



Physical Wellbeing Books in the Library





Mental Wellbeing Books in the Library

The collage features the following book covers:

- THE ANXIETY JOURNAL**: Focuses on understanding and managing anxiety.
- A LITTLE BIT OF MEDITATION**: An introduction to mindfulness by Amy Leigh Mercree.
- Healing your Emotions**: Discover your element and change your life by Angela Hicks & John Hicks.
- Managing anxiety**: A guide to understanding and managing anxiety by Thomas J. Rossouw & Neil.
- Women Who Think Too Much**: How to Break Free of Over-Worrying and Reclaim Your Life by Dr Susan Nolen-Hoeksema.
- The Things You Can See Only When You Slow Down**: How to be Calm in a Busy World by Haemin Sunim.
- The International Bestseller Thinking, Fast and Slow**: A work of cognitive psychology by Daniel Kahneman.
- THE FRAGRANT MIND**: A guide to understanding and managing anxiety by Valerie Ann Worwood.
- One Thought at a Time**: A self-help program for health professionals by Emma Allende.
- OVERCOMING DEPRESSION**: A self-help guide using Cognitive Behavioral Techniques by Paul Gilbert.
- The Mindful Way Workbook**: An 8-Week Program to Free Yourself from Depression and Emotional Distress by John Teasdale, Mark Williams, and Zindel Segal.