Welfare and Wellbeing

- **Status anxiety**
- **An orderly mess**
- **So you think you're human? : a brief history of humankind**
- **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

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

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?
The seductive illusion of hard work

The anxiety solution: a quieter mind, a calmer you

The defining decade: why your twenties matter and how to make the most of them now

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

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