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

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

Freedom from your inner critic: a self-therapy approach

Manage your mind: the mental fitness guide

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

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

Mindfulness for health: a practical guide to relieving pain, reducing stress and restoring wellbeing

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

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

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

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

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

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

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

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

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
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

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

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

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

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.