

Books for dyslexic adults' mental wellbeing

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Recommended by a dyslexic adult

This list is available free in electronic copy at

<http://www.disabilityscot.org.uk/engaging-with-books-for-dyslexic-wellbeing>.

This list is of *books*. For a corresponding list of *alternatives* to books please visit

<http://www.disabilityscot.org.uk/engaging-with-books-for-dyslexic-wellbeing>.

For further information on alternative formats, please see the end of this document.

1) Counselling

'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)
- Aimed at counsellors but useful for self-help

2) Mental Health

'Dyslexia and Mental Health' by Neil Alexander Passe

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

- 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
- Chapter 14 summarises the book
- Reviewed [here](#)

3) Narcissistic Abuse

- a) 'Start Here - A Crash Course in Understanding, Navigating, and Healing from Narcissistic Abuse' by Dana Morningstar
Morningstar Media, 2017. ISBN 978-0-99959-350-9
 - Gives information and guidance on narcissistic abuse (emotional manipulation by a narcissist).
- b) 'Forgive me' by Lesley Pearse
 - Gives a fictitious example of narcissistic abuse within a family
 - Available in audio, unabridged
 - Penguin Books Ltd., 2013. ASIN: B00BFWH59Q

4) Trauma

- 'Making Sense of Trauma: how to tell your story' by Hunt and McHale
Sheldon Press, London, 2012. ISBN 978-1-84709-147-5
 - Tells you how you can use narrative in writing, books, poems, plays, art, and groups to grow positively from trauma
 - Short and full of activities

5) Depression

- 'Journeys with the Black Dog' edited by Wigney, Evers and Parker
Allen & Unwin, Australia, 2007. ISBN 978-1-74175-264-9
 - Tells many short personal experiences of depression

6) Anxiety

- 'Overcoming Anxiety For Dummies, UK Edition' by Foreman, Elliott and Smith
Wiley, Chichester, 2007. ISBN 978-0-47051-176-3
 - Presented visually, in short sections and plain English
 - One of a [range of 'dummies' guides on common mental health conditions](#)

7) Stress

- 'Dyslexia and Stress' edited by T R Miles
2nd edition Wiley, Chichester, 2004. ISBN 978-1-86156-383-5
 - Available from [Dyslexia Scotland's Resource Centre](#)
 - Each chapter focuses on a different context or aspect of stress

8) 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

Books for dyslexic adults' mental wellbeing

- 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

9) Mood-boosting books

- Uplifting titles, including novels, poetry and non-fiction
- All recommended by readers and reading groups

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) 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) The [Seeing Ear](#) offers books in Word format to dyslexic people, 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.

For further information on dyslexia please visit Dyslexia Scotland's website <https://www.dyslexiascotland.org.uk>