

Wellbeing and Self Help

A collection of books, both electronic and print format, on self help and wellbeing subjects.

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@book{Adams, title={Time Management: Screw Self Discipline with this Uncommon Guide - Procrastination, Productivity & Get Organized}, publisher={CreateSpace Independent Publishing Platform}, author={Adams, Brian} }

@book{Alidina_Adams_2014a, address={Chichester}, title={Mindfulness at work for dummies}, volume={For dummies}, publisher={John Wiley & Sons, Ltd}, author={Alidina, Shamash and Adams, Juliet}, year={2014} }

@book{Alidina_Adams_2014b, address={Chichester, England}, title={Mindfulness at work for dummies}, volume={For Dummies}, url={http://kentuk.ebib.com/patron/FullRecord.aspx?p=2075581}, publisher={Wiley}, author={Alidina, Shamash and Adams, Juliet}, year={2014} }

@book{Alison_2016, title={Self-Esteem}, publisher={Createspace Independent Publishing Platform}, author={Alison, Jennifer}, year={2016} }

@book{Allen_2001, address={New York}, title={Getting things done: the art of stress-free productivity}, publisher={Penguin Books}, author={Allen, David}, year={2001} }

@book{Allen_2014, address={London}, title={Ready for anything: 52 productivity principles for work and life}, publisher={Piatkus, an imprint of Little, Brown Book Group}, author={Allen, David}, year={2014} }

@book{Ames_MIND (Mental health association)_2012, address={London}, edition={New editon}}, title={How to deal with anger}, publisher={Mind}, author={Ames, Chris and MIND (Mental health association)}, year={2012} }

@book{Ames_MIND (Mental health association)_2013a, address={London}, title={How to be mentally healthy at work}, publisher={Mind (National Association for Mental Health)}, author={Ames, Chris and MIND (Mental health association)}, year={2013} }

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@book{Antonetta_2007, address={New York}, edition={First trade paperback edition}, title={A mind apart: travels in a neurodiverse world}, publisher={Jeremy P. Tarcher/Penguin, a member of Penguin Group (USA) Inc}, author={Antonetta, Susanne},

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@book{Antony_Swinson_1998, address={Oakland, CA}, edition={Second edition}, title={When perfect isn't good enough: strategies for coping with perfectionism}, url={http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.kentuk.ebib.com/patron/FullRecord.aspx?p=794943}, publisher={New Harbinger Publications}, author={Antony, Martin M. and Swinson, Richard P.}, year={1998} }

@book{Armstrong, address={Cambridge, MA}, edition={1st Da Capo paperback edition}, title={The power of neurodiversity: unleashing the advantages of your differently wired brain}, publisher={Da Capo}, author={Armstrong, Thomas} }

@book{Atkinson_2005, address={Chichester}, title={Exam-busting tips: how to pass exams the easy way}, url={http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.kentuk.ebib.com/patron/FullRecord.aspx?p=222805}, publisher={Summersdale Publishers}, author={Atkinson, Nick}, year={2005} }

@book{Atkinson_2010, address={Oxford, England}, title={First steps out of depression}, volume={First steps start here}, publisher={Lion}, author={Atkinson, Sue}, year={2010} }

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@book{Baron-Cohen_2004, address={London}, title={The essential difference}, publisher={Penguin}, author={Baron-Cohen, Simon}, year={2004} }

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@book{Bennett-Goleman_2013, address={New York, New York}, title={Mind whispering: a new map to freedom from self-defeating emotional habits}, publisher={HarperOne, an imprint of HarperCollins Publishers}, author={Bennett-Goleman, Tara}, year={2013} }

@book{Biddle_Fox_Boutcher_MyiLibrary_2000, address={London}, title={Physical activity and psychological well-being},

url={http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.myilibrary.com?id=6017}, publisher={Routledge}, author={Biddle, Stuart and Fox, Kenneth R. and Boutcher, Stephen H. and MyiLibrary}, year={2000} }

@book{Biddle_Mutrie_MyiLibrary_2008, address={Milton Park, Abingdon, Oxon}, edition={Second edition}, title={Psychology of physical activity: determinants, well-being, and interventions}, url={http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.myilibrary.com?id=97088}, publisher={Routledge}, author={Biddle, Stuart and Mutrie, Nanette and MyiLibrary}, year={2008} }

@book{Biggam_2011a, address={Maidenhead}, edition={Second edition}, title={Succeeding with your master's dissertation: a step-by-step handbook}, volume={Open UP study skills}, url={http://www.vlebooks.com/vleweb/product/openreader?id=KentUniv&isbn=9780335242269}, publisher={Open University Press}, author={Biggam, John}, year={2011} }

@book{Biggam_2011b, address={Maidenhead}, edition={Second edition}, title={Succeeding with your master's dissertation: a step-by-step handbook}, volume={Open UP study skills}, publisher={Open University Press}, author={Biggam, John}, year={2011} }

@book{Black_2014, address={London}, title={Mindfulness at work: reduce stress, live mindfully and be happier and more productive at work}, publisher={CICO Books}, author={Black, Anna}, year={2014} }

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@book{Bowes_MIND (Mental health association)_2014, address={London}, title={Understanding schizophrenia}, publisher={Mind}, author={Bowes, Eleanor and MIND (Mental health association)}, year={2014} }

@book{Bowler_2021, address={Chichester}, title={Only Study Guide You'll Ever Need}, publisher={Bonnier Books Ltd}, author={Bowler, Jade}, year={2021} }

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@book{Brampton_2008, address={New York}, title={Shoot the damn dog: a memoir of depression}, publisher={W.W. Norton & Company}, author={Brampton, Sally}, year={2008} }

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@book{Brill_2004a, address={New York}, title={The winner's way: a proven method for achieving your personal best in any situation}, url={http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://lib.myilibrary.com?id=23090}, publisher={McGraw-Hill}, author={Brill, Pam}, year={2004} }

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@book{Brosan_Hogan_2018a, address={London}, edition={Second edition}, title={An introduction to coping with anxiety}, publisher={Robinson}, author={Brosan, Lee and Hogan, Brenda}, year={2018} }

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@book{Burgess_Chalder_2009, address={London}, title={Overcoming chronic fatigue: a self-help guide using cognitive behavioral techniques}, volume={Overcoming series}, publisher={Robinson}, author={Burgess, Mary and Chalder, Trudie}, year={2009} }

@book{Burns_2000, address={London}, title={Ten days to great self-esteem}, publisher={Vermilion}, author={Burns, David D.}, year={2000} }

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@book{Cain_2013, address={London}, title={Quiet: the power of introverts in a world that can't stop talking}, publisher={Penguin}, author={Cain, Susan}, year={2013} }

@book{Callaghan_O'Connor_Catchpole_2017a, address={Newark}, title={Body image problems & body dysmorphic disorder: the definitive treatment and recovery approach}, url={https://www.dawsonera.com/guard/protected/dawson.jsp?name=https://sid.kent.ac.uk/shibboleth&dest=http://www.dawsonera.com/depp/reader/protected/external/Abstr

actView/S9781911246114}, publisher={Trigger Press}, author={Callaghan, Lauren and O'Connor, Annemarie and Catchpole, Chloe}, year={2017} }

@book{Callaghan_O'Connor_Catchpole_2017b, address={Newark}, title={Body image problems & body dysmorphic disorder: the definitive treatment and recovery approach}, publisher={Trigger Press}, author={Callaghan, Lauren and O'Connor, Annemarie and Catchpole, Chloe}, year={2017} }

@book{Calman_2016, address={London}, title={Cheer up love: adventures in depression with the crab of hate}, publisher={Two Roads}, author={Calman, Susan}, year={2016} }

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@book{Carr_Carr_2009, address={London}, title={The easy way to control alcohol}, publisher={Arcturus}, author={Carr, Allen and Carr, Allen}, year={2009} }

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@book{Caunt_ebrary, Inc_2013, address={Philadelphia, Pa}, edition={4th ed}, title={How to organize yourself}, volume={Creating success}, url={https://ebookcentral.proquest.com/lib/kentuk/detail.action?docID=1131625}, publisher={Kogan Page Ltd}, author={Caunt, John and ebrary, Inc}, year={2013} }

@book{Cembrowicz_Kingham_2006, address={London}, edition={Second edition}, title={Beating depression: the complete guide to depression and how to overcome it}, volume={At your fingertips}, url={http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.kentuk.ebib.com/patron/FullRecord.aspx?p=255491}, publisher={Class Publishing Ltd}, author={Cembrowicz, Stefan and Kingham, Dorcas}, year={2006} }

@book{Challacombe_Oldfield_Salkovskis_2011, address={London}, title={Break free from OCD}, publisher={Vermilion}, author={Challacombe, Fiona and Oldfield, Victoria Bream and Salkovskis, Paul M.}, year={2011} }

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@book{Cole_MacDonald_Carus_Howden-Leach_2010, address={London}, title={Overcoming chronic pain: a self-help manual using cognitive behavioral techniques}, volume={Overcoming series}, publisher={Robinson}, author={Cole, Frances and MacDonald, Helen and Carus, Catherine and Howden-Leach, Hazel}, year={2010} }

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@book{Cooper_Kahn_2013b, address={Chichester}, title={50 things you can do today to manage stress at work}, volume={Personal health guides}, publisher={Summersdale},

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@book{Covey_2004, address={London}, title={The 7 habits of highly effective people}, publisher={Simon & Schuster}, author={Covey, Stephen R.}, year={2004} }

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@book{Davis_Eshelman_McKay_2008, address={Oakland, Calif}, edition={6th ed}, title={The relaxation & stress reduction workbook}, volume={A new Harbinger self-help workbook}, publisher={New Harbinger Publications}, author={Davis, Martha and Eshelman, Elizabeth Robbins and McKay, Matthew}, year={2008} }

@book{Dawson_2016, address={New York, USA}, title={Smart But Scattered Guide to Success: How to Use Your Brain's Executive Skills to Keep Up, Stay Calm, and Get Organized at Work and at Home}, publisher={Guilford Publications}, author={Dawson, Peg; Guare}, year={2016} }

@book{Dittmer_2007, address={New Delhi, India}, title={151 quick ideas to manage your time}, publisher={Management Update, an imprint of Pentagon Press}, author={Dittmer, Robert E.}, year={2007} }

@book{Doidge_2007, address={London}, title={The brain that changes itself: stories of personal triumph from the frontiers of brain science}, publisher={Penguin Books}, author={Doidge, Norman}, year={2007} }

@book{Dorland_ProQuest (Firm)_2009, address={Milton, Qld}, title={Exam stress? No worries!}, url={http://kentuk.ebib.com/patron/FullRecord.aspx?p=822336}, publisher={WrightBooks}, author={Dorland, Su and ProQuest (Firm)}, year={2009} }

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@book{Fisher_2005, address={London}, title={Beating anger: the eight-point plan for coping with rage}, publisher={Rider}, author={Fisher, Mike}, year={2005} }

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@book{Fletcher_Langley_2009, address={Oxford}, title={Free yourself from anxiety: a self-help guide to overcoming anxiety disorders}, url={http://kentuk.ebib.com/patron/FullRecord.aspx?p=471312}, publisher={How To Books}, author={Fletcher, Emma and Langley, Martha}, year={2009} }

@book{Fletcher_2014, title={Anxiety}, publisher={Kindle Direct Publishing}, author={Fletcher, Joshua}, year={2014} }

@book{Foreman_Pollard_2016, address={London}, title={CBT: cognitive behavioural therapy : your toolkit to modify mood, overcome obstructions and improve your life},

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@book{Freeman_2009, address={London}, title={Overcoming anorexia nervosa: a self-help guide using Cognitive Behavioural Techniques}, volume={Overcoming series}, publisher={Constable & Robinson}, author={Freeman, Chris}, year={2009} }

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@book{Gaus_2007, address={New York}, title={Cognitive-behavioral therapy for adult Asperger syndrome}, volume={Guides to individualized evidence-based treatment}, publisher={Guilford Press}, author={Gaus, Valerie L.}, year={2007} }

@book{Gerhardt_2004, address={Hoboken}, title={Why Love Matters: How Affection Shapes a Baby's Brain}, url={http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.kentuk.ebib.com/patron/FullRecord.aspx?p=183282}, publisher={Taylor and Francis}, author={Gerhardt, Sue}, year={2004} }

@book{Gilbert_2009, address={London}, edition={Fully revised third edition}, title={Overcoming depression: a self-help guide using cognitive behavioral techniques}, volume={Overcoming series}, publisher={Robinson}, author={Gilbert, Paul}, year={2009} }

@book{Giono_McCurdy_1989, address={London}, title={The man who planted trees}, publisher={Peter Owen}, author={Giono, Jean and McCurdy, Michael}, year={1989} }

@book{Gobin_2019, address={Emeryville, California}, title={Self Care Prescription: Powerful Solutions to Manage Stress, Reduce Anxiety & Increase Wellbeing}, publisher={Althea Press}, author={Gobin, Robyn}, year={2019} }

@book{Gournay_2015, title={The Sheldon short guide to phobias and panic}, publisher={Sheldon Press}, author={Gournay, Kevin}, year={2015} }

@book{Green_Humphrey_2012, address={Philadelphia, PA}, edition={1st ed}, title={Coaching for resilience: a practical guide to using positive psychology}, publisher={Kogan Page}, author={Green, Adrienne and Humphrey, John}, year={2012} }

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@book{Greenberger_Padesky_2016, address={New York}, edition={Second edition}, title={Mind over mood: change how you feel by changing the way you think}, publisher={The Guilford Press}, author={Greenberger, Dennis and Padesky, Christine A.}, year={2016} }

@book{Grenville-Cleave_2012, address={London}, title={Positive psychology: a practical guide}, url={http://kentuk.ebib.com/patron/FullRecord.aspx?p=167166}, publisher={Icon}, author={Grenville-Cleave, Bridget}, year={2012} }

@book{Griffin_Tyrrell_2004, address={Chalvington}, title={How to lift depression (--fast): a practical handbook}, volume={Human Givens approach series}, publisher={HG Publishing}, author={Griffin, Joe and Tyrrell, Ivan}, year={2004} }

@book{Haig_2016, address={Edinburgh}, title={Reasons to stay alive}, publisher={Canongate}, author={Haig, Matt}, year={2016} }

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