***\*books in green are what Student Well-Being has (204 Norwood Hall), and the books in orange are what the S&T Library has, either electronically or in paper book \****

**General Mental Wellbeing:**

**Feeling Great: The New Mood Therapy** -- David Burn

**Mind Over Mood: Change How You Feel by Changing the Way You Think** –Dennis Greenberger, Christine A. Padesky

**Change Your Brain, Change Your Life** -- Daniel G. Amen

**Retrain Your Brain: Cognitive Behavioral Therapy in 7 Weeks: A Workbook for Managing Depression and Anxiety** -- Seth J. Gillihan

**101 Ways to Be Less Stressed: Simple Self-Care Strategies to Boost Your Mind, Mood, and Mental Health** -- Caroline Leaf

**Why Has Nobody Told Me This Before?** -- Julie Smith

**Mindsight: The New Science of Personal Transformation** – Daniel J. Siegel

**Anxiety:**

**The Anxiety and Phobia Workbook** -- [Edmund J. Bourne](https://www.goodreads.com/author/show/67223.Edmund_J_Bourne)

**Dare: The New Way to End Anxiety and Stop Panic Attacks** -- Barry McDonagh

**Rewire Your Anxious Brain: How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry** -- Catherine M. Pittman PhD

**Furiously Happy: A Funny Book about Horrible Things** --Jenny Lawson

**My Age of Anxiety: Fear, Hope, Dread, and the Search for Peace of Mind** -- Scott Stossel

**The Anxiety Toolkit: Strategies for Fine-Tuning Your Mind and Moving Past Your Stuck Points** -- Alice Boyes

**The 10 Best-Ever Anxiety Management Techniques: Understanding How Your Brain Makes You Anxious and What You Can Do to Change It** -- Margaret Wehrenberg

**Depression:**

**The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness** -- J. Mark G. Williams

**The Cognitive Behavioral Workbook for Depression: A Step-by-Step Program** -- William J. Knaus

**The Illustrated Happiness Trap: How to Stop Struggling and Start Living** -- Russ Harris, Bev Aisbett

**The Upward Spiral: Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time** -- Alex Korb

**The Mindful Way Workbook: An 8-Week Program to Free Yourself from Depression and Emotional Distress** -- John Teasdale

**Learned Hopefulness: The Power of Positivity to Overcome Depression** -- Dan Tomasulo

**Relationships:**

**Attached: The New Science of Adult Attachment and How It Can Help You Find and Keep Love** -- Amir Levine, Rachel Heller

**The 5 Love Languages: The Secret to Love that Lasts** -- Gary Chapman

**How to Be an Adult in Relationships: The Five Keys to Mindful Loving --**David Richo

**Getting Past Your Breakup: How to Turn a Devastating Loss into the Best Thing That Ever Happened to You** -- Susan J. Elliott

**Set Boundaries, Find Peace: A Guide to Reclaiming Yourself** --Nedra Glover Tawwab

**Self-Esteem:**

**The Gifts of Imperfection: Let Go of Who You Think You’re Supposed to Be and Embrace Who You Are --** Brené Brown

**The Six Pillars of Self-Esteem** -- Nathaniel Branden

**Ten Days to Self-Esteem** -- David D. Burns

**What to Say When You Talk to Your Self** -- Shad Helmstetter

**The Self Confidence Workbook: A Guide to Overcoming Self-Doubt and Improving Self-Esteem** --Barbara Markway

**Anger Management:**

**Mindfulness for Anger Management: Transformative Skills for Overcoming Anger and Managing Powerful Emotions** -- Stephen Dansiger

**Anger Management Workbook for Men: Take Control of Your Anger and Master Your Emotions** -- Aaron Karmin

**The Anger Management Workbook for Women: A 5-Step Guide to Managing Your Emotions and Breaking the Cycle of Anger** --Julie Catalano

**Anger: Taming a Powerful Emotion -- Gary Chapman**

**Grief and Loss:**

**It’s OK That You’re Not OK** -- Megan Devine

**Grieving Mindfully** -- Sameet Kumar

**Bearing the Unbearable** -- Joanne Cacciatore

**Permission to Mourn:  A New Way to Do Grief** -- Tom Zuba

**Healthy Healing: A Guide to Working Out Grief Using the Power of Exercise and Endorphins** --Michelle Steinke-Baumgard

**Transforming Traumatic Grief** -- Courtney Armstrong

**Eating Concerns/Body Image:**

**The Body Image Workbook: An Eight-Step Program for Learning to Like Your Looks** -- Thomas Cash

**More Than A Body: Your Body Is an Instrument, Not an Ornament** -- Lexie Kite, Lindsay Kite

**The Intuitive Eating Workbook: Ten Principles for Nourishing a Healthy Relationship with Food** -- Evelyn Tribole

**Neurodivergent:**

**Unmasking Autism: Discovering the New Faces of Neurodiversity** -- Devon Price

**Thriving with Adult ADHD: Skills to Strengthen Executive Functioning**– Phil Boissiere

**Asperger’s and Adulthood: A Guide to Working, Loving, and Living with Asperger’s Syndrome** -- Blythe Grossberg

**LGBTQIA+:**

**The Queer and Transgender Resilience Workbook: Skills for Navigating Sexual Orientation and Gender Expression** – Anneliese A. Singh

**Beyond the Gender Binary** – Alok Vaid-Menon, Ashley Lukashevsky

**Addiction/Substance Abuse:**

**Recovery: Freedom from Our Addictions** -- Russell Bran

**The Addiction Recovery Workbook: Powerful Skills for Preventing Relapse Every Day** –Paula A. Freedman

**Trauma/Childhood Adversity:**

**The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma** -- Bessel Van Der Kolk

**What Happened to You? Conversations on Trauma, Resilience, and Healing** -- Oprah Winfrey, Bruce D. Perry

**Self-Care for Adult Children of Emotionally Immature Parents: Honor Your Emotions, Nurture Your Self, and Live with Confidence**-- Lindsay C. Gibson

**Complex PTSD: From Surviving to Thriving: A Guide and Map for Recovering from Childhood Trauma** – Pete Walker

**Whole Again: Healing Your Heart and Rediscovering Your True Self After Toxic Relationships and Emotional Abuse** --Jackson MacKenzie