

Welfare and Wellbeing Books



How to stay sane

Perry, Philippa. | School of Life Foundation.



The science of well-being

Huppert, Felicia A. | Baylis, N. (Nick) | Keverne, B. (Barry)



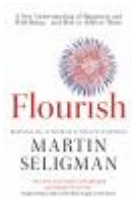
How to survive the end of the world (when it's in your own head) : an anxiety survival guide

Gillies, Aaron, author.



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

Samuel, Julia, 1959- author.



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

Seligman, Martin E. P., author.



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

Fennell, Melanie J. V., author.



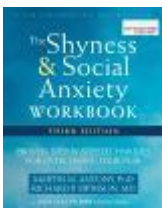
Sleepy head : narcolepsy, neuroscience and the search for a good night

Nicholls, Henry, 1973- author.



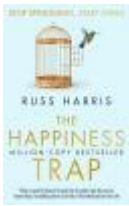
Overcoming stress : a self-help guide using cognitive behavioral techniques

Brosan, Lee. | Todd, Gillian, 1961-



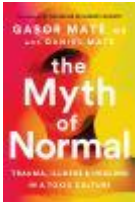
[The shyness & social anxiety workbook : proven, step-by-step techniques for overcoming your fear](#)

Antony, Martin M., author. | Swinson, Richard P., author.



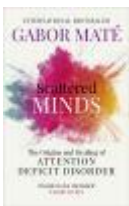
[The happiness trap : based on ACT - a revolutionary mindfulness-based programme for overcoming stress, anxiety and depression](#)

Harris, Russ, 1966- author.



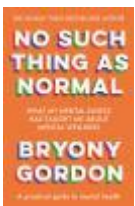
[The myth of normal : trauma, illness & healing in a toxic culture](#)

Maté, Gabor, author. | Maté, Daniel, author.



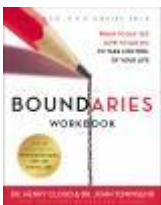
[Scattered minds : the origins and healing of attention deficit disorder](#)

Maté, Gabor, author.



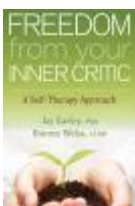
[No such thing as normal](#)

Gordon, Bryony, author.



[Boundaries : when to say yes, how to say no to take control of your life. Workbook](#)

Cloud, Henry, author. | Townsend, John Sims, 1952- author.



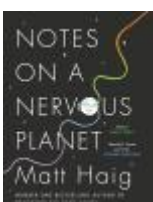
[Freedom from your inner critic : a self-therapy approach](#)

Earley, Jay, 1944- author. | Weiss, Bonnie, author.



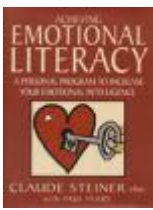
[Manage your mind : the mental fitness guide](#)

Butler, Gillian, 1942- author. | Grey, Nick, 1970- author. | Hope, R. A., author.



[Notes on a nervous planet](#)

Haig, Matt, 1975- author.



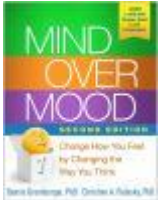
[Achieving emotional literacy : a personal program to increase your emotional intelligence](#)

Steiner, Claude, 1935-2017. | Perry, Paul E.



[Quiet : the power of introverts in a world that can't stop talking](#)

Cain, Susan.



[Mind over mood : change how you feel by changing the way you think](#)

Greenberger, Dennis, author. | Padesky, Christine A., author. | Beck, Aaron T., writer of foreword



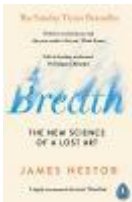
[Quiet : silencing the brain chatter and believing that you're good enough](#)

Cotton, Fearne, 1981- author.



[The man who couldn't stop : the truth about OCD](#)

Adam, David, 1972- author.



[Breath : the new science of a lost art](#)

Nestor, James, author.



[Overcoming anxiety : a self-help guide using cognitive behavioral techniques](#)

Kennerley, Helen, author.



[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](#)

Armstrong, Wesley, author.



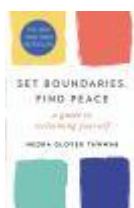
[Lost connections : why you're depressed and how to find hope](#)

Hari, Johann, author.



[No one is talking about this](#)

Lockwood, Patricia, author.



[Set boundaries, find peace : a guide to reclaiming yourself](#)

Tawwab, Nedra Glover, author.



[What a time to be alone](#)

Eggerue, Chidera, author.



[The anxiety solution : a quieter mind, a calmer you](#)

Brotheridge, Chloe, author.



[Braiding sweetgrass : indigenous wisdom, scientific knowledge and the teachings of plants](#)

Kimmerer, Robin Wall, author.



[Recovery : the lost art of convalescence](#)

Francis, Gavin, author.



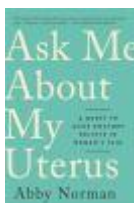
[Counselling for toads : a psychological adventure](#)

De Board, Robert. | Grahame, Kenneth, 1859-1932.



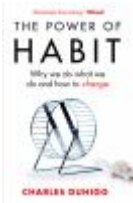
[Decode your fatigue : a clinically proven 12-step plan to increase your energy, heal your body and transform your life](#)

Howard, Alex, author.



[Ask me about my uterus : a quest to make doctors believe in women's pain](#)

Norman, Abby, author.



[The power of habit : why we do what we do and how to change](#)

Duhigg, Charles.



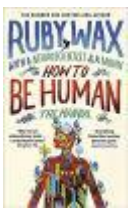
[Irrelationship : how we use dysfunctional relationships to hide from intimacy](#)

Borg, Mark B., Jr., author. | Brenner, Grant H., author. | Berry, Daniel, author.



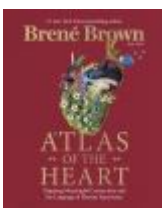
[Mindfulness for health : a practical guide to relieving pain, reducing stress and restoring wellbeing](#)

Burch, Vidyamala, author. | Penman, Danny, 1966- author.



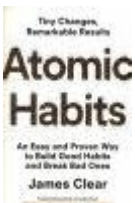
[How to be human : the manual; a monk, a neuroscientist and me](#)

Wax, Ruby, 1953- author.



[Atlas of the heart](#)

Brown, Brené, author.



[Atomic habits : an easy and proven way to build good habits and break bad ones : tiny changes, remarkable results](#)

Clear, James, author.



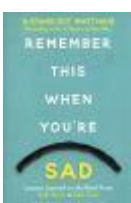
[States of mind : conversations with psychological investigators](#)

Miller, Jonathan, 1934-2019. | British Broadcasting Corporation. Television Service.



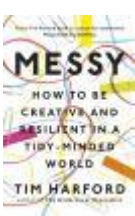
[The comfort book](#)

Haig, Matt, author.



[Remember this when you're sad](#)

Van Eijk, Maggy, author.



[Messy : how to be creative and resilient in a tidy-minded world](#)

Harford, Tim, 1973- author.



[Cognitive behavior therapy : basics and beyond](#)

Beck, Judith S., author.



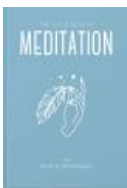
[Overcoming panic : a self-help guide using cognitive behavioral techniques](#)

Manicavasagar, Vijaya, author. | Silove, Derrick, 1951- author.



[Adapt : why success always starts with failure](#)

Harford, Tim, 1973-



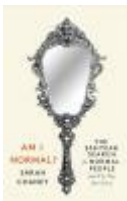
[Little book of meditation](#)

Greenaway, Beleta, author.



[Improve your health and wellbeing](#)

Rabel, Kaye, author.



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

Chaney, Sarah, author.



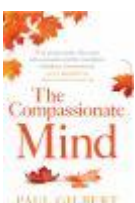
[An introduction to coping with insomnia and sleeping problems](#)

Espie, Colin A., author.



[Mindfulness as sustainability : lessons from the world's religions](#)

Jaoudi, Maria, author.



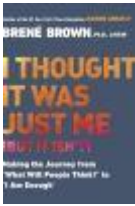
[The compassionate mind : a new approach to life's challenges](#)

Gilbert, Paul, 1951 June 20- author.



[What am I doing with my life? : late night internet searches answered by the great philosophers](#)

Law, Stephen, author.



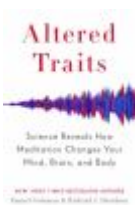
[I thought it was just me \(but it isn't\) : making the journey from "what will people think?" to "I am enough"](#)

Brown, Brené, author



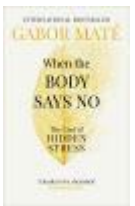
[Stressilient : how to beat stress and build resilience](#)

Akbar, Sam, author.



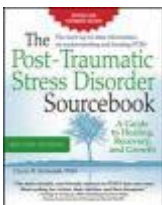
[Altered traits : science reveals how meditation changes your mind, brain, and body](#)

Goleman, Daniel, author. | Davidson, Richard J., author.



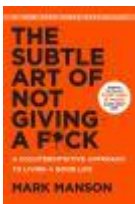
[When the body says no : the cost of hidden stress](#)

Maté, Gabor, author.



[The post-traumatic stress disorder sourcebook](#)

Schiraldi, Glenn R., 1947- author.



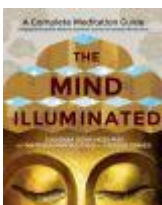
[The subtle art of not giving a fuck : a counterintuitive approach to living a good life](#)

Manson, Mark, author.



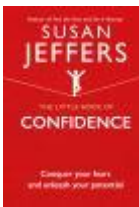
[Why has nobody told me this before?](#)

Smith, Julie (Psychologist), author.



[The mind illuminated : a complete meditation guide integrating Buddhist wisdom and brain science for greater mindfulness](#)

Yates, John, 1945- author. | Immergut, Matthew, author. | Graves, Jeremy, author.



[The little book of confidence : conquer your fears and unleash your potential](#)

Jeffers, Susan J., author.



[Freedom to think : the long struggle to liberate our minds](#)

Alegre, Susie, author.



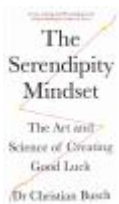
[Staying alive in toxic times : a seasonal guide to lifelong health](#)

Goodman, Jennifer, author.



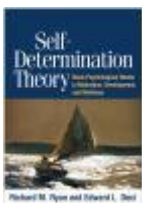
[An introduction to cognitive behaviour therapy : skills & applications](#)

Westbrook, David, author. | Kennerley, Helen, author. | Kirk, Joan, author.



[The serendipity mindset : the art and science of creating good luck](#)

Busch, Christian (Professor of business), author.



[Self-determination theory : basic psychological needs in motivation, development, and wellness](#)

Ryan, Richard M., author. | Deci, Edward L., author.



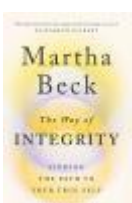
[Overcoming perfectionism : a self-help guide using scientifically supported cognitive behavioural techniques](#)

Shafran, Roz, author. | Egan, Sarah, author. | Wade, Tracey, author.



[Sand talk : how Indigenous thinking can save the world](#)

Yunkaporta, Tyson, author.



[The way of integrity : finding the path to your true self](#)

Beck, Martha Nibley, 1962- author.



[The Midnight Library](#)

Haig, Matt, 1975- author



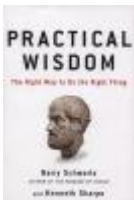
[The female factor : making women's health count - and what it means for you](#)

Wallace, Hazel, author.



[Just one thing : how simple changes can transform your life](#)

Mosley, Michael, 1957-



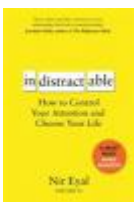
[Practical wisdom : the right way to do the right thing](#)

Schwartz, Barry, 1946- author. | Sharpe, Kenneth, author.



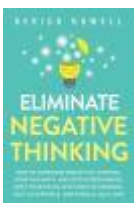
[Grief is the thing with feathers](#)

Porter, Max, author.



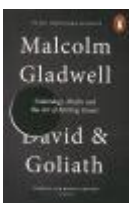
[Indistractable : how to control your attention and choose your life](#)

Eyal, Nir, author. | Li, Julie, author.



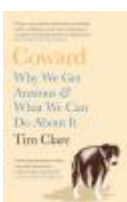
[Eliminate negative thinking : how to overcome negativity, control your thoughts, and stop overthinking. Shift your focus into positive thinking, self-acceptance, and radical self love](#)

Howell, Derick, author.



[David and Goliath : underdogs, misfits and the art of battling giants](#)

Gladwell, Malcolm, 1963- author.



[Coward : why we get anxious & what we can do about it](#)

Clare, Tim, author.



[Stuff students should know : learn essential life skills](#)

Marshall, Dan (Writer on life hacks), author.



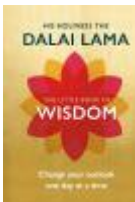
[Enchantment : wonder in modern life](#)

Curry, Patrick, 1951- author.



[The power of now : a guide to spiritual enlightenment](#)

Tolle, Eckhart, 1948- author.



[The little book of wisdom : change your outlook one day at a time](#)

Bstan-'dzin-rgya-mtsho, Dalai Lama XIV, 1935- author. | Bunson, Matthew, editor.



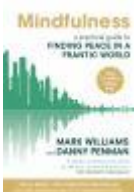
[Notes on grief](#)

Adichie, Chimamanda Ngozi, 1977- author.



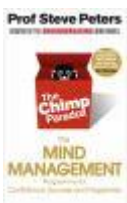
[Clarity : clear mind, better performance, bigger results](#)

Smart, Jamie (Business consultant), author.



[Mindfulness : a practical guide to finding peace in a frantic world](#)

Williams, J. Mark G. | Penman, Danny, 1966-



[The chimp paradox](#)

Peters, Steve (Sports psychiatrist), author.



[Four thousand weeks : time and how to use it](#)

Burkeman, Oliver, author.



[The defining decade : why your twenties matter and how to make the most of them now](#)

Jay, Meg, author.



[Blink : the power of thinking without thinking](#)

Gladwell, Malcolm, 1963- author.



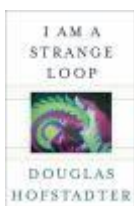
[Carpe diem regained : the vanishing art of seizing the day](#)

Krznaric, Roman, author.



[The little book of calm : tame your anxieties, face your fears and live free](#)

Balick, Aaron, author.



[I am a strange loop](#)

Hofstadter, Douglas R., 1945- author.



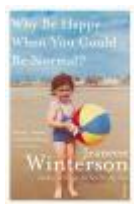
[Manufacturing happy citizens : how the science and industry of happiness control our lives](#)

Cabanas, Edgar, author. | Illouz, Eva, 1961- author.



[100 things productive people do : little lessons in getting things done](#)

Cumberland, Nigel, author.



[Why be happy when you could be normal?](#)

Winterson, Jeanette, 1959-



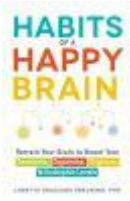
[Be well, learn well : improve your wellbeing and academic performance](#)

Hughes, Gareth (Psychotherapist), author.



[Feel the fear and do it anyway](#)

Jeffers, Susan J., author.



[Habits of a happy brain : retrain your brain to boost your serotonin, dopamine, oxytocin, & endorphin levels](#)

Breuning, Loretta Graziano, author.



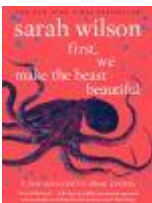
[Essentialism : the disciplined pursuit of less](#)

McKeown, Greg, author.



[The 5 resets : rewire your brain and body for less stress and more resilience](#)

Nerurkar, Aditi, author.



[First, we make the beast beautiful : a kinder conversation about anxiety](#)

Wilson, Sarah, 1974- author.



[How to be a stoic](#)

Epictetus. | Seneca, Lucius Annaeus, approximately 4 B.C.-65 A.D.



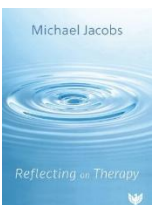
[This one wild and precious life : the path back to connection in a fractured world](#)

Wilson, Sarah, 1974- author.



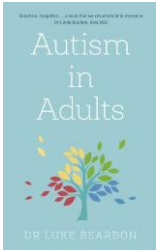
[The Paulo Coelho collection : The alchemist, The Valkyries, The pilgrimage](#)

Coelho, Paulo.



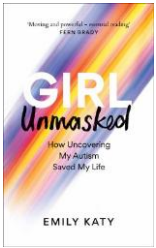
[Reflecting on therapy](#)

Jacobs, Michael, 1941- author.



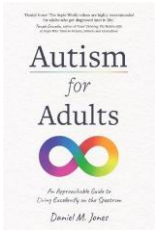
[Autism in adults](#)

Beardon, Luke, author.



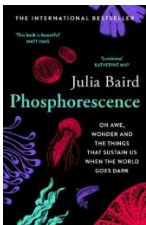
[Girl unmasked : how uncovering my autism saved my life](#)

Katy, Emily author.



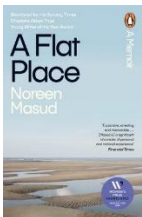
[Autism for adults : an approachable guide to living excellently on the spectrum](#)

Jones, Daniel M. author.



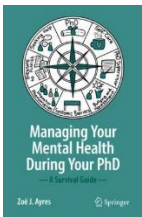
[Phosphorescence : on awe, wonder & things that sustain you when the world goes dark](#)

Baird, Julia, author.



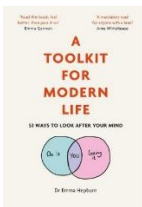
[A flat place](#)

Masud, Noreen, 1989- author.



[Managing your mental health during your PhD : a survival guide](#)

Ayres, Zoë J., author.



[A toolkit for modern life : 53 ways to look after your mind](#)

Hepburn, Emma, author.



[Self-care for tough times : how to heal in times of anxiety, loss and change](#)

Reading, Suzy, author.



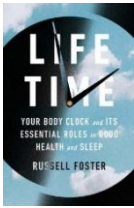
[A world without email : reimagining work in an age of overload](#)

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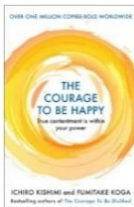
[The light in the dark : a winter journal](#)

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[Life time : your body clock and its essential roles in good health and sleep](#)

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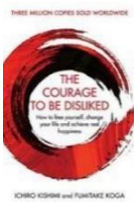
[The courage to be happy : true contentment is within your power](#)

Kishimi , Ichiro, author. | Koga, Fumitake, author



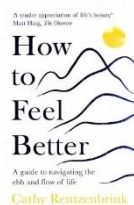
[Right kind of wrong: why learning to fail can teach us to thrive](#)

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[The courage to be disliked : how to free yourself, change your life and achieve real happiness](#)

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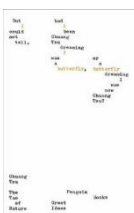
[How to feel better : a guide to navigating the ebb and flow of life](#)

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[Slow productivity : the lost art of accomplishment without burnout](#)

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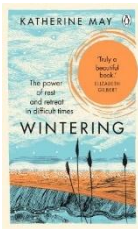
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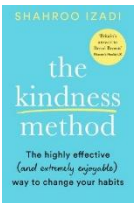
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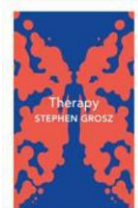
[The kindness method : the highly effective \(and most enjoyable\) way to change your habits](#)

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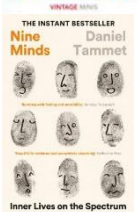
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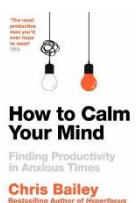
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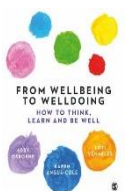
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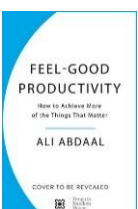
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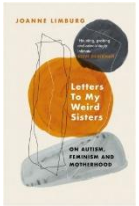
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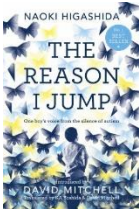
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