

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]

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

[2]

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

[3]

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

[4]

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

[5]

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

[6]

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

[7]

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

[8]

N. Heather, I. Robertson, and 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]

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

[10]

D. H. Ruben, Treating adult children of alcoholics: a behavioral approach, vol. Practical resources for the mental health professional. San Diego: Academic Press, 2001. [Electronic resource]. Available: <http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.sciencedirect.com/science/book/9780126011302>

[11]

E. M. Hallowell, Driven to Distraction. Yuan Liu/Tsai Fong Books, 2015.

[12]

L. Zylowska, 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]

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

[14]

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

[15]

P. G. Dawson, *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]

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

[17]

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

[18]

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

[19]

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

[20]

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

[21]

C. D. Jones, *Overcoming anger: how to identify it, stop it, and live a healthier life*. Avon,

Mass: Adams Media, 2004. [Electronic resource]. Available:
<http://www.loc.gov/catdir/toc/ecip042/2003008261.html>

[22]

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

[23]

W. R. Nay, *Taking charge of anger: six steps to asserting yourself without losing control*, Second edition. New York: Guilford Publications, 2012. [Electronic resource]. Available:
<http://kentuk.ebib.com/patron/FullRecord.aspx?p=873353>

[24]

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

[25]

J. Fletcher, *Anxiety*. Kindle Direct Publishing, 2014.

[26]

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

[27]

S. Trickett, *Coping with anxiety and depression, Revised&Updated edition.*, vol. *Overcoming common problems*. London: Sheldon, 1996.

[28]

S. J. Jeffers, *Feel the fear and do it anyway*, 25th anniversary ed. London: Vermilion, 2012.

[29]

E. Fletcher and M. Langley, *Free yourself from anxiety: a self-help guide to overcoming anxiety disorders*. Oxford: How To Books, 2009. [Electronic resource]. Available: <http://kentuk.ebib.com/patron/FullRecord.aspx?p=471312>

[30]

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

[31]

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

[32]

G. Butler, *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]

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

[34]

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

[35]

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

[36]

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

[37]

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

[38]

C. Eastham, We're all mad here: the no-nonsense guide to living with social anxiety. London: Jessica Kingsley Publishers, 2017. [Electronic resource]. Available: <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]

M. M. Antony and R. P. Swinson, When perfect isn't good enough: strategies for coping with perfectionism, Second edition. Oakland, CA: New Harbinger Publications, 1998. [Electronic resource]. Available: <http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.kentuk.ebib.com/patron/FullRecord.aspx?p=794943>

[40]

N. Dubin, Asperger syndrome and anxiety: a guide to successful stress management. London: Jessica Kingsley Publishers, 2009. [Electronic resource]. Available: <http://kentuk.ebib.com/patron/FullRecord.aspx?p=465791>

[41]

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

[42]

V. L. Gaus, Cognitive-behavioral therapy for adult Asperger syndrome, vol. Guides to individualized evidence-based treatment. New York: Guilford Press, 2007.

[43]

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

[44]

S. Antonetta, 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]

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

[46]

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

[47]

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

[48]

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

[49]

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

[50]

L. Beardon, Avoiding anxiety in autistic adults : a guide for autistic wellbeing. London:

Sheldon Press, 2021.

[51]

N. Walker, *Neuroqueer Heresies*. Autonomous Press, 2021.

[52]

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

[53]

S. Castellon, *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]

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

[56]

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

[57]

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

[58]

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

1991.

[59]

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

[60]

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

[61]

J. W. Worden and Dawsonera, Grief counseling and grief therapy: a handbook for the mental health practitioner, Fourth edition. New York, NY: Springer Pub. Co, 2009.
[Electronic resource]. Available:
<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]

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

[63]

E.
Ku

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

[64]

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

[65]

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

[66]

J. C. Kauffmann and M. Jordan, *The essential guide to life after bereavement: beyond tomorrow*. London: Jessica Kingsley Publishers, 2013. [Electronic resource]. Available: <http://www.vlebooks.com/vleweb/product/openreader?id=KentUniv&isbn=9780857006691>

[67]

'Cruze Bereavement Care'. [Online]. Available: <https://www.cruse.org.uk/>

[68]

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

[69]

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

[70]

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

[71]

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

[72]

L. Webb, *Resilience: how to cope when everything around you keeps changing*. Chichester, West Sussex: Capstone, 2013. [Online]. Available:

<http://kentuk.ebib.com/patron/FullRecord.aspx?p=1119799>

[73]

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

[74]

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

[75]

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

[76]

S. Myhill, *Diagnosis and treatment of chronic fatigue syndrome and myalgic encephalitis: it's mitochondria, not hypochondria*. London: Hammersmith Health Books, 2017. [Electronic resource]. Available:
<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]

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

[78]

F. Cole, H. MacDonald, C. Carus, and H. Howden-Leach, *Overcoming chronic pain: a self-help manual using cognitive behavioral techniques*, vol. Overcoming series. London: Robinson, 2010.

[79]

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

[80]

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

[81]

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

[82]

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

[83]

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

[84]

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

[85]

D. Rowe, Depression: the way out of your prison, 3rd ed. Hove: Brunner-Routledge, 2003. [Electronic resource]. Available: <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]

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

[87]

M. W. Otto and J. A. J. Smits, Exercise for mood and anxiety: proven strategies for overcoming depression and enhancing well-being. New York: Oxford University Press, 2011. [Electronic resource]. Available:
<http://kentuk.ebilib.com/patron/FullRecord.aspx?p=728806>

[88]

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

[89]

J. Griffin and I. Tyrrell, How to lift depression (--fast): a practical handbook, vol. Human Givens approach series. Chelvington: HG Publishing, 2004.

[90]

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

[91]

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

[92]

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

[93]

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

[94]

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

[95]

J. M. G. Williams, *The mindful way through depression: freeing yourself from chronic unhappiness*. New York: Guilford, 2007.

[96]

G. T. Couser, *The recovery letters: addressed to people experiencing depression*. London: Jessica Kingsley Publishers, 2017.

[97]

J. Withey and O. Sagan, Eds, *The recovery letters: addressed to people experiencing depression*. London: Jessica Kingsley Publishers, 2017. [Electronic resource]. Available: <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]

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

[99]

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

[100]

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

[101]

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

[102]

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

[103]

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

[104]

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

[105]

'Students Against Depression'. [Online]. Available: <http://studentsagainstdepression.org/>

[106]

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

[107]

L. Callaghan, A. O'Connor, and C. Catchpole, Body image problems & body dysmorphic disorder: the definitive treatment and recovery approach. Newark: Trigger Press, 2017. [Electronic resource]. Available: <https://www.dawsonera.com/guard/protected/dawson.jsp?name=https://sid.kent.ac.uk/shib>

boleth&dest=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781911246114

[108]

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

[109]

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

[110]

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

[111]

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

[112]

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

[113]

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

[114]

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

w/S9781315754017

[115]

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

[116]

C. G. Fairburn, *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]

P. J. Cooper, *Overcoming bulimia nervosa and binge-eating: a self-help guide using cognitive behavioral techniques*, vol. *Overcoming*. London: Robinson, 2009.

[118]

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

[119]

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

[120]

P. Dunleavy and MyiLibrary, *Authoring a PhD: how to plan, draft, write, and finish a doctoral thesis or dissertation*. Basingstoke: Palgrave Macmillan, 2003. [Electronic resource]. Available: <http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://lib.myilibrary.com?id=86062>

[121]

P. Dunleavy and MyiLibrary, *Authoring a PhD: how to plan, draft, write, and finish a doctoral thesis or dissertation*. Basingstoke: Palgrave Macmillan, 2003. [Online]. Available: <http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://lib.myilibrary.com?id=86062>

[122]

I. Furseth and E. L. Everett, Doing your masters dissertation, vol. SAGE study skills. Los Angeles, California: SAGE, 2013.

[123]

G. Price and P. Maier, Effective study skills. Harlow: Pearson Longman, 2007. [Electronic resource]. Available:
<http://www.vlebooks.com/vleweb/product/openreader?id=KentUniv&isbn=9781408251102>

[124]

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

[125]

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

[126]

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

[127]

P. Race and Dawsonera, How to get a good degree: making the most of your time at university, Second edition. Buckingham: McGraw Hill, 2007. [Electronic resource]. Available:
<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/S9>

780335235223

[128]

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

[129]

M. Evans, M. Evans, and 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. [Electronic resource]. Available: <http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.kentuk.eblib.com/patron/FullRecord.aspx?p=896924>

[130]

G. Squires and Dawsonera, Managing your learning. London: Routledge, 2002. [Electronic resource]. Available: <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]

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

[132]

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

[133]

P. Levin and ProQuest (Firm), Sail through exams!: preparing for traditional exams for undergraduates and taught postgraduates, vol. Student-friendly guides. Maidenhead: Open University Press, 2004. [Electronic resource]. Available: <http://kentuk.eblib.com/patron/FullRecord.aspx?p=290412>

[134]

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

[135]

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

[136]

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

[137]

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

[138]

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

[139]

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

[140]

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

[141]

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

[142]

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

[143]

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

[144]

H.
Garca
,

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

[145]

K. McGonigal, 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]

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

[147]

B. Grenville-Cleave, Positive psychology: a practical guide. London: Icon, 2012. [Electronic resource]. Available: <http://kentuk.eblib.com/patron/FullRecord.aspx?p=167166>

[148]

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

[149]

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

[150]

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

[151]

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

[152]

S. Lyubomirsky, 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]

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

[154]

M. Watts, 49 ways to eat yourself well: nutritional science one bite at a time, vol. Well-being series. Brighton: Step Beach, 2013.

[155]

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

[156]

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

[157]

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

[158]

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

[159]

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

[160]

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

[161]

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

[162]

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

[163]

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

[164]

A. de
Saint-Exu

ry, The little prince. London: Mammoth, 2000.

[165]

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

[166]

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

[167]

M. McLeod and
Nha

~
a

,
t
Ho

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

[168]

F. A. J. Szabo, Kaunitz and Enlightened Absolutism 1753-1780. New York, USA: Cambridge
University Press, 1994.

[169]

P.
Cho

..

dro

..

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

[170]

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

[171]

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

[172]

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

[173]

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

[174]

C. L. Cooper and H. Kahn, 50 things you can do today to manage stress at work, vol. Personal health guides. Chichester, West Sussex: Summersdale, 2013. [Online]. Available: <http://kentuk.ebilib.com/patron/FullRecord.aspx?p=1531141>

[175]

C. L. Cooper and H. Kahn, 50 things you can do today to manage stress at work, vol. Personal health guides. Chichester: Summersdale, 2013.

[176]

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

[177]

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

[178]

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

[179]

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

[180]

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

[181]

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

[182]

N. Benas, Mental health first aid. Hatherleigh, 2017.

[183]

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

[184]

J. J. Kreisman and H. Straus, *Sometimes I act crazy: living with borderline personality disorder*. Hoboken, N.J.: John Wiley & Sons, 2004. [Electronic resource]. Available: <http://kentuk.ebilib.com/patron/FullRecord.aspx?p=175985>

[185]

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

[186]

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

[187]

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

[188]

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

[189]

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

[190]

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

[191]

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

[192]

L. Robinson and V. Cox, Eds, Voices beyond the border: living with borderline personality disorder. Essex: Chipmunkapublishing, 2005.

[193]

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

[194]

'Mental Health Foundation'. [Online]. Available: <https://www.mentalhealth.org.uk/>

[195]

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

[196]

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

[197]

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

[198]

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

[199]

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

[200]

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

[201]

S. Alidina and J. Adams, Mindfulness at work for dummies, vol. For Dummies. Chichester, England: Wiley, 2014. [Online]. Available:
<http://kentuk.ebib.com/patron/FullRecord.aspx?p=2075581>

[202]

S. McKenzie, Mindfulness at work: how to avoid stress, achieve more, and enjoy life. Pompton Plains, NJ: Career Press, 2015. [Electronic resource]. Available:
<http://kentuk.ebib.com/patron/FullRecord.aspx?p=1218791>

[203]

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

[204]

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

[205]

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

[206]

M. Langley and EBL (Ebook library), Mindfulness made easy, vol. Teach yourself. London: Hodder Education, 2011. [Electronic resource]. Available: <http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.kentuk.ebilib.com/patron/FullRecord.aspx?p=982317>

[207]

M. Langley, Mindfulness made easy, vol. Teach yourself. London: Hodder Education, 2014.

[208]

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

[209]

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

[210]

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

[211]

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

[212]

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

[213]

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

[214]

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

[215]

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

[216]

D. H. Pink, Drive: the surprising truth about what motivates us. Edinburgh: Canongate, 2011.

[217]

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

[218]

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

[219]

J. Schwartz and B. Beyette, 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]

F. Challacombe, V. B. Oldfield, and P. M. Salkovskis, Break free from OCD. London: Vermilion, 2011.

[221]

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

[222]

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

[223]

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

[224]

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

[225]

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

[226]

A. C. R. Skynner and J. Cleese, Families and how to survive them. London: Methuen, 1983.

[227]

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

[228]

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

[229]

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

[230]

W. Dryden, Overcoming jealousy, vol. Overcoming common problems. London: Sheldon, 1998.

[231]

S. Biddle, K. R. Fox, S. H. Boutcher, and MyiLibrary, Physical activity and psychological well-being. London: Routledge, 2000. [Electronic resource]. Available: <http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.myilibrary.com?id=6017>

[232]

D. J. Siegel, Pocket guide to interpersonal neurobiology: an integrative handbook of the mind, 1st ed., vol. The Norton series on interpersonal neurobiology. New York: W.W. Norton & Co, 2012.

[233]

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

[234]

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

[235]

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

[236]

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

[237]

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

[238]

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

[239]

D. D. Burns, *When panic attacks: a new drug-free therapy to beat chronic shyness, anxiety and phobias*. London: Vermilion, 2010.

[240]

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

[241]

L. M. Drummond, *Obsessive compulsive disorder*. RCPsych Publications, 2018.

[242]

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

[243]

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

[244]

B. Hogan, *An introduction to coping with phobias*, vol. The overcoming series. London: Robinson, 2007.

[245]

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

[246]

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

[247]

C. S. Dweck, *Mindset*. London: Constable & Robinson, 2012.

[248]

A. Linley, *Average to A+: realising strengths in yourself and others*, vol. Strengthening the world series. Coventry: CAPP, 2008.

[249]

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

[250]

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

[251]

S. R. Covey, The 7 habits of highly effective people. London: Simon & Schuster, 2004.

[252]

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

[253]

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

[254]

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

[255]

M. Welford, The compassionate mind approach to building self-confidence. London: Robinson, 2012.

[256]

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

[257]

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

[258]

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

[259]

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

[260]

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

[261]

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

[262]

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

[263]

C. Idzikowski, Learn to sleep well: get to sleep and stay asleep, overcome sleep problems, revitalize body and mind. London: Watkins, 2010.

[264]

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

[265]

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

[266]

M. P. Walker, *Why we sleep: the new science of sleep and dreams*. UK: Penguin Books, 2018.

[267]

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

[268]

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

[269]

J. Kabat-Zinn, *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]

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

[271]

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

[272]

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

[273]

M. Hartley, *The good stress guide, vol. Overcoming common problems*. London: Sheldon Press, 1995.

[274]

M. Davis, E. R. Eshelman, and M. McKay, The relaxation & stress reduction workbook, 6th ed., vol. A new Harbinger self-help workbook. Oakland, Calif: New Harbinger Publications, 2008.

[275]

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

[276]

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

[277]

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

[278]

'Samaritans |'. [Online]. Available: <https://www.samaritans.org/>

[279]

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

[280]

B. Tracy, 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]

C. Lewis, 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]

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

[283]

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

[284]

S. D. Walker, 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]

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

[286]

R. E. Dittmer, 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., vol. Steps to success. London: A. & C. Black, 2010.

[288]

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

[289]

J. Caunt and ebrary, Inc, *How to organize yourself*, 4th ed., vol. *Creating success*. Philadelphia, Pa: Kogan Page Ltd, 2013. [Electronic resource]. Available: <https://ebookcentral.proquest.com/lib/kentuk/detail.action?docID=1131625>

[290]

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

[291]

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

[292]

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

[293]

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

[294]

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

[295]

'FRANK: Friendly, confidential drugs advice'. [Online]. Available:

<http://www.talktofrank.com/>

[296]

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

[297]

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

[298]

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

[299]

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

[300]

'Ways to Wellbeing Kent and Medway'. [Online]. Available: <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]

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

[303]

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

[304]

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

[305]

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

[306]

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

[307]

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

[308]

F. Tallis, How to stop worrying, vol. Overcoming common problems series. London: Sheldon, 2009.

[309]

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

[310]

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

[311]

R. L. Leahy, The worry cure: stop worrying and start living. London: Piatkus, 2006.