

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. (Arcturus, 2009).

2.

McMahon, J. First steps out of problem drinking. (Lion, 2010).

3.

Hughes, J. & Ustok, L. First steps out of problem gambling. vol. First steps (Lion, 2011).

4.

Hope and recovery: the workbook. (Hazelden Publishing, 1990).

5.

Riley, G. How to stop smoking and stay stopped for good. (Vermilion, 2007).

6.

Vale, J. Kick the drink-- easily! (Crown House, 2010).

7.

Vale, J. Kick the drink ... easily! (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. (British Psychological Society, 2005).

9.

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

10.

Ruben, D. H. Treating adult children of alcoholics: a behavioral approach. vol. Practical resources for the mental health professional (Academic Press, 2001).

11.

Hallowell, E. M. 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. (Trumpeter Books, 2012).

13.

Paul, J. Order from Chaos : The Everyday Grind of Staying Organized with Adult ADHD. (Summit to Sea, LLC, 2019).

14.

Solden, S. Radical Guide for Women with ADHD. (New Harbinger Publications, 2019).

15.

Dawson, P. G. 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. (Guilford Publications, 2016).

16.

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

17.

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

18.

Ames, C. & MIND (Mental health association). How to deal with anger. (Mind, 2012).

19.

Lindenfield, G. Managing anger: simple steps to handling your temper. (Thorsons, 2000).

20.

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

21.

Jones, C. D. Overcoming anger: how to identify it, stop it, and live a healthier life. (Adams Media, 2004).

22.

Davies, W. Overcoming anger and irritability: a self-help guide using cognitive behavioral techniques. (Robinson, 2016).

23.

Nay, W. R. Taking charge of anger: six steps to asserting yourself without losing control. (Guilford Publications, 2012).

24.

Nay, W. R. Taking charge of anger: six steps to asserting yourself without losing control. (The Guilford Press, 2012).

25.

Fletcher, J. Anxiety. (Kindle Direct Publishing, 2014).

26.

Brosan, L. & Hogan, B. An introduction to coping with anxiety. (Robinson, 2018).

27.

Trickett, S. Coping with anxiety and depression. vol. Overcoming common problems (Sheldon, 1996).

28.

Jeffers, S. J. Feel the fear and do it anyway. (Vermilion, 2012).

29.

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

30.

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

31.

Kennerley, H. *Overcoming anxiety: a self-help guide to using cognitive behavioral techniques*. (Robinson, 2014).

32.

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

33.

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

34.

Myles, P. & Shafran, R. *The CBT handbook*. (Robinson, 2015).

35.

Sweet, C. *The Anxiety Journal*. (Pan Macmillan, 2017).

36.

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

37.

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

38.

Eastham, C. *We're all mad here: the no-nonsense guide to living with social anxiety*.

(Jessica Kingsley Publishers, 2017).

39.

Antony, M. M. & Swinson, R. P. When perfect isn't good enough: strategies for coping with perfectionism. (New Harbinger Publications, 1998).

40.

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

41.

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

42.

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

43.

Lived experiences of ableism in academia: strategies for inclusion in higher education. (Policy Press, an imprint of Bristol University Press, 2021).

44.

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

45.

Baron-Cohen, S. The essential difference. (Penguin, 2004).

46.

Armstrong, T. The power of neurodiversity: unleashing the advantages of your differently wired brain. (Da Capo).

47.

Beardon, L. Autism in Adults. (Sheldon Press, 2021).

48.

Steward, R. Autism-Friendly Guide to Self-Employment. (Jessica Kingsley Publishers, 2021).

49.

Purkis, Y. Autistic Trans Guide to Life. (Jessica Kingsley Publishers, 2021).

50.

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

51.

Walker, N. Neuroqueer Heresies. (Autonomous Press, 2021).

52.

Ryan, M. Room Called Earth. (Scribe Publications, 2022).

53.

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

54.

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

55.

Rentzenbrink, C. A manual for heartache. (Picador, 2017).

56.

Morris, S. An introduction to coping with grief. (Robinson, 2017).

57.

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

58.

Wallbank, S. Facing grief: bereavement and the young adult. (Lutterworth, 1991).

59.

Mayfield, S. First steps through bereavement. (Lion Hudson, 2011).

60.

Samuel, J. Grief works: stories of life, death and surviving. (Penguin Life, 2018).

61.

Worden, J. W. & Dawsonera. Grief counseling and grief therapy: a handbook for the mental health practitioner. (Springer Pub. Co, 2009).

62.

Rando, T. A. How to go on living when someone you love dies. (Bantam Books, 1991).

63.

Ku

bler-Ross, E. On death and dying. (Tavistock Publications, 1970).

64.

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

65.

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

66.

Kauffmann, J. C. & Jordan, M. The essential guide to life after bereavement: beyond tomorrow. (Jessica Kingsley Publishers, 2013).

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. (Accent Press, 2010).

69.

O'Connell, L. My fire's gone out!: how to cope with change in your work and your life. (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. (Five Areas Limited, 2018).

72.

Webb, L. Resilience: how to cope when everything around you keeps changing. (Capstone, 2013).

73.

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

74.

Campling, F. & Sharpe, M. Chronic fatigue syndrome (CFS/ME). (Oxford University Press, 2008).

75.

Campling, F. & Sharpe, M. Chronic fatigue syndrome (CFS/ME). vol. the facts (Oxford University Press, 2008).

76.

Myhill, S. Diagnosis and treatment of chronic fatigue syndrome and myalgic encephalitis: it's mitochondria, not hypochondria. (Hammersmith Health Books, 2017).

77.

Burgess, M. & Chalder, T. Overcoming chronic fatigue: a self-help guide using cognitive behavioral techniques. vol. Overcoming series (Robinson, 2009).

78.

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

79.

Brosan, L. & Hogan, B. An introduction to coping with depression. (Robinson, 2018).

80.

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

81.

Cembrowicz, S. & Kingham, D. Beating depression: the complete guide to depression and how to overcome it. vol. At your fingertips (Class Publishing Ltd, 2006).

82.

Rowe, D. & Rowe, D. Breaking the bonds: understanding depression, finding freedom. (Harper Perennial, 2006).

83.

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

84.

Law, R. Defeating depression. (Robinson, 2013).

85.

Rowe, D. Depression: the way out of your prison. (Brunner-Routledge, 2003).

86.

Cantopher, T. Depressive illness. (Sheldon Press, 2016).

87.

Otto, M. W. & Smits, J. A. J. Exercise for mood and anxiety: proven strategies for overcoming depression and enhancing well-being. (Oxford University Press, 2011).

88.

Atkinson, S. First steps out of depression. vol. First steps start here (Lion, 2010).

89.

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

90.

Johnstone, M. I had a black dog: his name was depression. (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. (Robinson, 2008).

92.

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

93.

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

94.

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

95.

Williams, J. M. G. The mindful way through depression: freeing yourself from chronic unhappiness. (Guilford, 2007).

96.

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

97.

The recovery letters: addressed to people experiencing depression. (Jessica Kingsley Publishers, 2017).

98.

Williams, C. Overcoming depression and low mood: a five areas approach. (Taylor & Francis, 2015).

99.

Gilbert, P. Overcoming depression: a self-help guide using cognitive behavioral techniques. vol. Overcoming series (Robinson, 2009).

100.

Scott, J. Overcoming mood swings: a self-help guide using cognitive behavioral techniques. (Robinson, 2010).

101.

Haig, M. Reasons to stay alive. (Canongate, 2016).

102.

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

103.

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

104.

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

105.

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

106.

Treasure, J. & Alexander, J. Anorexia nervosa: a survival guide for families, friends, and sufferers. (Routledge, 2013).

107.

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

108.

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

109.

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

110.

Orbach, S. & Orbach, S. Fat is a feminist issue: the anti-diet guide for women ; Fat is a feminist issue II. (Arrow, 1998).

111.

Middleton, K. & Smith, J. First steps out of eating disorders. vol. First steps (Lion, 2010).

112.

Paterson, A. Fit to die: men and eating disorders. (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. (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. (Routledge, 2016).

115.

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

116.

Fairburn, C. G. Overcoming binge eating: the proven program to learn why you binge and how you can stop. (The Guilford Press, 2013).

117.

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

118.

Boyd, R. Understanding eating problems. (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. (Palgrave Macmillan, 2003).

121.

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

122.

Furseth, I. & Everett, E. L. Doing your masters dissertation. vol. SAGE study skills (SAGE, 2013).

123.

Price, G. & Maier, P. Effective study skills. (Pearson Longman, 2007).

124.

Atkinson, N. Exam-busting tips: how to pass exams the easy way. (Summersdale Publishers, 2005).

125.

Dorland, S. & ProQuest (Firm). Exam stress? No worries! (WrightBooks, 2009).

126.

Moore, S. & Murphy, M. How to be a student: 100 great ideas and practical habits for students everywhere. (Open University Press, 2005).

127.

Race, P. & Dawsonera. How to get a good degree: making the most of your time at university. (McGraw Hill, 2007).

128.

Evans, M. How to pass exams every time. (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. (How To Books, 2010).

130.

Squires, G. & Dawsonera. Managing your learning. (Routledge, 2002).

131.

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

132.

Lucas, B. Power up your mind: learn faster, work smarter. (Nicholas Brealey, 2001).

133.

Levin, P. & ProQuest (Firm). Sail through exams!: preparing for traditional exams for undergraduates and taught postgraduates. vol. Student-friendly guides (Open University Press, 2004).

134.

Vyas, H. Say no to exam stress. (Createspace, 2013).

135.

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

136.

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

137.

Bowler, J. Only Study Guide You'll Ever Need. (Bonnie Books Ltd, 2021).

138.

Moore, S. & Dawsonera. The ultimate study skills handbook. (McGraw-Hill/Open University Press, 2010).

139.

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

140.

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

141.

Buzan, T. & Harrison, J. Use your head: how to unleash the power of your mind. (Pearson, 2010).

142.

Martin, M. W. Happiness and the good life. (Oxford University Press, 2012).

143.

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

144.

Garca

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

145.

McGonigal, K. Joy Of Movement : How exercise helps us find happiness, hope, connection, and courage. (Avery, an imprint of Penguin Random House, 2019).

146.

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

147.

Grenville-Cleave, B. Positive psychology: a practical guide. (Icon, 2012).

148.

Ricard, M. The art of happiness. (Atlantic, 2011).

149.

Peters, S. The chimp paradox. (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!). vol. Easy step by step guide (Rowmark, 2007).

151.

Seppala, E. The happiness track: how to apply the science of happiness to accelerate your success. (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. (Penguin Books, 2014).

153.

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

154.

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

155.

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

2016).

156.

May, J. Nosh for students: a fun student cookbook. (Intrade (GB) Ltd, 2013).

157.

May, J. Nosh for students: vol. 2. (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. (DK, 2017).

160.

Green, A., Humphrey, J., & ebrary, Inc. Coaching for resilience: a practical guide to using positive psychology. (Kogan Page, 2012).

161.

Green, A. & Humphrey, J. Coaching for resilience: a practical guide to using positive psychology. (Kogan Page, 2012).

162.

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

163.

Giono, J. & McCurdy, M. The man who planted trees. (Peter Owen, 1989).

164.

Saint-Exu

ry, A. de. The little prince. (Mammoth, 2000).

165.

Tolle, E. The power of NOW. (Namaste Pub. ;,New World Library, 2004).

166.

Bach, R. Jonathan Livingston Seagull. (HarperElement, 1972).

167.

McLeod, M. &
Nha

a

t
Ho

anh. The pocket Thich Nhat Hanh. vol. A Shambhala pocket classic (Shambhala, 2012).

168.

Franz A. J. Szabo. Kaunitz and enlightened absolutism, 1753-1780. (Cambridge University Press, 1994).

169.

Cho

dro

n, P. Start where you are: how to accept yourself and others. (Element, 2005).

170.

Chodron, P. *The Places That Scare You: A Guide to Fearlessness*. (Harper Thorsons, 2015).

171.

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

172.

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

173.

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

174.

Cooper, C. L. & Kahn, H. *50 things you can do today to manage stress at work*. vol. Personal health guides (Summersdale, 2013).

175.

Cooper, C. L. & Kahn, H. *50 things you can do today to manage stress at work*. vol. Personal health guides (Summersdale, 2013).

176.

Managing Stress at Work in a Week: Teach Yourself. (Teach Yourself, 2013).

177.

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

178.

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

179.

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

180.

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

181.

Darton, K. & MIND (Mental health association). How to cope with hearing voices. (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. (HarperOne, an imprint of HarperCollins Publishers, 2013).

184.

Kreisman, J. J. & Straus, H. Sometimes I act crazy: living with borderline personality disorder. (John Wiley & Sons, 2004).

185.

Hatloy, I. Understanding bipolar disorder. (Mind, 2013).

186.

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

187.

Livingston, K. Understanding dissociative disorders. (Mind, 2013).

188.

Challis, S. & Murphy, B. Understanding mental health problems. (Mind, 2014).

189.

Darton, K. Understanding personality disorders. (Mind, 2013).

190.

Darton, K. Understanding schizoaffective disorder. (Mind, 2013).

191.

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

192.

Voices beyond the border: living with borderline personality disorder. (Chipmunk publishing, 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. (Mind (National Association for Mental Health), 2013).

196.

Wax, R. A mindfulness guide for the frazzled. (Penguin Life, 2016).

197.

Greenberger, D. & Padesky, C. A. Mind over mood: change how you feel by changing the way you think. (The Guilford Press, 2016).

198.

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

199.

Watt, T. & EBL (Ebook library). Mindfulness: a practical guide. (Icon, 2012).

200.

Alidina, S. & Adams, J. Mindfulness at work for dummies. vol. For dummies (John Wiley & Sons, Ltd, 2014).

201.

Alidina, S. & Adams, J. Mindfulness at work for dummies. vol. For Dummies (Wiley, 2014).

202.

McKenzie, S. Mindfulness at work: how to avoid stress, achieve more, and enjoy life. (Career Press, 2015).

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. (CICO Books, 2014).

205.

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

206.

Langley, M. & EBL (Ebook library). Mindfulness made easy. vol. Teach yourself (Hodder Education, 2011).

207.

Langley, M. Mindfulness made easy. vol. Teach yourself (Hodder Education, 2014).

208.

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

209.

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

210.

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

211.

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

212.

Mackesy, C. The boy, the mole, the fox and the horse. (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. (The Career Press, 2012).

215.

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

216.

Pink, D. H. Drive: the surprising truth about what motivates us. (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. (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. (Harper Perennial, 1997).

220.

Challacombe, F., Oldfield, V. B. & Salkovskis, P. M. Break free from OCD. (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. vol. A New Harbinger self-help workbook (New Harbinger Publications, Inc, 2013).

222.

Warin, C. & Murphy, B. Understanding obsessive-compulsive disorder. (Mind, 2013).

223.

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

224.

Hendrickx, S. The adolescent and adult neuro-diversity handbook: Asperger syndrome,

ADHD, dyslexia, dyspraxia and related conditions. (Jessica Kingsley, 2010).

225.

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

226.

Skyner, A. C. R. & Cleese, J. Families and how to survive them. (Methuen, 1983).

227.

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

228.

Lemma, A. Introduction to psychopathology. (Sage Publications, 1996).

229.

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

230.

Dryden, W. Overcoming jealousy. vol. Overcoming common problems (Sheldon, 1998).

231.

Biddle, S., Fox, K. R., Boutcher, S. H., & MyiLibrary. Physical activity and psychological well-being. (Routledge, 2000).

232.

Siegel, D. J. Pocket guide to interpersonal neurobiology: an integrative handbook of the mind. vol. The Norton series on interpersonal neurobiology (W.W. Norton & Co, 2012).

233.

Biddle, S., Mutrie, N., & MyiLibrary. Psychology of physical activity: determinants, well-being, and interventions. (Routledge, 2008).

234.

Marsh, L. Understanding post-traumatic stress disorder. (Mind, 2014).

235.

Gerhardt, S. Why Love Matters: How Affection Shapes a Baby's Brain. (Taylor and Francis, 2004).

236.

Willson, R. & Veale, D. Overcoming health anxiety: a self-help guide using cognitive behavioral techniques. vol. Overcoming series (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. (Thorsons, 2000).

238.

Baker, R. Understanding panic attacks and overcoming fear. (Lion, 2011).

239.

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

240.

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

241.

Drummond, L. M. Obsessive compulsive disorder. (RCPsych Publications, 2018).

242.

Manicavasagar, V., Silove, D. & Silove, D. Overcoming panic: a self-help guide using cognitive behavioural techniques. (Robinson, 2017).

243.

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

244.

Hogan, B. An introduction to coping with phobias. vol. The overcoming series (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, C. S. Mindset. (Constable & Robinson, 2012).

248.

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

249.

Allen, D. Getting things done: the art of stress-free productivity. (Penguin Books, 2001).

250.

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

251.

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

252.

Johnson, S. Who Moved My Cheese? (Penguin Putnam Inc, 2000).

253.

Challis, S. Understanding seasonal affective disorder. (Mind, 2013).

254.

Rosenthal, N. E. Winter blues: everything you need to know to beat seasonal affective disorder. (Guilford Press, 2013).

255.

Welford, M. The compassionate mind approach to building self-confidence. (Robinson, 2012).

256.

Fennell, M. J. V. Overcoming low self-esteem: a self-help guide using cognitive behavioral techniques. (Robinson, 2016).

257.

McKay, M. Self-esteem. (New Harbinger Publications, 2016).

258.

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

259.

Burns, D. D. Ten days to great self-esteem. (Vermilion, 2000).

260.

Middleton, K. & Garvie, S. Self harm: the path to recovery. (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. (Mind, 2013).

263.

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

264.

Espie, C. A. Overcoming insomnia and sleep problems: a self-help guide using cognitive

behavioral techniques. (Robinson, 2006).

265.

Meadows, G. The sleep book. (Orion, 2014).

266.

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

267.

Nagoski, E. & Nagoski, A. Burnout: solve your stress cycle. (Vermilion, 2020).

268.

Palmer, S., Puri, A., & ProQuest (Firm). Coping with stress at university: a survival guide. (SAGE, 2006).

269.

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

270.

Haig, M. Notes on a nervous planet. (Canongate, 2019).

271.

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

272.

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

273.

Hartley, M. The good stress guide. vol. Overcoming common problems (Sheldon Press, 1995).

274.

Davis, M., Eshelman, E. R. & McKay, M. The relaxation & stress reduction workbook. vol. A new Harbinger self-help workbook (New Harbinger Publications, 2008).

275.

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

276.

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

277.

Marsh, L. How to support someone who feels suicidal. (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. vol. McGraw-Hill professional education series (McGraw-Hill, 2005).

280.

Tracy, B. Eat that frog!: 21 great ways to stop procrastinating and get more done in less time. (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. ([Createspace], 2015).

282.

Vanderkam, L. I know how she does it: how successful women make the most of their time . (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, S. D. The art of getting things done: productivity hacks and time management tips for your everyday life. ([Publisher not identified], 2015).

285.

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

286.

Dittmer, R. E. 151 quick ideas to manage your time. (Management Update, an imprint of Pentagon Press, 2007).

287.

Manage your time: how to work more effectively. vol. Steps to success (A. & C. Black, 2010).

288.

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

289.

Caunt, J. & ebrary, Inc. How to organize yourself. vol. Creating success (Kogan Page Ltd, 2013).

290.

Mulenda, H. The ABCs to Student Success. (Authorhouse, 2016).

291.

Tobin, L. A guide to uni life. (Trotman, 2009).

292.

Palmer, S., Puri, A., & ProQuest (Firm). Coping with stress at university: a survival guide. (SAGE, 2006).

293.

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

294.

Smith, H. & Smith, H. M. Student's guide to success at almost everything. (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. (The School of Life, 2017).

302.

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

303.

Theobald, T., Cooper, C., & ebrary, Inc. Doing the right thing: the importance of wellbeing in the workplace. (Palgrave Macmillan, 2012).

304.

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

305.

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

306.

Narain, N. & Phillips, K. N. Self-care for the real world. (Hutchinson, 2017).

307.

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

308.

Tallis, F. How to stop worrying. vol. Overcoming common problems series (Sheldon, 2009).

309.

McGee, P. How not to worry. (Capstone Pub, 2012).

310.

Meares, K. & Freeston, M. Overcoming worry and generalised anxiety disorder: a self-help guide using cognitive behavioural techniques. (Robinson, 2015).

311.

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