parenting is Child's Play
Sharry, Dr. John	Parent Power: Bringing Up Responsible Children & Teenagers
Webster-Stratton, C	The Incredible Years: A trouble-shooting guide for parents of children aged 2-8 years
Collins-Donnelly, Kate	Banish You Self Esteem Thief!
Ironside, Virginia	Huge Bag of Worries
O'Malley, Stella	Bully-Proof Kids: Practical Tools to Help Your Child...
Sunderland, Margot	What Every parent Needs to Know
Siegal, Pr. Daniel	Parenting From the Inside Out
Sharry, Dr. John	Parenting Teenagers: A Guide to Solving Problems
Sharry, Dr. John	Parenting When Separated
Gilligan, Paul	Raising Emotionally Healthy Children
Haymand, S. and Coleman, J.	Parents and Digital Technology
Morgan, Nichola	Blame My Brain
Morgan, Nichola	The Teenage Guide to Stress
Anonymous	Go Ask Alice

Positive Ageing...

Murphy, Trish	The Challenge of Retirement
O'Neill, Des	Ageing & Caring: A Toolkit for Later Life
Pachana, Nancy A.	Ageing: A Very Short Introduction
Cameron, Julia	The Artists Way
Gray, Muir	Sod It! Eat Well: Healthy Eating in Your 60s, 70s and Beyond
Gray, Muir	Sod Sitting! Get Moving! Get Active in Your 60s, 70s and Beyond
Shultz, Kenneth	Retirement: The Psychology of Reinvention
Carson, Kimberly	Relax into Yoga for Seniors: A Six Week program...
Morris, Reg	Rebuilding Your Life After Stroke

Physical Activity...

John G O'Dwyer	Pilgrim Paths in Ireland: A Guide
Hugh O'Donovan	Mindful Walking: Walk Your Way to Mental and Physical Well-Being
Fairbairn, Helen	Ireland's Wild Atlantic Way: A Walking Guide
Fairbairn, Helen	Ireland's Best Walks: A Walking Guide
Forte, Carlo	Navigation in the Mountains: Definitive Guide for Hill Walkers, Mountaineers & Leaders
Murakami, Haruki	What I Talk About When I Talk About Running
Barough, Nina	Walking for Fitness
Reynolds, Gretchen	The First 20 Minutes: Surprising Science reveals How We can Exercise Better, Train Smarter, Live Longer
Pavey, Jo	This Mum Runs
Robinson, Lynne	Pilates for Life: How to Improve Strength, Flexibility and Health Over 40
McGrattan, Dr. Juliet	Sorted: The Active Woman's Guide to Health
Jones, Julia & Reid, Shauna	Up & Running: You 8 Week Plan to go from 0-5k