

7 print books for dyslexic adults' mental wellbeing

Recommended by a dyslexic adult. They are either about the psychological and social effects of dyslexia (nos. 1a & 1b), or are dyslexia-friendly (nos. 2-6).

(For information on accessing books in alternative formats, please see the end of this document).

1) Psychological and social effects of dyslexia

a) 'Dyslexia and Counselling' by Rosemary Scott

Whurr, London, 2004. ISBN 978-1-86156-395-8

- Available from the National Library of Scotland or by interlibrary loan
- Gives a very clear account of the psychological and social effects of dyslexia including stress, depression and anxiety (chapter 7)
- Summarises the different types of counselling / psychotherapy available, and says how useful each of them is for dyslexic problems (chapter 12)

b) 'Dyslexia and Mental Health' by Neil Alexander Passe

Jessica Kingsley, London, 2015. ISBN 978-1-84905-582-6

- A book available to consult or borrow from [Dyslexia Scotland's Resource Centre](#)
- Explores emotional and behavioural defence mechanisms developed in response to dyslexia. Suggests a coping strategy, Seligman's ABCDE technique.
- Each chapter has a set of conclusions and bullet points at the end of it which summarise the content of that chapter and chapter 14 summarises the book

2) Trauma

'Making Sense of Trauma: how to tell your story' by Hunt and McHale

Sheldon Press, London, 2012. ISBN 978-1-84709-147-5

- Narrative is a powerful medium for dyslexics: many of us tend to think in stories
- This book tells you how you can use narrative in lots of different ways (e.g. writing, books, poems and plays, art, in groups) to grow positively from trauma
- Short and full of activities

3) Depression

'Journeys with the Black Dog' edited by Wigney, Evers and Parker

Allen & Unwin, Australia, 2007. ISBN 978-1-74175-264-9

- This book tells lots of short personal stories (of depression)

4) Anxiety

'Overcoming Anxiety For Dummies, UK Edition' by Foreman, Elliott and Smith

Wiley, Chichester, 2007. ISBN 978-0-47051-176-3

- The content of this book is presented visually, in short sections, and in plain English
- This is one of a [range of 'dummies' guides on common mental health conditions](#)

5) Stress

'Dyslexia and Stress' edited by T R Miles

2nd edition Wiley, Chichester, 2004. ISBN 978-1-86156-383-5

- The 1st edition is available from [Dyslexia Scotland's Resource Centre](#)
- Each chapter focuses on a different context or aspect of stress

6) Meditation

'Meditation and Mental Health' by Jim Green

Meditatio, London, 2014. ISBN 978-0-95710-403-7. Also available in Kindle edition with text-to-speech

- A 28-page booklet
- A guide for those who are interested in the spiritual dimension of mental health and meditation
- Provides information and encouragement for people experiencing mental and emotional distress
- <http://www.meditatiostore.com/meditation-and-mental-health-jim-green>

Alternative formats

If you would like to use books in alternative formats here are 5 options.

- 1) The Books on Prescription '[formats book list](#)'.
- 2) Many books are now available in audio format - check your local library catalogue or online.
- 3) If you are dyslexic, and there is a book you would like to listen to which isn't commercially available in audio, [Calibre Audio Library](#) might make a recording of it for you.
- 4) If Calibre is not able to make you an audio recording, you can make your own, or ask someone to make one for you. For details see sections C.3 and J.2.3)a) of '[Accessing Books - A Guide for Dyslexic Adults](#)'.
- 5) If you are dyslexic, the [Seeing Ear](#) offers books in Word format, so that you can edit the layout, font etc. to meet your specific requirements. You can also listen to books that are in Word by using a text reader, such as the free add-on '[WordTalk](#)' produced by CALL Scotland.

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