

Michaelmas 2023 Term Display

Flourish: A New Understanding of Happiness and Wellbeing by Martin Seligman

'This book will help you flourish.' With this promise, internationally esteemed psychologist Martin Seligman begins *Flourish*, the first book to present his dynamic new concept of what well-being really is. Traditionally, the goal of psychology has been to relieve human suffering, but the goal of the Positive Psychology movement, which Dr Seligman has led for 15 years, is different - it's about actually raising the bar for the human condition. *Flourish* builds on Dr Seligman's game-changing work on optimism, motivation and character to show how to get the most out of life. - Waterstones

How to Stay Sane by Philippa Perry

A handbook to console, nourish and gently lead us on the path to emotional balance. There is no simple set of instructions that can guarantee sanity, but if you want to overcome emotional difficulties and become happier, psychotherapist Philippa Perry, author of *The Book You Wish Your Parents Had Read*, argues that there are four cornerstones to sanity you can influence to bring about change. By developing your self-observation skills, examining how you relate to others, breaking out of your comfort zone and exploring new ways of defining yourself, Philippa demonstrates that it is possible to become a little less tortured and a little more fulfilled. *How to Stay Sane* is at once a brilliant explanation of our minds and a profoundly useful guide to facing up to the many challenges life throws our way. –Waterstones

Improve Your Health and Wellbeing by Kaye Rabel

Learning how to effectively manage your health and wellbeing is essential for living a balanced, enjoyable life. This useful guide gives you the tools and resources to improve and maintain a healthy body and mind, whilst also provides tips on how to foster better relationships with those around you. Identify ways to have a healthier body and mindset. Improve the relationships in your life. Set and achieve personal goals. –Waterstones

Manage Your Time by Kaye Rabel

Effective time management is essential at university. This handy guide gives you simple, practical and achievable advice on how to better utilise your time and successfully meet deadlines. Identify ways in which you mismanage your time. Effectively plan both group and individual tasks and assignments. Successfully balance academic and other life priorities. –Waterstones

Mindfulness: A Practical Guide to Finding Peace in a Frantic World by Professor Mark Williams and Dr Danny Penman

Life can be relentless, frantic and exhausting - but it doesn't have to be this way... Authoritative, beautifully written and much-loved by its readers, *Mindfulness: A Practical Guide to Finding Peace in a Frantic World* has become a word-of-mouth bestseller and global phenomenon. It reveals a set of simple yet powerful practices that you can incorporate into daily life to break the cycle of anxiety, stress unhappiness and exhaustion. It promotes the kind of happiness that gets into your bones and allows you to meet the worst that life throws at you with new courage. Mindfulness is based on mindfulness-based cognitive therapy (MBCT). Co-developed by Professor Mark Williams of Oxford University, MBCT is recommended by the UK's National Institute for Health and Care Excellence and is as effective as drugs for preventing depression. But, equally, it works for the rest of us who aren't depressed but who are struggling to keep up with the relentless demands of the modern world. By investing just a few minutes each day, this classic guide to mindfulness will put you back in control of your life once again. -Waterstones

Mindfulness for Students by Stella Cottrell

Using a unique combination of mindfulness-based techniques and study skills, this book shows students how to apply mindfulness to their studies and everyday life in simple, practical steps. It introduces a wealth of tools and techniques that can be applied to specific study contexts, such as listening in lectures, completing assignments and preparing for exams, and shows readers how mindfulness can help them to manage

the stresses of student life more effectively. Chapters are rich in guided activities, meditations, observations and reflections, and full of engaging illustrations. This hands-on guide to mindfulness is a must-read for students of all disciplines and backgrounds who are looking to bring a sense of calm to their lives and give their studying technique a boost. –Waterstones

Overcoming Perfectionism by Roz Shafran, Sarah Egan, and Tracey Wade

Striving for something can be a healthy and positive attribute; it's good to aim high. But sometimes whatever we do just isn't good enough; we want to be too perfect and start setting unrealistic goals. Such high levels of perfectionism, often driven by low self-esteem, can turn against success and develop into unhealthy obsession, triggering serious mental-health problems, such as anxiety, depression and eating disorders. Cognitive behavioural therapy (CBT), on which this self-help book is based, has been found to be a highly effective treatment and provides relief from that disabling sense of not being good enough. –Waterstones

Overcoming Stress by Lee Brosan and Gillian Todd

Most of us know what it is like to feel stressed - so much so, in fact, that we take it for granted that we are going to feel stressed and assume that there's not much to be done about it. Too much stress can disrupt our lives almost without our realizing it. However there is a tried and tested approach to coping using cognitive behavioural therapy (CBT). In this easy-to-use self-help guide the authors help you to recognize what happens when under stress and how to change how you think, feel and act so that you learn to retain a balanced outlook on life and manage it more effectively too. – Waterstones

Stressilient: How to Beat Stress and Build Resilience by Dr Sam Akbar

Manage your mind. Handle your emotions. Concentrate on what matters in life. So many of us feel stressed in our daily lives but lack the ability to respond to life's hurdles effectively and overcome these challenges. We can build resilience to stress by taking action to live our lives in a more meaningful way. The answer is to become

stressilient. Dr Sam Akbar will show you how. As a clinical psychologist with over ten years of experience, Dr Sam draws from her own professional expertise to provide sensitive and realistic guidance to feel calmer, less stressed, and more resilient to life's challenges. From understanding how your brain works, managing your emotions and challenging your thought-processes, to opening up your perspective and having more self-compassion, Stressilient offers an indispensable, easy and effective go-to guide to help you get from surviving to thriving. –Waterstones

The Comfort Book by Matt Haig

Reflections on hope, survival and the messy miracle of being alive. It is a strange paradox, that many of the clearest, most comforting life lessons are learned while we are at our lowest. But then we never think about food more than when we are hungry and we never think about life rafts more than when we are thrown overboard. The Comfort Book is a collection of consolations learned in hard times and suggestions for making the bad days better. Drawing on maxims, memoir and the inspirational lives of others, these meditations celebrate the ever-changing wonder of living. This is for when we need the wisdom of a friend or a reminder we can always nurture inner strength and hope, even in our busy world. –Waterstones

The Little Book of Calm: Tame Your Anxieties, Face Your Fears, and Live Free by Dr Aaron Balick

The Little Book of Calm has the magic formula for anxiety. This definitive book, written by a clinical psychotherapist, who regularly appears on CBBC and BBC Radio 1, offers techniques, advice and inspiration on the best and most effective ways to manage anxiety. From exercises to help you put your worries into perspective, to relaxation methods for when anxiety attacks, Dr Aaron Balick shows you how to feel more at ease and sustain a sense of calm. –Waterstones

The Little Book of Confidence: Conquer Your Fears and Unleash Your Potential by Susan Jeffers

From public speaking to asserting yourself, decision-making to relationships, internationally renowned author of *Feel the Fear and Do It Anyway* Susan Jeffers shows you how to get the best out of yourself once you know how to overcome fear. *The Little Book of Confidence* offers practical advice and thought-provoking tips on how to transform your fears into certainty. –Waterstones

The Little Book of Meditation by Beleta Greenaway

The *Little Book of Meditation* is a simple introduction to the practice of meditation. This fascinating and uplifting book shows how meditation benefits mental and physical

health, aids the development of psychic ability and can even enhance a religious experience. Whether you want to learn about chakra healing, crystals, totem animals or colour meditation, the *Little Book of Meditation* is the perfect introductory guide, teaching you to avoid becoming overwhelmed by unwanted psychic experiences and outlining several simple meditations for the reader to try. –Waterstones

Working Hard, Hardly Working by Grace Beverly

We all know the pressure of feeling like we should be grinding 24/7 while simultaneously being told that we should 'just relax' and take care of ourselves, like we somehow have to decide between success and sanity. It's a seemingly impossible choice, and one that doesn't reflect the complex working world we find ourselves in. In *Working Hard, Hardly Working*, entrepreneur and self-proclaimed 'lazy workaholic' Grace Beverley confronts this unrealistic and unnecessary split, and offers a fresh take on how to navigate modern life. Full of practical advice for helping you focus when you're finding it hard to get stuff done and for stepping back when you're on the edge of burnout, *Working Hard, Hardly Working* provides a productivity blueprint for a new generation. Insightful, curious and refreshingly honest, it will make you reflect on what you want from your life and work - and then help you chart a path to get there. – Waterstones