

Wellbeing and Self Help

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

Use the Table of Contents to see the wide range of topics available.

View Online



1

Carr A, Carr A. The easy way to control alcohol. London: : Arcturus 2009.

2

McMahon J. First steps out of problem drinking. Oxford: : Lion 2010.

3

Hughes J, Ustok L. First steps out of problem gambling. Oxford: : Lion 2011.

4

Hope and recovery: the workbook. Minnesota: : Hazelden Publishing 1990.
<http://kentuk.ebib.com/patron/FullRecord.aspx?p=1145197>

5

Riley G. How to stop smoking and stay stopped for good. Rev. and updated ed. London: : Vermilion 2007.

6

Vale J. Kick the drink-- easily! Bancyfelin: : Crown House 2010.
<http://kentuk.ebib.com/patron/FullRecord.aspx?p=710293>

7

Vale J. Kick the drink ... easily! Bancyfelin, Carmarthen: : Crown House Publishing 2014.

8

Heather N, Robertson I, British Psychological Society. Let's drink to your health!: a self-help guide to sensible drinking. New revised edition. Leicester: : British Psychological Society 2005.

9

Blaszczynski A. Overcoming compulsive gambling: a self-help guide using cognitive behavioral techniques. London: : Robinson 2010.

10

Ruben DH. Treating adult children of alcoholics: a behavioral approach. San Diego: : Academic Press 2001.
<http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.sciencedirect.com/science/book/9780126011302>

11

Hallowell EM. Driven to Distraction. Yuan Liu/Tsai Fong Books 2015.

12

Zylowska L. Mindfulness Prescription for Adult ADHD : An 8-Step Program for Strengthening Attention, Managing Emotions, and Achieving Your Goals: Duplicate copy. 1st ed. Boston: : Trumpeter Books 2012.

13

Paul J. Order from Chaos : The Everyday Grind of Staying Organized with Adult ADHD. First edition. Baltimore, MD: : Summit to Sea, LLC 2019.

14

Solden S. Radical Guide for Women with ADHD. Oakland, CA: : New Harbinger Publications 2019.

15

Dawson PG. 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. New York, USA: : Guilford Publications 2016.

16

Boissiere P. Thriving with adult ADHD : skills to strengthen executive functioning. Emeryville, California: : Althea Press 2018.

17

Fisher M. Beating anger: the eight-point plan for coping with rage. London: : Rider 2005.

18

Ames C, MIND (Mental health association). How to deal with anger. [New editon]. London: : Mind 2012.

19

Lindenfield G. Managing anger: simple steps to handling your temper. New ed. London: : Thorsons 2000.

20

Fisher M. Mindfulness & the art of managing anger. Leaping Hare Press 2018.

21

Jones CD. Overcoming anger: how to identify it, stop it, and live a healthier life. Avon, Mass: : Adams Media 2004. <http://www.loc.gov/catdir/toc/ecip042/2003008261.html>

22

Davies W. Overcoming anger and irritability: a self-help guide using cognitive behavioral techniques. 2nd edition. London: : Robinson 2016.

23

Nay WR. Taking charge of anger: six steps to asserting yourself without losing control. Second edition. New York: : Guilford Publications 2012.
<http://kentuk.ebib.com/patron/FullRecord.aspx?p=873353>

24

Nay WR. Taking charge of anger: six steps to asserting yourself without losing control. 2nd ed. New York: : The Guilford Press 2012.

25

Fletcher J. Anxiety. Kindle Direct Publishing 2014.

26

Brosan L, Hogan B. An introduction to coping with anxiety. Second edition. London: : Robinson 2018.

27

Trickett S. Coping with anxiety and depression. Revised&updated edition. London: : Sheldon 1996.

28

Jeffers SJ. Feel the fear and do it anyway. 25th anniversary ed. London: : Vermilion 2012.

29

Fletcher E, Langley M. Free yourself from anxiety: a self-help guide to overcoming anxiety disorders. Oxford: : How To Books 2009.

<http://kentuk.ebib.com/patron/FullRecord.aspx?p=471312>

30

Servan-Schreiber D. Healing without Freud or Prozac: natural approaches to curing stress, anxiety and depression. London: : Rodale 2005.

31

Kennerley H. Overcoming anxiety: a self-help guide to using cognitive behavioral techniques. Fully revised and updated edition. London: : Robinson 2014.

32

Butler G. Overcoming social anxiety and shyness: a self-help guide using cognitive behavioral techniques. 2nd edition. London: : Robinson, an imprint of Little, Brown Book Group 2016.

33

Gobin R. Self Care Prescription: Powerful Solutions to Manage Stress, Reduce Anxiety & Increase Wellbeing. Emeryville, California: : Althea Press 2019.

34

Myles P, Shafran R. The CBT handbook. London: : Robinson 2015.

35

Sweet C. The Anxiety Journal. Main Market Ed. London: : Pan Macmillan 2017.

36

Hatloy I, National Association for Mental Health (Great Britain). Understanding anxiety and panic attacks. London: : Mind 2012.

37

Eastham C. We're all mad here: the no-nonsense guide to living with social anxiety. London: : Jessica Kingsley Publishers 2017.

38

Eastham C. We're all mad here: the no-nonsense guide to living with social anxiety. London: : Jessica Kingsley Publishers 2017.

<https://www.dawsonera.com/guard/protected/dawson.jsp?name=https://sid.kent.ac.uk/shibboleth&dest=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781784503437>

39

Antony MM, Swinson RP. When perfect isn't good enough: strategies for coping with perfectionism. Second edition. Oakland, CA: : New Harbinger Publications 1998.

<http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.kentuk.ebib.com/patron/FullRecord.aspx?p=794943>

40

Dubin N. Asperger syndrome and anxiety: a guide to successful stress management. London: : Jessica Kingsley Publishers 2009.

<http://kentuk.ebib.com/patron/FullRecord.aspx?p=465791>

41

Hendrickx S. Asperger syndrome and employment: what people with Asperger syndrome really really want. London: : Jessica Kingsley 2009.

42

Gaus VL. Cognitive-behavioral therapy for adult Asperger syndrome. New York: : Guilford Press 2007.

43

Brown N, editor. Lived experiences of ableism in academia: strategies for inclusion in higher education. Bristol, UK: : Policy Press, an imprint of Bristol University Press 2021.

44

Antonetta S. A mind apart: travels in a neurodiverse world. First trade paperback edition. New York: : Jeremy P. Tarcher/Penguin, a member of Penguin Group (USA) Inc 2007.

45

Baron-Cohen S. The essential difference. London: : Penguin 2004.

46

Armstrong T. The power of neurodiversity: unleashing the advantages of your differently wired brain. 1st Da Capo paperback edition. Cambridge, MA: : Da Capo

47

Beardon L. Autism in Adults. London: : Sheldon Press 2021.

48

Steward R. Autism-Friendly Guide to Self-Employment. Illustrated ed. London: : Jessica Kingsley Publishers 2021.

49

Purkis Y. Autistic Trans Guide to Life. London, UNITED KINGDOM: : Jessica Kingsley Publishers 2021.

50

Beardon L. Avoiding anxiety in autistic adults : a guide for autistic wellbeing. London: : Sheldon Press 2021.

51

Walker N. Neuroqueer Heresies. Autonomous Press 2021.

52

Ryan M. Room Called Earth. London: : Scribe Publications 2022.

53

Castellon S. Spectrum Girl's Survival Guide : How to Grow Up Awesome and Autistic. London: : Jessica Kingsley Publishers 2020.

54

Barb Cook; Michelle Garnett. Spectrum Women: Walking to the Beat of Autism. London: : JessicaKingsley#Publishers 2018.

55

Rentzenbrink C. A manual for heartache. London: : Picador 2017.

56

Morris S. An introduction to coping with grief. 2nd edition. London: : Robinson 2017.

57

Tatelbaum J. The courage to grieve: the classic guide to creative living, recovery, and growth through grief. New York, NY: : HarperCollins 2008.

58

Wallbank S. Facing grief: bereavement and the young adult. Cambridge: : Lutterworth 1991.

59

Mayfield S. First steps through bereavement. Oxford: : Lion Hudson 2011.

60

Samuel J. Grief works: stories of life, death and surviving. [New edition]. UK: : Penguin Life 2018.

61

Worden JW, Dawsonera. Grief counseling and grief therapy: a handbook for the mental health practitioner. Fourth edition. New York, NY: : Springer Pub. Co 2009.
<https://www.dawsonera.com/guard/protected/dawson.jsp?name=https://sid.kent.ac.uk/shibboleth&dest=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9780826101211>

62

Rando TA. How to go on living when someone you love dies. New York: : Bantam Books 1991.

63

Ku

bler-Ross E. On death and dying. London: : Tavistock Publications 1970.

64

Kübler-Ross E. On death and dying: what the dying have to teach doctors, nurses, clergy and their own families. New ed. London: : Routledge 2009.

65

Carole Kauffmann J, Jordan M. The essential guide to life after bereavement: beyond tomorrow. London: : Jessica Kingsley Publishers 2013.

66

Kauffmann JC, Jordan M. The essential guide to life after bereavement: beyond tomorrow. London: : Jessica Kingsley Publishers 2013.
<http://www.vlebooks.com/vleweb/product/openreader?id=KentUniv&isbn=9780857006691>

67

Cruze Bereavement Care. <https://www.cruise.org.uk/>

68

O'Connell L. My fire's gone out!: how to cope with change in your work and your life. Bedlinog: : Accent Press 2010. <http://kentuk.ebib.com/patron/FullRecord.aspx?p=556070>

69

O'Connell L. My fire's gone out!: how to cope with change in your work and your life. Bedlinog: : Accent Press 2010.

70

Seligman M. Learned Optimism: How to Change Your Mind and Your Life. Pan Rolling/ Tsai Fong Books 2013.

71

Williams C. Living life to the full. First edition. Five Areas Limited 2018.

72

Webb L. Resilience: how to cope when everything around you keeps changing. Chichester, West Sussex: : Capstone 2013.
<http://kentuk.ebib.com/patron/FullRecord.aspx?p=1119799>

73

Webb L. Resilience: how to cope when everything around you keeps changing. Chichester, West Sussex: : John Wiley & Sons 2013.

74

Campling F, Sharpe M. Chronic fatigue syndrome (CFS/ME). 2nd edition. Oxford: : Oxford University Press 2008.
<http://www.vlebooks.com/vleweb/product/openreader?id=KentUniv&isbn=9780191552755>

75

Campling F, Sharpe M. Chronic fatigue syndrome (CFS/ME). 2nd ed. Oxford: : Oxford University Press 2008.

76

Myhill S. Diagnosis and treatment of chronic fatigue syndrome and myalgic encephalitis: it's mitochondria, not hypochondria. London: : Hammersmith Health Books 2017.
<https://www.dawsonera.com/guard/protected/dawson.jsp?name=https://sid.kent.ac.uk/shibboleth&dest=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781781610800>

77

Burgess M, Chalder T. Overcoming chronic fatigue: a self-help guide using cognitive behavioral techniques. London: : Robinson 2009.

78

Cole F, MacDonald H, Carus C, et al. Overcoming chronic pain: a self-help manual using cognitive behavioral techniques. London: : Robinson 2010.

79

Brosan L, Hogan B. An introduction to coping with depression. Second edition. London: : Robinson 2018.

80

Leahy RL. Beat the blues before they beat you: how to overcome depression. London: : Hay House 2010.

81

Cembrowicz S, Kingham D. Beating depression: the complete guide to depression and how to overcome it. Second edition. London: : Class Publishing Ltd 2006.
<http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.kentuk.ebib.com/patron/FullRecord.aspx?p=255491>

82

Rowe D, Rowe D. Breaking the bonds: understanding depression, finding freedom. London: : Harper Perennial 2006.

83

Calman S. Cheer up love: adventures in depression with the crab of hate. London: : Two Roads 2016.

84

Law R. Defeating depression. London: : Robinson 2013.

85

Rowe D. Depression: the way out of your prison. 3rd ed. Hove: : Brunner-Routledge 2003.
<https://www.dawsonera.com/guard/protected/dawson.jsp?name=https://sid.kent.ac.uk/shibboleth&dest=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9780203391464>

86

Cantopher T. Depressive illness. 4 ed. Sheldon Press 2016.

87

Otto MW, Smits JAJ. Exercise for mood and anxiety: proven strategies for overcoming depression and enhancing well-being. New York: : Oxford University Press 2011.
<http://kentuk.ebib.com/patron/FullRecord.aspx?p=728806>

88

Atkinson S. First steps out of depression. Oxford, England: : Lion 2010.

89

Griffin J, Tyrrell I. How to lift depression (--fast): a practical handbook. Chalvington: : HG Publishing 2004.

90

Johnstone M. I had a black dog: his name was depression. London: : Constable & Robinson 2007.

91

Johnstone M, Johnstone A. Living with a black dog: how to take care of someone with depression while looking after yourself. London: : Robinson 2008.

92

Hari J. Lost connections: why you're depressed and how to find hope. London: : Bloomsbury Publishing 2019.

93

Veale D, Willson R. Manage your mood: how to use behavioral activation techniques to overcome depression. London: : Robinson 2007.

94

Cree M. The compassionate mind approach to postnatal depression. Robinson 2015.

95

Williams JMG. The mindful way through depression: freeing yourself from chronic unhappiness. New York: : Guilford 2007.

96

Couser GT. The recovery letters: addressed to people experiencing depression. London: : Jessica Kingsley Publishers 2017.

97

Withey J, Sagan O, editors. The recovery letters: addressed to people experiencing depression. London: : Jessica Kingsley Publishers 2017.
<https://www.dawsonera.com/guard/protected/dawson.jsp?name=https://sid.kent.ac.uk/shibboleth&dest=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781784504601>

98

Williams C. Overcoming depression and low mood: a five areas approach. Fourth edition. Boca Raton: : Taylor & Francis 2015.

99

Gilbert P. Overcoming depression: a self-help guide using cognitive behavioral techniques. Fully revised third edition. London: : Robinson 2009.

100

Scott J. Overcoming mood swings: a self-help guide using cognitive behavioral techniques. [New] ed. London: : Robinson 2010.

101

Haig M. Reasons to stay alive. Edinburgh: : Canongate 2016.

102

Lewis G. Sunbathing in the rain: a cheerful book about depression. London: : Harper Perennial 2006.

103

Brampton S. Shoot the damn dog: a memoir of depression. New York: : W.W. Norton & Company 2008.

104

Darton K, MIND (Mental health association). Understanding depression. London: : Mind 2012.

105

Students Against Depression. <http://studentsagainstdepression.org/>

106

Treasure J, Alexander J. Anorexia nervosa: a survival guide for families, friends, and sufferers. 2nd [rev.] ed. London: : Routledge 2013.

107

Callaghan L, O'Connor A, Catchpole C. Body image problems & body dysmorphic disorder: the definitive treatment and recovery approach. Newark: : Trigger Press 2017.
<https://www.dawsonera.com/guard/protected/dawson.jsp?name=https://sid.kent.ac.uk/shibboleth&dest=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781911246114>

108

Callaghan L, O'Connor A, Catchpole C. Body image problems & body dysmorphic disorder: the definitive treatment and recovery approach. Newark: : Trigger Press 2017.

109

Middleton K. Eating disorders: the path to recovery. Oxford: : Lion 2007.

110

Orbach S, Orbach S. Fat is a feminist issue: the anti-diet guide for women ; Fat is a feminist issue II. New edition. London: : Arrow 1998.

111

Middleton K, Smith J. First steps out of eating disorders. Oxford: : Lion 2010.

112

Paterson A. Fit to die: men and eating disorders. Bristol: : Lucky Duck Publishing 2004.

113

Schmidt U, Treasure J, Alexander J. Getting better bite by bite: a survival kit for sufferers of bulimia nervosa and binge eating disorders. Second edition. London: : Routledge 2016.

114

Schmidt U, Treasure J, Alexander J. Getting better bite by bite: a survival kit for sufferers of bulimia nervosa and binge eating disorders. Second edition. London: : Routledge 2016.
<https://www.dawsonera.com/guard/protected/dawson.jsp?name=https://sid.kent.ac.uk/shibboleth&dest=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781315754017>

115

Freeman C. Overcoming anorexia nervosa: a self-help guide using Cognitive Behavioural Techniques. London: : Constable & Robinson 2009.

116

Fairburn CG. Overcoming binge eating: the proven program to learn why you binge and how you can stop. Second edition. New York, New York: : The Guilford Press 2013.

117

Cooper PJ. Overcoming bulimia nervosa and binge-eating: a self-help guide using cognitive behavioral techniques. London: : Robinson 2009.

118

Boyd R. Understanding eating problems. London: : Mind 2014.

119

Beat | The UK's Eating Disorder Charity. <https://b-eat.co.uk/>

120

Dunleavy P, MyiLibrary. Authoring a PhD: how to plan, draft, write, and finish a doctoral thesis or dissertation. Basingstoke: : Palgrave Macmillan 2003.

<http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://lib.mylibrary.com?id=86062>

121

Dunleavy P, MyiLibrary. Authoring a PhD: how to plan, draft, write, and finish a doctoral thesis or dissertation. Basingstoke: : Palgrave Macmillan 2003.

<http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://lib.mylibrary.com?id=86062>

122

Furseth I, Everett EL. Doing your masters dissertation. Los Angeles, California: : SAGE 2013.

123

Price G, Maier P. Effective study skills. Harlow: : Pearson Longman 2007.

<http://www.vlebooks.com/vleweb/product/openreader?id=KentUniv&isbn=9781408251102>

124

Atkinson N. Exam-busting tips: how to pass exams the easy way. Chichester: : Summersdale Publishers 2005.
<http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.kentuk.ebib.com/patron/FullRecord.aspx?p=222805>

125

Dorland S, ProQuest (Firm). Exam stress? No worries! Milton, Qld: : WrightBooks 2009.
<http://kentuk.ebib.com/patron/FullRecord.aspx?p=822336>

126

Moore S, Murphy M. How to be a student: 100 great ideas and practical habits for students everywhere. Maidenhead: : Open University Press 2005.
<http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.kentuk.ebib.com/patron/FullRecord.aspx?p=292115>

127

Race P, Dawsonera. How to get a good degree: making the most of your time at university. Second edition. Buckingham: : McGraw Hill 2007.
<https://www.dawsonera.com/guard/protected/dawson.jsp?name=https://sid.kent.ac.uk/shibboleth&dest=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9780335235223>

128

Evans M. How to pass exams every time. Second edition. Oxford: : How To 2004.

129

Evans M, Evans M, EBL (Ebook library). How to pass your exams: proven techniques for any exam that will boost your confidence and guarantee success. Fourth edition. Oxford: : How To Books 2010.
<http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.kentuk.ebib.com/patron/FullRecord.aspx?p=896924>

130

Squires G, Dawsonera. Managing your learning. London: : Routledge 2002.

<https://www.dawsonera.com/guard/protected/dawson.jsp?name=https://sid.kent.ac.uk/shibboleth&dest=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9780203469569>

131

Krcmar K. Mindfulness for Study: From Procrastination to Action. Aberdeen: : Inspired By Learning 2016.

132

Lucas B. Power up your mind: learn faster, work smarter. London: : Nicholas Brealey 2001.
<http://www.vlebooks.com/vleweb/product/openreader?id=KentUniv&isbn=9781857884708>

133

Levin P, ProQuest (Firm). Sail through exams!: preparing for traditional exams for undergraduates and taught postgraduates. Maidenhead: : Open University Press 2004.
<http://kentuk.ebib.com/patron/FullRecord.aspx?p=290412>

134

Vyas H. Say no to exam stress. [Place of publication not identified]: : Createspace 2013.

135

Biggam J. Succeeding with your master's dissertation: a step-by-step handbook. Second edition. Maidenhead: : Open University Press 2011.
<http://www.vlebooks.com/vleweb/product/openreader?id=KentUniv&isbn=9780335242269>

136

Biggam J. Succeeding with your master's dissertation: a step-by-step handbook. Second edition. Maidenhead: : Open University Press 2011.

137

Bowler J. Only Study Guide You'll Ever Need. Chichester: : Bonnier Books Ltd 2021.

138

Moore S, Dawsonera. The ultimate study skills handbook. Maidenhead: : McGraw-Hill/Open University Press 2010.

139

Brill P. The winner's way: a proven method for achieving your personal best in any situation. New York: : McGraw-Hill 2004.
<http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://lib.mylibrary.com?id=23090>

140

Brill P. The winner's way: a proven method for achieving your personal best in any situation. New York: : McGraw-Hill 2004.

141

Buzan T, Harrison J. Use your head: how to unleash the power of your mind. Harlow, England: : Pearson 2010.

142

Martin MW. Happiness and the good life. New York: : Oxford University Press 2012.
<http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://dx.doi.org/10.1093/acprof:oso/9780199845217.001.0001>

143

Charlton A. How to be fabulously happy: (most of the time!) / Ash Charlton. [Place of publication not identified]: : [publisher not identified] 2015.

144

Garca

H, Miralles F. Ikigai: the Japanese secret to a long and happy life. London: : Hutchinson 2017.

145

McGonigal K. Joy Of Movement : How exercise helps us find happiness, hope, connection, and courage. First trade paperback edition. New York: : Avery, an imprint of Penguin Random House 2019.

146

Nafousi R. Manifest : The Sunday Times bestseller that will change your life. London: : Michael Joseph Ltd 2022.

147

Grenville-Cleave B. Positive psychology: a practical guide. London: : Icon 2012.
<http://kentuk.ebib.com/patron/FullRecord.aspx?p=167166>

148

Ricard M. The art of happiness. London: : Atlantic 2011.
<http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.kentuk.ebib.com/patron/FullRecord.aspx?p=897716>

149

Peters S. The chimp paradox. London: : Vermilion 2012.

150

Rowson P, Rowson P. The easy step by step guide to being positive and staying positive: (even when the going gets tough!). Second edition. Hayling Island: : Rowmark 2007.
<http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.kentuk.ebib.com/patron/FullRecord.aspx?p=204362>

151

Seppala E. The happiness track: how to apply the science of happiness to accelerate your success. London: : Piatkus 2017.

152

Lyubomirsky S. The myths of happiness: what should make you happy but doesn't, what shouldn't make you happy but does. New York: : Penguin Books 2014.

153

Wiking M. The little book of hygge: the Danish way to live well. UK: : Penguin Life 2016.

154

Watts M. 49 ways to eat yourself well: nutritional science one bite at a time. Brighton: : Step Beach 2013.

155

Studentbeans.com (Website). The healthy student cookbook. London: : Orion Publishing Group Ltd 2016.

156

May J. Nosh for students: a fun student cookbook. 4th edition. [Bedford, United Kingdom]: : Intrade (GB) Ltd 2013.

157

May J. Nosh for students: vol. 2. [United Kingdom]: : Intrade (GB) Ltd 2015.

158

Tsui, Vincci R. The Mindful Eating Workbook. Althea Press 2018.

159

Eckmeier J, Lais D, Sporrer B. Vegan on the go: fast, easy, affordable - anytime, anywhere. London: : DK 2017.

160

Green A, Humphrey J, ebrary, Inc. Coaching for resilience: a practical guide to using positive psychology. 1st ed. London: : Kogan Page 2012.
<http://kentuk.ebrary.com/patron/FullRecord.aspx?p=1000327>

161

Green A, Humphrey J. Coaching for resilience: a practical guide to using positive psychology. 1st ed. Philadelphia, PA: : Kogan Page 2012.

162

Sanghera S. The boy with the topknot: a memoir of love, secrets and lies in Wolverhampton. London: : Penguin Books 2009.

163

Giono J, McCurdy M. The man who planted trees. London: : Peter Owen 1989.

164

Saint-Exu

ry A de. The little prince. London: : Mammoth 2000.

165

Tolle E. The power of NOW. [Rev. ed.]. Vancouver, B.C., Canada ,Novato, Calif: : Namaste Pub. ;,New World Library 2004.

166

Bach R. Jonathan Livingston Seagull. London: : HarperElement 1972.

167

McLeod M,
Nha

~

a

,

t

Ho

,

anh. The pocket Thich Nhat Hanh. Boston, Mass: : Shambhala 2012.

168

Franz A. J. Szabo. Kaunitz and enlightened absolutism, 1753-1780. Cambridge [England]: : Cambridge University Press 1994.

169

Cho

..

dro

..

n P. Start where you are: how to accept yourself and others. [New ed.]. London: : Element 2005.

170

Chodron P. The Places That Scare You: A Guide to Fearlessness. New edition. London: : Harper Thorsons 2015.

171

Cain S. Quiet: the power of introverts in a world that can't stop talking. London: : Penguin 2013.

172

Ames C, MIND (Mental health association). How to be mentally healthy at work. London: : Mind (National Association for Mental Health) 2013.

173

McCollom S. I tried until I almost died: from anxiety & frustration to rest & relaxation. Colorado Springs, Colorado: : WaterBrook Press 2015.

174

Cooper CL, Kahn H. 50 things you can do today to manage stress at work. Chichester, West Sussex: : Summersdale 2013. <http://kentuk.ebib.com/patron/FullRecord.aspx?p=1531141>

175

Cooper CL, Kahn H. 50 things you can do today to manage stress at work. Chichester: : Summersdale 2013.

176

Managing Stress at Work in a Week: Teach Yourself. London, United Kingdom: : Teach Yourself 2013. <http://kentuk.ebib.com/patron/FullRecord.aspx?p=1719481>

177

Evans-Howe S. Managing stress at work in a week. London: : Teach Yourself 2013.

178

Newton T, Handy J, Fineman S. Managing stress: emotion and power at work. London: : Sage Publications 1995.

179

Chodron P. When things fall apart: heartfelt advice for hard times. London: : Element 2005.

180

Brondolo E, Amador XF. Break the bipolar cycle: a day-by-day guide to living with bipolar disorder. New York: : McGraw-Hill 2008.

181

Darton K, MIND (Mental health association). How to cope with hearing voices. London: : Mind 2013.

182

Benas N. Mental health first aid. Hatherleigh 2017.

183

Bennett-Goleman T. Mind whispering: a new map to freedom from self-defeating emotional habits. New York, New York: : HarperOne, an imprint of HarperCollins Publishers 2013.

184

Kreisman JJ, Straus H. Sometimes I act crazy: living with borderline personality disorder. Hoboken, N.J.: : John Wiley & Sons 2004.
<http://kentuk.ebib.com/patron/FullRecord.aspx?p=175985>

185

Hatloy I. Understanding bipolar disorder. [New edition]. London: : Mind 2013.

186

Hatloy I, Wallcraft J, MIND (Mental health association). Understanding borderline personality disorder. London: : Mind (National Association for Mental Health) 2012.

187

Livingston K. Understanding dissociative disorders. [Revised edition]. London: : Mind 2013.

188

Challis S, Murphy B. Understanding mental health problems. London: : Mind 2014.

189

Darton K. Understanding personality disorders. London: : Mind 2013.

190

Darton K. Understanding schizoaffective disorder. London: : Mind 2013.

191

Bowes E, MIND (Mental health association). Understanding schizophrenia. London: : Mind 2014.

192

Robinson L, Cox V, editors. Voices beyond the border: living with borderline personality disorder. Essex: : Chipmunkpublishing 2005.

193

Mind, the mental health charity - help for mental health problems. <http://www.mind.org.uk/>

194

Mental Health Foundation. <https://www.mentalhealth.org.uk/>

195

Ames C, MIND (Mental health association). How to be mentally healthy at work. London: : Mind (National Association for Mental Health) 2013.

196

Wax R. A mindfulness guide for the frazzled. UK: : Penguin Life 2016.

197

Greenberger D, Padesky CA. Mind over mood: change how you feel by changing the way you think. Second edition. New York: : The Guilford Press 2016.

198

Williams M, Penman D. Mindfulness: a practical guide to finding peace in a frantic world. London: : Piatkus 2011.

199

Watt T, EBL (Ebook library). Mindfulness: a practical guide. London: : Icon 2012.
<http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.kentuk.ebib.com/patron/FullRecord.aspx?p=831569>

200

Alidina S, Adams J. Mindfulness at work for dummies. Chichester: : John Wiley & Sons, Ltd 2014.

201

Alidina S, Adams J. Mindfulness at work for dummies. Chichester, England: : Wiley 2014.
<http://kentuk.ebib.com/patron/FullRecord.aspx?p=2075581>

202

McKenzie S. Mindfulness at work: how to avoid stress, achieve more, and enjoy life.

Pompton Plains, NJ: : Career Press 2015.
<http://kentuk.ebib.com/patron/FullRecord.aspx?p=1218791>

203

McKenzie S. Mindfulness at Work: How to Avoid Stress, Achieve More, and Enjoy Life! Career Press 2014.

204

Black A. Mindfulness at work: reduce stress, live mindfully and be happier and more productive at work. London: : CICO Books 2014.

205

Schachter R. Mindfulness for stress management : 50 ways to improve your mood and cultivate calmness. Emeryville, CA: : Althea Press 2019.

206

Langley M, EBL (Ebook library). Mindfulness made easy. London: : Hodder Education 2011.
<http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.kentuk.ebib.com/patron/FullRecord.aspx?p=982317>

207

Langley M. Mindfulness made easy. London: : Hodder Education 2014.

208

Siegel DJ. Mindsight: transform your brain with the new science of kindness. Richmond: : Oneworld 2014.

209

Hougaard R, Carter J, Coutts G. One second ahead: enhance your performance at work with mindfulness. Basingstoke, Hampshire: : Palgrave Macmillan 2016.

210

Hougaard R, Carter J, Coutts G. One second ahead: enhance your performance at work with mindfulness. New York, NY: : Palgrave Macmillan 2016.
<http://kentuk.ebib.com/patron/FullRecord.aspx?p=4081962>

211

Johnstone M. Quiet the mind: an illustrated guide on how to meditate. London: : Robinson 2012.

212

Mackesy C. The boy, the mole, the fox and the horse. London: : Ebury Press 2019.

213

Cree M. The compassionate mind approach to postnatal depression. Robinson 2015.

214

Chandler S. 100 ways to motivate yourself: change your life forever. Third edition. Pompton Plains, NJ: : The Career Press 2012.

215

Foreman EI, Pollard C. CBT: cognitive behavioural therapy : your toolkit to modify mood, overcome obstructions and improve your life. London: : Icon 2016.

216

Pink DH. Drive: the surprising truth about what motivates us. Edinburgh: : Canongate 2011.

217

Tuchowska M. Motivation in 7 Simple Steps. Createspace Independent Publishing Platform 2015.

218

Hoffman R, Casnocha B. The start-up of you. London: : Business Books 2013.

219

Schwartz J, Beyette B. Brain lock: free yourself from obsessive-compulsive behavior : a four-step self-treatment method to change your brain chemistry. New York, NY: : Harper Perennial 1997.

220

Challacombe F, Oldfield VB, Salkovskis PM. Break free from OCD. London: : Vermilion 2011.

221

Hershfield J, Corboy T. The mindfulness workbook for OCD: a guide to overcoming obsessions and compulsions using mindfulness and cognitive behavioral therapy. Oakland, CA: : New Harbinger Publications, Inc 2013.

222

Warin C, Murphy B. Understanding obsessive-compulsive disorder. London: : Mind 2013.

223

Duckworth A. Grit: why passion and resilience are the secrets to success. London: : Vermilion 2017.

224

Hendrickx S. The adolescent and adult neuro-diversity handbook: Asperger syndrome, ADHD, dyslexia, dyspraxia and related conditions. London: : Jessica Kingsley 2010.

225

Doidge N. The brain that changes itself: stories of personal triumph from the frontiers of brain science. London: : Penguin Books 2007.

226

Skyenner ACR, Cleese J. Families and how to survive them. London: : Methuen 1983.

227

Boyd R, MIND (Mental health association). How to cope as a carer. London: : Mind (National Association for Mental Health) 2014.

228

Lemma A. Introduction to psychopathology. London: : Sage Publications 1996.

229

McGilchrist I. The master and his emissary: the divided brain and the making of the Western world. New Haven, Conn: : Yale University Press 2012.

230

Dryden W. Overcoming jealousy. London: : Sheldon 1998.

231

Biddle S, Fox KR, Boutcher SH, et al. Physical activity and psychological well-being. London: : Routledge 2000.
<http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.myilibrary.com?id=6017>

232

Siegel DJ. Pocket guide to interpersonal neurobiology: an integrative handbook of the mind

. 1st ed. New York: : W.W. Norton & Co 2012.

233

Biddle S, Mutrie N, MyiLibrary. Psychology of physical activity: determinants, well-being, and interventions. Second edition. Milton Park, Abingdon, Oxon: : Routledge 2008.
<http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.myilibrary.com?id=97088>

234

Marsh L. Understanding post-traumatic stress disorder. London: : Mind 2014.

235

Gerhardt S. Why Love Matters: How Affection Shapes a Baby's Brain. Hoboken: : Taylor and Francis 2004.
<http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.kentuk.ebib.com/patron/FullRecord.aspx?p=183282>

236

Willson R, Veale D. Overcoming health anxiety: a self-help guide using cognitive behavioral techniques. London: : Robinson, an imprint of Constable & Robinson 2009.

237

Ingham C. Panic attacks: what they are, why they happen and what you can do about them. Updated ed. London: : Thorsons 2000.

238

Baker R. Understanding panic attacks and overcoming fear. Updated and rev. 3rd ed. Oxford: : Lion 2011.

239

Burns DD. When panic attacks: a new drug-free therapy to beat chronic shyness, anxiety

and phobias. London: : Vermilion 2010.

240

Earley J, Weiss B. Letting go of perfectionism: gaining perspective, balance, and ease. Larkspur, CA: : Pattern System Books 2012.

241

Drummond LM. Obsessive compulsive disorder. RCPsych Publications 2018.

242

Manicavasagar V, Silove D, Silove D. Overcoming panic: a self-help guide using cognitive behavioural techniques. 2nd edition. London: : Robinson 2017.

243

Shafran R, Egan S, Wade T. Overcoming perfectionism: a self-help guide using cognitive behavioral techniques. London: : Robinson 2010.

244

Hogan B. An introduction to coping with phobias. London: : Robinson 2007.

245

Reid R. Cure your phobia in 24 hours. Vermilion 2017.

246

Gournay K. The Sheldon short guide to phobias and panic. Sheldon Press 2015.

247

Dweck CS. Mindset. London: : Constable & Robinson 2012.

248

Linley A. Average to A+: realising strengths in yourself and others. Coventry: : CAPP 2008.

249

Allen D. Getting things done: the art of stress-free productivity. New York: : Penguin Books 2001.

250

Allen D. Ready for anything: 52 productivity principles for work and life. London: : Piatkus, an imprint of Little, Brown Book Group 2014.

251

Covey SR. The 7 habits of highly effective people. London: : Simon & Schuster 2004.

252

Johnson S. Who Moved My Cheese? Large type / large print edition. New York: : Penguin Putnam Inc 2000.

253

Challis S. Understanding seasonal affective disorder. London: : Mind 2013.

254

Rosenthal NE. Winter blues: everything you need to know to beat seasonal affective disorder. 4th ed. New York: : Guilford Press 2013.

255

Welford M. The compassionate mind approach to building self-confidence. London: :

Robinson 2012.

256

Fennell MJV. Overcoming low self-esteem: a self-help guide using cognitive behavioral techniques. 2nd edition. London: : Robinson 2016.

257

McKay M. Self-esteem. Fourth edition. New Harbinger Publications 2016.

258

Alison J. Self-Esteem. Createspace Independent Publishing Platform 2016.

259

Burns DD. Ten days to great self-esteem. London: : Vermilion 2000.

260

Middleton K, Garvie S. Self harm: the path to recovery. Oxford: : Lion 2008.

261

Quish L. Overcoming self-harm and suicidal thoughts. Hammersmith Health Books 2015.

262

Smith J, MIND (Mental health association). Understanding self-harm. London: : Mind 2013.

263

Idzikowski C. Learn to sleep well: get to sleep and stay asleep, overcome sleep problems,

revitalize body and mind. London: : Watkins 2010.

264

Espie CA. Overcoming insomnia and sleep problems: a self-help guide using cognitive behavioral techniques. London: : Robinson 2006.

265

Meadows G. The sleep book. Paperback edition. Orion 2014.

266

Walker MP. Why we sleep: the new science of sleep and dreams. UK: : Penguin Books 2018.

267

Nagoski E, Nagoski A. Burnout: solve your stress cycle. London: : Vermilion 2020.

268

Palmer S, Puri A, ProQuest (Firm). Coping with stress at university: a survival guide. London: : SAGE 2006.
<https://ebookcentral.proquest.com/lib/kentuk/detail.action?docID=354972>

269

Kabat-Zinn J. Full catastrophe living: using the wisdom of your body and mind to face stress, pain, and illness. Revised and updated edition. New York: : Bantam Books Trade Paperbacks 2013.

270

Haig M. Notes on a nervous planet. Edinburgh: : Canongate 2019.

271

White J. Stress control: a mind, body, life approach to boosting wellbeing. London: : Robinson 2017.

272

Fletcher E. Stress less, accomplish more: the 15-minute meditation programme for extraordinary performance. London: : Bluebird Books for Life 2019.

273

Hartley M. The good stress guide. London: : Sheldon Press 1995.

274

Davis M, Eshelman ER, McKay M. The relaxation & stress reduction workbook. 6th ed. Oakland, Calif: : New Harbinger Publications 2008.

275

Selhub E. Stress Management Handbook : A Practical Guide to Staying Calm, Keeping Cool, and Avoiding Blow-Ups. New York, NY: : Skyhorse Publishing 2020.

276

Hatloy I, MIND (Mental health association). How to cope with suicidal feelings. London: : Mind 2013.

277

Marsh L. How to support someone who feels suicidal. London: : Mind 2014.

278

Samaritans |. <https://www.samaritans.org/>

279

Zeigler K. Getting organized at work: 24 lessons to set goals, establish priorities, and manage your time. New York: : McGraw-Hill 2005.

280

Tracy B. Eat that frog!: 21 great ways to stop procrastinating and get more done in less time. Second edition, revised and updated with two new chapters. San Francisco, CA: : Berrett-Koehler Publishers 2007.

281

Lewis C. Organize your time in 24 hours!: 50 best strategies to spend time with family, devote to your work, keep happy relationships, and spend your money wisely. [Place of publication not identified]: : [Createspace] 2015.

282

Vanderkam L. I know how she does it: how successful women make the most of their time. Great Britain: : Portfolio Penguin 2015.

283

Adams B. Time Management: Screw Self Discipline with this Uncommon Guide - Procrastination, Productivity & Get Organized. CreateSpace Independent Publishing Platform

284

Walker SD. The art of getting things done: productivity hacks and time management tips for your everyday life. [Place of publication not identified]: : [Publisher not identified] 2015.

285

Bregman P. 18 minutes: find your focus, master distraction, and get the right things done. London: : Orion Books 2012.

286

Dittmer RE. 151 quick ideas to manage your time. New Delhi, India: : Management Update, an imprint of Pentagon Press 2007.

287

Manage your time: how to work more effectively. Revised edition. London: : A. & C. Black 2010.

288

Newton T, Handy J, Fineman S. Managing stress: emotion and power at work. London: : Sage Publications 1995.

289

Caunt J, ebrary, Inc. How to organize yourself. 4th ed. Philadelphia, Pa: : Kogan Page Ltd 2013. <https://ebookcentral.proquest.com/lib/kentuk/detail.action?docID=1131625>

290

Mulenda H. The ABCs to Student Success. Authorhouse 2016.

291

Tobin L. A guide to uni life. Richmond: : Trotman 2009.
<http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://lib.mylibrary.com?id=779825>

292

Palmer S, Puri A, ProQuest (Firm). Coping with stress at university: a survival guide. London: : SAGE 2006.
<https://ebookcentral.proquest.com/lib/kentuk/detail.action?docID=354972>

293

Mewburn I. How to fix your academic writing trouble. Open University Press 2018.

294

Smith H, Smith HM. Student's guide to success at almost everything. [Place of publication not identified]: : Smithsons Publishing 2016.

295

FRANK: Friendly, confidential drugs advice. <http://www.talktofrank.com/>

296

Live it Well - Ways to Wellbeing in Kent and Medway.
<http://www.liveitwell.org.uk/ways-to-wellbeing/>

297

Meditation Mix CD - School of Music and Fine Art - University of Kent.
<https://www.kent.ac.uk/smfa/currentstudents/meditationmix2015.html>

298

Mind, the mental health charity - help for mental health problems. <http://www.mind.org.uk/>

299

StepChange: Debt charity - Free advice on problem debt based on what's best for you.
<http://www.stepchange.org/>

300

Ways to Wellbeing Kent and Medway. <http://www.liveitwell.org.uk/ways-to-wellbeing/>

301

School of Life (Business enterprise). A job to love. London: : The School of Life 2017.

302

Stewart H. The happy manifesto: make your organization a great workplace. London: : Kogan Page 2013.

303

Theobald T, Cooper C, ebrary, Inc. Doing the right thing: the importance of wellbeing in the workplace. Basingstoke, Hampshire: : Palgrave Macmillan 2012.
<http://kentuk.ebrary.com/patron/FullRecord.aspx?p=815922>

304

Theobald T, Cooper CL. Doing the right thing: the importance of wellbeing in the workplace . Basingstoke: : Palgrave Macmillan 2012.

305

Webb C. How to have a good day: think bigger, work smarter and transform your working life. London: : Macmillan 2016.

306

Narain N, Phillips KN. Self-care for the real world. London: : Hutchinson 2017.

307

Cityprint. Summary Guide of 12 Rules for Life. Independently Published 2019.

308

Tallis F. How to stop worrying. London: : Sheldon 2009.

309

McGee P. How not to worry. Chichester: : Capstone Pub 2012.

310

Meares K, Freeston M. Overcoming worry and generalised anxiety disorder: a self-help guide using cognitive behavioural techniques. Revised and updated edition. London: : Robinson 2015.

311

Leahy RL. The worry cure: stop worrying and start living. London: : Piatkus 2006.