## Health & Wellbeing Reading list

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- <u>49 ways to write yourself well : the science and wisdom of writing and journaling</u>
- <u>A manual for being human: what makes us who we are, why it matters and practical advice for a happier life</u>
- <u>A mindfulness guide for the frazzled</u>
- An Introduction to Health Services Research
- <u>Chronic pain management: your two-part plan for understanding pain and finding relief</u>
- Feel the fear and do it anyway
- Happiness FM
- How to build a healthy brain: reduce stress, anxiety and depression and future-proof your brain
- I'm OK you're OK
- It's not OK to feel blue and other lies
- Men's health: all you need to know in one concise manual
- Overcoming anxiety: a self-help guide to using cognitive behavioral techniques
- <u>Recovery: the lost art of convalescence</u>
- <u>Stress management for dummies</u>
- The book about getting older (for people who don't want to talk about it
- The chimp paradox
- The natural health service: how nature can mend your mind
- Using mindfulness skills in everyday life: a practical guide

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