

BOOKS



DR CATHERINE SYKES

THERAPY • COACHING • CONSULTANCY •

BEST SELLING BOOKS

Sykes, C.M. (2020). *The Exhausted Trajectory. Move from Sick and Tired All the Time to Energy and Purpose: A Psychologist's Guide to Dealing with Burnout and Exhaustion.* London: Zenitude.

Sykes, C.M. (2019). *Exhausted!: Discover how to feel energized to lead a life with purpose. A Psychologist's Guide to Chronic Fatigue.* London: Zenitude.

Sykes, C.M. (2015). *Slim Mind: A Psychologist's Guide to Permanent Weight Loss.* London: Zenitude.

TEXT BOOKS

Sykes, C. & Pires- Yfantouda, R. (2016). Health psychology supervision. In Lane, D., M. Watts & S. Corrie (Eds.) *Supervision in the Psychological Professions: Building your own personalized model.* Open University.

Marks, D. F. & Sykes, C.M. (2003) *Synthesising evidence: Systematic reviews, meta-analyses and preference analyses.* In D. F. Marks & L. Yardley (Eds.), *Research Methods for Clinical and Health Psychology.* London: Sage.

Marks, D.F., Sykes, C.M. & McKinley, J. (2002). *Health Psychology: Overview and Professional Issues.* In A.M. Nezu, C.M. Nezu, P.A. Geller & I.B. Weiner (Eds.), *Comprehensive handbook of psychology, Volume Nine: Health psychology.* New York: Wiley.

Marks, D.F., Murray, M., Evans, B., Willig, C., Sykes, C.M. & Woodall, C. (2005). *Health Psychology. Theory, Research & Practice.* London: Sage.

Marks, D.F. & Sykes, C.M. (2000). *Dealing with Dementia: New European Research.* London: Middlesex University Press. Foreword by Lars Rasmussen. Book launch: European Parliament.