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