

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. First steps. Oxford: Lion; 2011.
4.
Hope and recovery: the workbook [Electronic resource]. Minnesota: Hazelden Publishing; 1990. Available from: <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! [Electronic resource]. Bancyfelin: Crown House; 2010. Available from: <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. Overcoming. London: Robinson; 2010.

10.

Ruben DH. Treating adult children of alcoholics: a behavioral approach [Electronic resource]. Practical resources for the mental health professional. San Diego: Academic Press; 2001. Available from:
<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 [Electronic resource]. Avon, Mass: Adams Media; 2004. Available from: <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 [Electronic resource]. Second edition. New York: Guilford Publications; 2012. Available from: <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. Overcoming common problems. 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 [Electronic resource]. Oxford: How To Books; 2009. Available from: <http://kentuk.eblib.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 [Electronic resource]. London: Jessica Kingsley Publishers; 2017. Available from: <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 [Electronic resource]. Second edition. Oakland, CA: New Harbinger Publications; 1998. Available from: <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 [Electronic resource]. London: Jessica Kingsley Publishers; 2009. Available from: <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. Guides to individualized evidence-based treatment. 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 [Electronic resource]. Fourth edition. New York, NY: Springer Pub. Co; 2009. Available from:
<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 [Electronic resource]. London: Jessica Kingsley Publishers; 2013. Available from: <http://www.vlebooks.com/vleweb/product/openreader?id=KentUniv&isbn=9780857006691>

67.

Cruze Bereavement Care [Internet]. Available from: <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 [Electronic resource]. Bedlinog: Accent Press; 2010. Available from: <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 [Internet]. Chichester, West Sussex: Capstone; 2013. Available from: <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) [Electronic resource]. 2nd edition. Oxford: Oxford University Press; 2008. Available from: <http://www.vlebooks.com/vleweb/product/openreader?id=KentUniv&isbn=9780191552755>

75.

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

76.

Myhill S. Diagnosis and treatment of chronic fatigue syndrome and myalgic encephalitis: it's mitochondria, not hypochondria [Electronic resource]. Robinson C, editor. London: Hammersmith Health Books; 2017. Available from: <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. Overcoming series. London: Robinson; 2009.

78.

Cole F, MacDonald H, Carus C, Howden-Leach H. Overcoming chronic pain: a self-help manual using cognitive behavioral techniques. Overcoming series. 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 [Electronic resource]. Second edition. At your fingertips. London: Class Publishing Ltd; 2006. Available from:
<http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.kentuk.eblib.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 [Electronic resource]. 3rd ed. Hove: Brunner-Routledge; 2003. Available from:
<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 [Electronic resource]. New York: Oxford University Press; 2011. Available from: <http://kentuk.eblib.com/patron/FullRecord.aspx?p=728806>

88.

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

89.

Griffin J, Tyrrell I. How to lift depression (--fast): a practical handbook. Human Givens approach series. Chelvington: 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. Withey J, Sagan O, editors. London: Jessica Kingsley Publishers; 2017.

97.

Withey J, Sagan O, editors. The recovery letters: addressed to people experiencing depression [Electronic resource]. London: Jessica Kingsley Publishers; 2017. Available from:
<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. Overcoming series. 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 [Internet]. Available from:
<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 [Electronic resource]. Newark: Trigger Press; 2017. Available from:
<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. First steps. 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 [Electronic resource]. Second edition. London: Routledge; 2016. Available from:
<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. Overcoming series. 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. Overcoming. London: Robinson; 2009.

118.

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

119.

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

120.

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

Available from:

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

121.

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

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

122.

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

123.

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

124.

Atkinson N. Exam-busting tips: how to pass exams the easy way [Electronic resource]. Chichester: Summersdale Publishers; 2005. Available from:
<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! [Electronic resource]. Milton, Qld: WrightBooks; 2009. Available from:
<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 [Electronic resource]. Maidenhead: Open University Press; 2005. Available from:
<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 [Electronic resource]. Second edition. Buckingham: McGraw Hill; 2007. Available from:
<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 [Electronic resource]. Fourth edition. Oxford: How To Books; 2010. Available from: <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 [Electronic resource]. London: Routledge; 2002. Available from: <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. Abderdeen: Inspired By Learning; 2016.

132.

Lucas B. Power up your mind: learn faster, work smarter [Electronic resource]. London: Nicholas Brealey; 2001. Available from: <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 [Electronic resource]. Student-friendly guides. Maidenhead: Open University Press; 2004. Available from: <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 [Internet]. Second edition. Open UP study skills. Maidenhead: Open University Press; 2011. Available from:
<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. Open UP study skills. 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 [Electronic resource]. New York: McGraw-Hill; 2004. Available from:
<http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://lib.myilibrary.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 [Electronic resource]. New York: Oxford University Press; 2012. Available from: <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 [Electronic resource]. London: Icon; 2012. Available from: <http://kentuk.ebib.com/patron/FullRecord.aspx?p=167166>

148.

Ricard M. The art of happiness [Electronic resource]. London: Atlantic; 2011. Available from: <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!) [Electronic resource]. Second edition. Easy step by step guide. Hayling Island: Rowmark; 2007. Available from: <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. Well-being series. 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 [Electronic resource]. 1st ed. London: Kogan Page; 2012. Available from: <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. A Shambhala pocket classic. Boston, Mass: Shambhala; 2012.

168.

Szabo FAJ. Kaunitz and Enlightened Absolutism 1753-1780. New York, USA: 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 [Internet]. Personal health guides. Chichester, West Sussex: Summersdale; 2013. Available from: <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. Personal health guides. Chichester: Summersdale; 2013.

176.

Managing Stress at Work in a Week: Teach Yourself [Electronic resource]. London, United Kingdom: Teach Yourself; 2013. Available from: <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

[Electronic resource]. Hoboken, N.J.: John Wiley & Sons; 2004. Available from: <http://kentuk.eblib.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]. Hatloy I, editor. 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 [Internet]. Available from: <http://www.mind.org.uk/>

194.

Mental Health Foundation [Internet]. Available from: <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 [Electronic resource]. London: Icon; 2012. Available from: <http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.kentuk.ebilib.com/patron/FullRecord.aspx?p=831569>

200.

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

201.

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

202.

McKenzie S. Mindfulness at work: how to avoid stress, achieve more, and enjoy life [Electronic resource]. Pompton Plains, NJ: Career Press; 2015. Available from:
<http://kentuk.eblib.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 [Electronic resource]. Teach yourself. London: Hodder Education; 2011. Available from:
<http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.kentuk.eblib.com/patron/FullRecord.aspx?p=982317>

207.

Langley M. Mindfulness made easy. Teach yourself. 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 [Electronic resource]. New York, NY: Palgrave Macmillan; 2016. Available from: <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. A New Harbinger self-help workbook. 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.

Skygger 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. Overcoming common problems. London: Sheldon; 1998.

231.

Biddle S, Fox KR, Boutcher SH, MyiLibrary. Physical activity and psychological well-being [Electronic resource]. London: Routledge; 2000. Available from:
<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. The Norton series on interpersonal neurobiology. New York: W.W. Norton & Co; 2012.

233.

Biddle S, Mutrie N, MyiLibrary. Psychology of physical activity: determinants, well-being, and interventions [Electronic resource]. Second edition. Milton Park, Abingdon, Oxon: Routledge; 2008. Available from:
<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 [Electronic resource]. Hoboken: Taylor and Francis; 2004. Available from:
<http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://www.kentuk.eblib.com/patron/FullRecord.aspx?p=183282>

236.

Willson R, Veale D. Overcoming health anxiety: a self-help guide using cognitive behavioral techniques. Overcoming series. 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. Inner critic series. 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. The overcoming series. 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. Strengthening the world series. 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.

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

268.

Palmer S, Puri A, ProQuest (Firm). Coping with stress at university: a survival guide [Electronic resource]. London: SAGE; 2006. Available from: <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. Overcoming common problems. London: Sheldon Press; 1995.

274.

Davis M, Eshelman ER, McKay M. The relaxation & stress reduction workbook. 6th ed. A new Harbinger self-help workbook. 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 | [Internet]. Available from: <https://www.samaritans.org/>

279.

Zeigler K. Getting organized at work: 24 lessons to set goals, establish priorities, and manage your time. McGraw-Hill professional education series. 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. Steps to success. 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 [Electronic resource]. 4th ed. Creating

success. Philadelphia, Pa: Kogan Page Ltd; 2013. Available from:
<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 [Electronic resource]. Richmond: Trotman; 2009. Available from:
<http://library.kent.ac.uk/cgi-bin/resources.cgi?url=http://lib.myilibrary.com?id=779825>

292.

Palmer S, Puri A, ProQuest (Firm). Coping with stress at university: a survival guide [Electronic resource]. London: SAGE; 2006. Available from:
<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 [Internet]. Available from:
<http://www.talktofrank.com/>

296.

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

297.

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

298.

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

299.

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

300.

Ways to Wellbeing Kent and Medway [Internet]. Available from: <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 [Electronic resource]. Basingstoke, Hampshire: Palgrave Macmillan; 2012. Available from: <http://kentuk.ebib.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. Overcoming common problems series. 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.