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I am a strange loop

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

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Notes on a nervous planet

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What a time to be alone

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The anxiety solution : a quieter mind, a calmer you

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The comfort book

Notes on grief

Set boundaries, find peace : a guide to reclaiming yourself
The way of integrity: finding the path to your true self

I thought it was just me (but it isn't): making the journey from "what will people think?" to "I am enough"

Eliminate negative thinking: how to overcome negativity, control your thoughts, and stop overthinking. Shift your focus into positive thinking, self-acceptance, and radical self love

Levels of life

The power of now: a guide to spiritual enlightenment

The year of magical thinking

Counselling for toads: a psychological adventure

Am I normal?: the 200-year search for normal people (and why they don't exist)

Imagine if...: creating a future for us all
No one is talking about this

100 things productive people do: little lessons in getting things done

The mind illuminated: a complete meditation guide integrating Buddhist wisdom and brain science for greater mindfulness

The female factor: making women's health count - and what it means for you

Coward: why we get anxious & what we can do about it

Scattered minds: the origins and healing of attention deficit disorder

The serendipity mindset: the art and science of creating good luck

Practical wisdom: the right way to do the right thing

Play
No such thing as normal

The little book of calm: tame your anxieties, face your fears and live free

The little book of confidence: conquer your fears and unleash your potential

Little book of meditation

Blink: the power of thinking without thinking

The little book of wisdom: change your outlook one day at a time

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Musicophilia: tales of music and the brain

Clarity: clear mind, better performance, bigger results

Irrelationship: how we use dysfunctional relationships to hide from intimacy
Carpe diem regained: the vanishing art of seizing the day

Stuff students should know: learn essential life skills

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The shyness & social anxiety workbook: proven, step-by-step techniques for overcoming your fear

Remember this when you're sad

Boundaries: when to say yes, how to say no to take control of your life. Workbook

When the body says no: the cost of hidden stress

Decode your fatigue: a clinically proven 12-step plan to increase your energy, heal your body and transform your life

The myth of normal: trauma, illness & healing in a toxic culture

Cognitive behavior therapy: basics and beyond
Just one thing: how simple changes can transform your life

An introduction to cognitive behaviour therapy: skills & applications