

## Welfare Books



**Status anxiety**



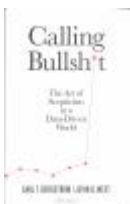
**An orderly mess**



**The book of why : the new science of cause and effect**



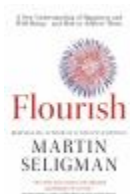
**So you think you're human? : a brief history of humankind**



**Calling bullshit : the art of scepticism in a data-driven world**



**States of mind : conversations with psychological investigators**



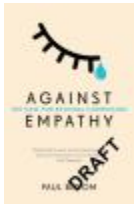
**Flourish : a new understanding of happiness and well-being - and how to achieve them**



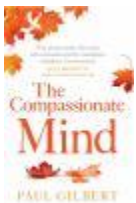
**How to be human : the manual; a monk, a neuroscientist and me**



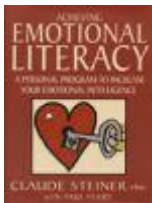
**Pain : the science of suffering**



**Against empathy : the case for rational compassion**



**The compassionate mind : a new approach to life's challenges**



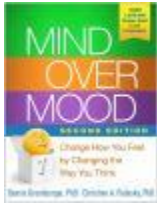
**Achieving emotional literacy : a personal program to increase your emotional intelligence**



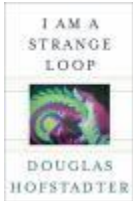
**How to survive the end of the world (when it's in your own head) : an anxiety survival guide**



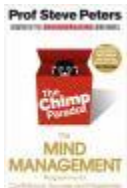
**Manage your mind : the mental fitness guide**



**Mind over mood : change how you feel by changing the way you think**



**I am a strange loop**



**The chimp paradox**



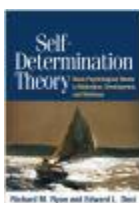
**How we know what isn't so : the fallibility of human reason in everyday life**



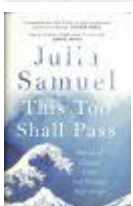
**The science of well-being**



**How to stay sane**



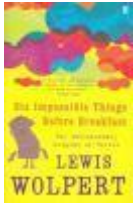
**Self-determination theory : basic psychological needs in motivation, development, and wellness**



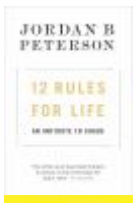
**This too shall pass : stories of change, crisis and hopeful beginnings**



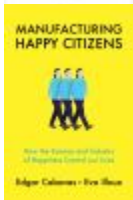
**Quiet : the power of introverts in a world that can't stop talking**



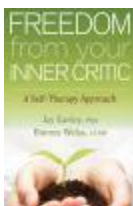
**Six impossible things before breakfast : the evolutionary origins of belief**



**12 rules for life : an antidote for chaos**



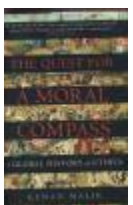
**Manufacturing happy citizens : how the science and industry of happiness control our lives**



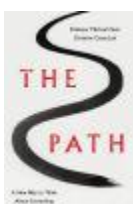
**Freedom from your inner critic : a self-therapy approach**



**Overcoming low self-esteem : a self-help guide using cognitive behavioural techniques**



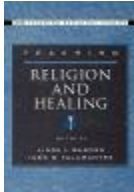
**The quest for a moral compass : a global history of ethics**



**The path : a new way to think about everything**



**The soul of the world**



**Teaching religion and healing**



**Caring management in the new economy : socially responsible behaviour through spirituality**



**Pleasure activism : the politics of feeling good**



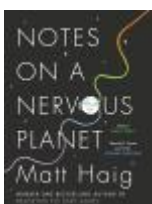
**Everything bad is good for you : how today's popular culture is actually making us smarter**



**Sleepy head : narcolepsy, neuroscience and the search for a good night**



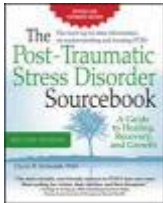
**The man who couldn't stop : the truth about OCD**



**Notes on a nervous planet**



**Lost connections : why you're depressed and how to find hope**



**The post-traumatic stress disorder sourcebook**



**Living landscapes : meditations on the five elements in Hindu, Buddhist, and Jain yogas**



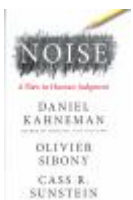
**Yoga and the luminous : Patañjali's spiritual path to freedom**



**In gods we trust : the evolutionary landscape of religion**



**Minds and gods : the cognitive foundations of religion**



**Noise : a flaw in human judgment**



**Mindfulness as sustainability : lessons from the world's religions**



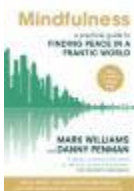
**Overcoming anxiety : a self-help guide using cognitive behavioral techniques**



**Grief is the thing with feathers**



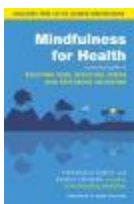
**An introduction to coping with insomnia and sleep problems**



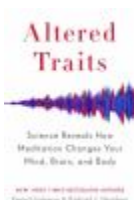
**Mindfulness : a practical guide to finding peace in a frantic world**



**Braiding sweetgrass : indigenous wisdom, scientific knowledge and the teachings of plants**



**Mindfulness for health : a practical guide to relieving pain, reducing stress and restoring wellbeing**



**Altered traits : science reveals how meditation changes your mind, brain, and body**



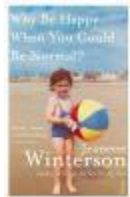
**Overcoming perfectionism : a self-help guide using scientifically supported cognitive behavioural techniques**



**The Midnight Library**



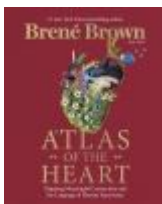
**Indistractable : how to control your attention and choose your life**



**Why be happy when you could be normal?**



**Breath : the new science of a lost art**



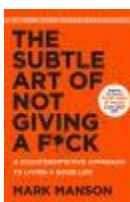
**Atlas of the heart**



**Four thousand weeks : time and how to use it**

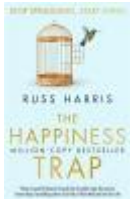


**Overcoming stress : a self-help guide using cognitive behavioral techniques**



**The subtle art of not giving a fuck : a counterintuitive approach to living a good life**





**The happiness trap : based on ACT - a revolutionary mindfulness-based programme for overcoming stress, anxiety and depression**



**Get untamed : the journal**



**What a time to be alone**



**Quiet : silencing the brain chatter and believing that you're good enough**



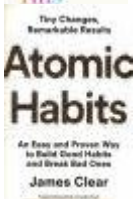
**Stressilient : how to beat stress and build resilience**



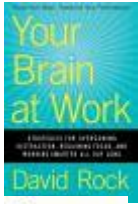
**The mental health workbook (4 in 1): a practical guide to cognitive behavioral therapy (CBT), DBT & ACT for overcoming social anxiety, panic attacks, depression, phobias and addictions**



**Why has nobody told me this before?**



**Atomic habits : an easy and proven way to build good habits and break bad ones : tiny changes, remarkable results**



**Your brain at work : strategies for overcoming distraction, regaining focus, and working smarter all day long**



**Recovery : the lost art of convalescence**



**What am I doing with my life? : late night internet searches answered by the great philosophers**



**Freedom to think : the long struggle to liberate our minds**



**Enchantment : wonder in modern life**



**Staying alive in toxic times : a seasonal guide to lifelong health**



**Jane Austen and Shelley in the garden : a novel with pictures**



**Will this house last forever?**