

Welfare Books



Status anxiety



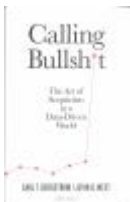
An orderly mess



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



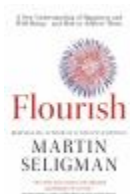
So you think you're human? : a brief history of humankind



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



States of mind : conversations with psychological investigators



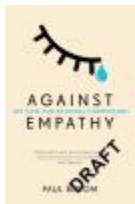
Flourish : a new understanding of happiness and well-being - and how to achieve them



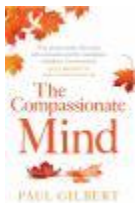
How to be human : the manual; a monk, a neuroscientist and me



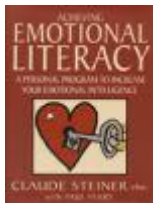
Pain : the science of suffering



Against empathy : the case for rational compassion



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



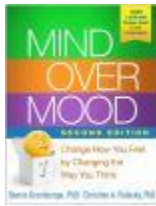
Achieving emotional literacy : a personal program to increase your emotional intelligence



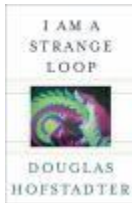
**How to survive the end of the world (when it's in your own head)
: an anxiety survival guide**



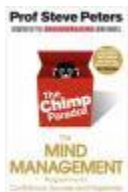
Manage your mind : the mental fitness guide



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



I am a strange loop



The chimp paradox



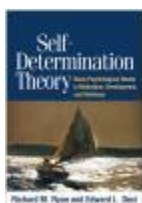
How we know what isn't so : the fallibility of human reason in everyday life



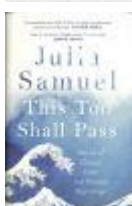
The science of well-being



How to stay sane



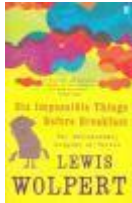
Self-determination theory : basic psychological needs in motivation, development, and wellness



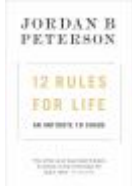
This too shall pass : stories of change, crisis and hopeful beginnings



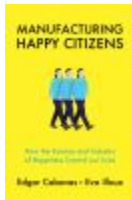
Quiet : the power of introverts in a world that can't stop talking



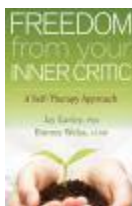
Six impossible things before breakfast : the evolutionary origins of belief



12 rules for life : an antidote for chaos



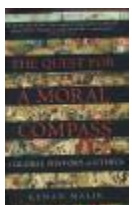
Manufacturing happy citizens : how the science and industry of happiness control our lives



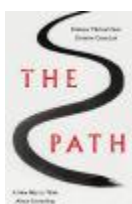
Freedom from your inner critic : a self-therapy approach



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



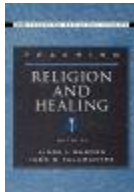
The quest for a moral compass : a global history of ethics



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



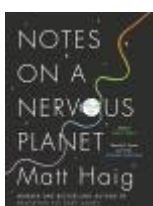
Everything bad is good for you : how today's popular culture is actually making us smarter



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



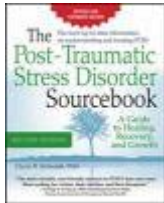
The man who couldn't stop : the truth about OCD



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



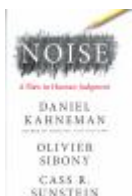
Yoga and the luminous : Patañjali's spiritual path to freedom



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



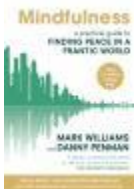
Overcoming anxiety : a self-help guide using cognitive behavioral techniques



Grief is the thing with feathers



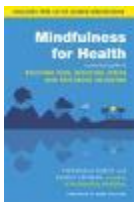
An introduction to coping with insomnia and sleep problems



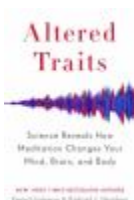
Mindfulness : a practical guide to finding peace in a frantic world



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



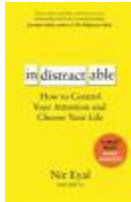
Altered traits : science reveals how meditation changes your mind, brain, and body



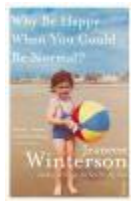
Overcoming perfectionism : a self-help guide using scientifically supported cognitive behavioural techniques



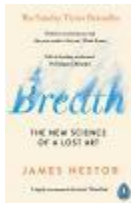
The Midnight Library



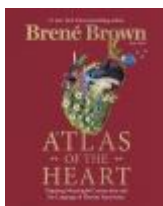
Indistractable : how to control your attention and choose your life



Why be happy when you could be normal?



Breath : the new science of a lost art



Atlas of the heart



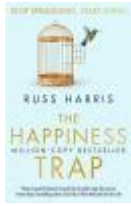
Four thousand weeks : time and how to use it



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



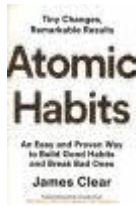
Stressilient : how to beat stress and build resilience



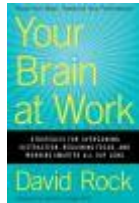
The mental health workbook (4 in 1): a practical guide to cognitive behavioral therapy (CBT), DBT & ACT for overcoming social anxiety, panic attacks, depression, phobias and addictions



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