

# The Knowledge

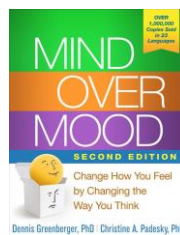
*New resources & news from your Knowledge & Library Service*



## New eBook collection

We have recently increased our collection of eBooks so there are lots of new titles that you can now read online, both on and off site. Some of the eBooks can also be downloaded on to a device of your choice, e.g. a PC, tablet or smart phone, for up to 14 days.

The titles cover a range of subject areas, including wellbeing, study skills and reflection and also include electronic versions of some of our most popular print books, such as the new edition of [Mind over Mood](#) and all 31 books in the [Overcoming Series](#).



Just search for your book or subject on the [Library catalogue](#) and look out for the eBook icon: **eBk**

You will need an NHS Athens account to access all of the eBooks in our collection, if you don't have an account it's easy to [register online](#).

For more information on how to access and use eBooks please view our new [user guides](#) or contact the Library.

## Library Opening Hours

Mon	9am - 5pm
Tue	9am - 5pm
Wed	9.30am - 6.30pm
Thur	9am - 5pm
Fri	9.30am - 4pm

**“People can lose their lives in libraries. They ought to be warned.”**

– [Saul Bellow](#)



5 Boroughs Partnership  
NHS Foundation Trust



#### Contact Us

**Tel:** 01925 664802

**Internal ext:** 3502

**Fax:** 01925 664454

**Email:**

[library.5bp@5bp.nhs.uk](mailto:library.5bp@5bp.nhs.uk)

**Post:**

Library  
Hollins Park House  
Hollins Lane  
Winwick  
Warrington  
WA2 8WA



## Changes to Healthcare Databases Advanced Search (HDAS)

HDAS is the site that many staff use to search databases such as PsycInfo, CINAHL and Medline. It is currently being redeveloped and a version of the new site is available for testing – so you may see it when you access HDAS. We will keep you informed of developments but if you have any questions please contact the Library.



## Tell us what you think!

We're about to write our new Library strategy, which will set out how we deliver our service over the next 3 years. We want to hear from people that use our services and those that don't, to help us plan what to do. The survey is completely anonymous and will only take about 5 minutes to complete.



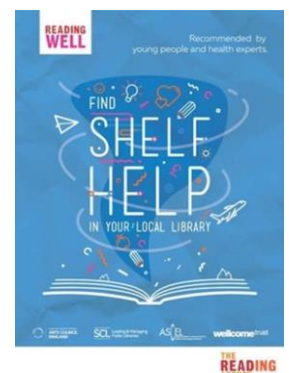
We'd really like to hear from you - [please share your views by completing our survey](#).

The survey closes on the 10 June 2016.

## Reading Well for Young People

The Reading Agency has recently launched the Reading Well for Young People scheme. This is a new area for the Reading Well project that builds on their dedicated collections for [common mental health conditions](#) and [dementia](#).

The new booklist covers topics and conditions including anxiety, depression, self-harm, body image and eating disorders, as well as experiences such as bullying. Books from the collection can be found on the [Library catalogue](#) and also in the New Books list below.



Practitioners offering support to young people can recommend helpful reading using the [scheme leaflet](#); this book recommendation can be taken to the local library where the book can be borrowed for free.

### Contact Us

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[library.5bp@5bp.nhs.uk](mailto:library.5bp@5bp.nhs.uk)

### Post:

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## New Mood-boosting books

The new 2016 Mood-boosting collection is now available in the Library. This contains a range of uplifting fiction, non-fiction, poetry and short stories recommended by readers and reading groups.

You can view all of the books in the Mood-boosting collection on the [Library catalogue](#) and view the 2016 titles in the New Books list below.



## World Book Night 2016

We would like to thank all of the staff who took part in the book swap event to celebrate World Book Night. We really appreciated all of the donations and recommendations that we received, and hope that everyone who came to the event is enjoying their new books.



The signed Graham Norton memoir was won by Isabelle Aldred, a medical student.

Remember our book swap stand is always available, so you can 'pass it on' and pick up a book whenever you like.

## EndNote training

Studying? Doing research? Reference list becoming unwieldy? We can teach you how to use EndNote reference management software in 45 minutes. EndNote software enables you to manage all of your references in one location and also create in-text citations/ bibliographies using 'cite while you write'.

The software is available on all of the PCs in the Library and you can also access a basic free version via the web which gives limited use of EndNote. [Contact us](#) to book a one-to-one session at a time convenient for you.

## New Books

Here are a selection of the books added to Library over the last few months:

You can access the full Library catalogue from our [Books](#) page on People Direct

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## New books in the Library

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Mindfulness for dummies 2nd ed. [e-book]

Shamash Alidina (2014)

BF100

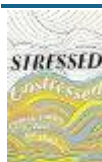
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Quiet the mind : an illustrated guide on how to meditate

Matthew Johnstone (2012)

BF100

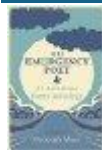


Stressed, unstressed : classic poems to ease the mind

Jonathan Bate (2016)

F100

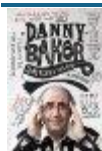
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The emergency poet : an anti-stress poetry anthology

Deborah Alma (2015)

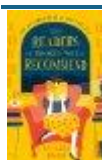
F200



Going to sea in a sieve : the autobiography

Danny Baker (2013)

F200



The readers of broken wheel recommend

Katarina Bivald (2015)

F200



Police, crime & 999 : the true story of a front line officer

John Donoghue (2011)

F200



Top secret twenty-one

Janet Evanovich (2015)

F200



The Eyre affair

Jasper Fforde (2001)

F200



Making history

Stephen Fry (2011)

F200



Fragile things

Neil Gaiman (2006)

F200



The prophet

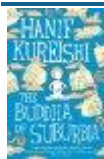
Kahlil Gibran (2013)

F200





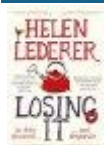
Ross Poldark : a novel of Cornwall, 1783-1787  
Winston Graham (2015)  
F200



The Buddha of suburbia  
Hanif Kureishi (1990)  
F200



The president's hat  
Antoine Laurain (2013)  
F200



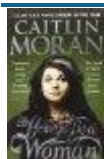
Losing it  
Helen Lederer (2015)  
F200



The penguin lessons  
Tom Michell (2015)  
F200



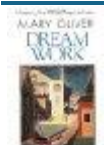
Winnie the Pooh : the house at Pooh corner  
A. A Milne (2013)  
F200



How to be a woman  
Caitlin Moran (2012)  
F200



The extraordinary life of Frank Derrick, age 81  
J. B Morrison (2014)  
F200



Dream work  
Mary Oliver (1986)  
F200



A tale for the time being  
Ruth Ozeki (2013)  
F200



Mort : a Discworld novel  
Terry Pratchett (2012)  
F200



A year of good eating : the kitchen diaries III  
Nigel Slater (2015)  
F200





Elizabeth is missing  
Emma Healey (2014)  
F300



I had a black dog : his name was depression  
Matthew Johnstone (2007)  
F300



The reflective practice guide : an interdisciplinary approach to critical reflection [e-book]  
Barbara Bassot (2015)  
L57



Reflection : principles and practices for healthcare professionals 2nd ed. [e-book]  
Tony Ghaye (2014)  
L57



Essentials of human diseases and conditions 6th ed.  
Margaret Schell Frazier (2016)  
QZ100



A beginner's guide to critical thinking and writing in health and social care [e-book]  
Helen Aveyard (2011)  
W18.1



Student survival skills : study skills for nurses [e-book]  
Claire Boyd (2014)  
W18.1



The ultimate study skills handbook [e-book]  
Sarah Moore (2010)  
W18.1



Writing, reading, and understanding in modern health sciences : medical articles and other forms of communication  
Milos Jenicek (2014)  
W18.2



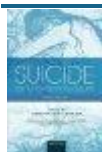
An introduction to systematic reviews [e-book]  
David Gough (2012)  
W84.3



Introduction to research methods and data analysis in the health sciences  
Gareth Hagger-Johnson (2014)  
W84.3



Research methods for nursing and healthcare [e-book]  
John Maltby (2013)  
W84.3



Suicide : an unnecessary death 2nd ed.  
Danuta Wasserman (2016)  
W864



Medical statistics : a guide to SPSS, data analysis and critical appraisal 2nd ed. [e-book]  
Belinda Barton (2014)  
WA950



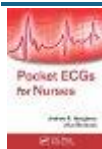
Medical statistics : a guide to SPSS, data analysis and critical appraisal 2nd ed.  
Belinda Barton (2014)  
WA950



Medical statistics made easy 3rd ed.  
Michael Harris (2014)  
WA950



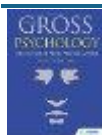
Medical statistics made easy 3rd ed. [e-book]  
Michael Harris (2014)  
WA950



Pocket ECGs for nurses  
Andrew R Houghton (2016)  
WG100



Basic electrocardiography  
Brent G Petty (2016)  
WG100



Psychology : the science of mind and behaviour 7th ed.  
Richard Gross (2015)  
WLM100



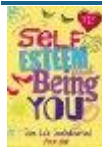
Managing anger with CBT for dummies [e-book]  
Gill Bloxham (2013)  
WLM222



Anger management for dummies 2nd ed. [e-book]  
Laura L Smith (2015)  
WLM222



Banish your self-esteem thief : a cognitive behavioural therapy workbook on building positive self-esteem for young people  
Kate Collins-Donnelly (2014)  
WLM310



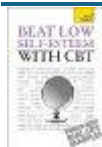
Self-esteem and being you  
Anita Naik (2013)  
WLM310



Self-esteem for dummies [e-book]  
S. Renee Smith (2015)  
WLM310



Beat low self-esteem with CBT [e-book]  
Christine Wilding (2010)  
WLM310



Beat low self-esteem with CBT  
Christine Wilding (2010)  
WLM310



Mindfulness at work for dummies [e-book]

Shamash Alidina (2014)

WLM905



Overcoming your workplace stress : a CBT-based self-help guide [e-book]

Martin R Bamber (2013)

WLM905



Psychiatry at a glance 6th ed.

Cornelius Katona (2016)

WM100



Sims' symptoms in the mind : textbook of descriptive psychopathology 5th ed.

Femi Oyeboode (2015)

WM100



Models of mental health

Gavin Davidson (2016)

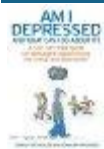
WM105



Can I tell you about depression? : a guide for friends, family and professionals

Christopher Dowrick (2015)

WM171



Am I depressed and what can I do about it? : a CBT self-help guide for teenagers experiencing low mood and depression

Shirley Reynolds (2015)

WM171



The anxiety and worry workbook : the cognitive behavioral solution [e-book]

David A Clark (2012)

WM172



Stress management for dummies [e-book]

Allen Elkin (2013)

WM172



Overcoming anxiety for dummies [e-book]

Elaine Iljon Foreman (2011)

WM172



How to deal with stress 3rd ed. [e-book]

Stephen Palmer (2013)

WM172



Overcoming anxiety, stress and panic : a five areas approach [e-book]

Chris Williams (2012)

WM172



Introducing overcoming problem eating : a practical guide [e-book]

Patricia Furness-Smith (2014)

WM175



Oxford guide to the treatment of mental contamination [e-book]

Stanley Rachman (2015)

WM176



The treatment of obsessions [e-book]

Stanley Rachman (2015)

WM176



Borderline personality disorder : an evidence-based guide for generalist mental health professionals [e-book]

Anthony W Bateman (2013)

WM190



Schizophrenia 2nd ed.

David J Castle (2015)

WM203



The handbook of forensic learning disabilities [e-book]

Tim Riding (2005)

WM300



Oxford guide to behavioural experiments in cognitive therapy [e-book]

James Bennett-Levy (2004)

WM425



Oxford guide to low intensity CBT interventions [e-book]

James Bennett-Levy (2010)

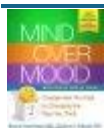
WM425



The complete overcoming series [e-book]

Peter Cooper (2012)

WM425



Mind over mood : change how you feel by changing the way you think 2nd ed.

Dennis Greenberger (2016)

WM425



Mind over mood : change how you feel by changing the way you think 2nd ed. [e-book]

Dennis Greenberger (2016)

WM425



Oxford guide to imagery in cognitive therapy [e-book]

Ann Hackmann (2015)

WM425



Changing behavior in DBT : problem solving in action

Heidi L Heard (2016)

WM425



Case formulation in cognitive behaviour therapy : the treatment of challenging and complex cases 2nd ed. [e-book]

Nicholas Tarrier (2016)

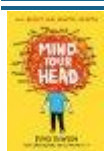
WM425



ADHD and hyperkinetic disorder 2nd ed.

Tobias Banaschewski (2015)

WS350



Mind your head

Juno Dawson (2016)

WS350





Bullies, cyberbullies and frenemies  
Michele Elliott (2013)  
WS350



Putting on the brakes : understanding and taking control of your ADD or ADHD 3rd ed.  
Patricia O Quinn (2012)  
WS350



Stuff that sucks : accepting what you can't change and committing to what you can  
Ben Sedley (2015)  
WS350



My anxious mind : a teen's guide to managing anxiety and panic  
Michael A Tompkins (2010)  
WS350



Vicious : true stories by teens about bullying  
Hope Vanderberg (2012)  
WS350



Blame my brain : the amazing teenage brain revealed Rev ed.  
Nicola Morgan (2013)  
WS460



Dementia care at a glance  
Catharine Jenkins (2016)  
WT150



Professional development, reflection and decision-making in nursing and health care 2nd ed. [e-book]  
Melanie Jasper (2013)  
WY16



The research process in nursing 7th ed.  
Kate Gerrish (2015)  
WY20.5



Introducing research and evidence-based practice for nursing and healthcare professionals 2nd ed. [e-book]  
Jeremy Jolley (2013)  
WY20.5