

## Adult Book Collection

Subject Area	Book Title	Year	Author
<b>Anger, Anxiety, Stress &amp; Worry</b>	Overcoming Anger and Irritability: Talks with your Therapist (CD)	2010	William Davies
	Turtles all the way down	2017	John Green
	The book of Angst: Understand and manage anxiety	2021	Gwendoline Smith
<b>Addictions</b>	The Smokefree Formula	2013	Robert West
	Mrs D is going without	2014	Lotta Dann
<b>Depression</b>	I Had a Black Dog: His Name was Depression	2005	Matthew Johnstone
	All Blacks Don't Cry: A Story of Hope	2010	John Kirwan
	Overcoming Low Self-esteem: Talks with Your Therapist	2012	Melanie Fennell
	Mothers Cry Too	2013	Sara Weeks
	This is not how it ends: How rewriting your story can save your life	2020	Jehan Casinader
<b>Grief &amp; Loss</b>	Dream New Dreams: reimagining my life after loss	2012	Jai Pausch
	What Abi Taught Us	2016	Lucy Hone
	Aroha: Maori wisdom for a contented life lived in harmony with our planet	2020	Hinemoa Elder
	Loss Adjustment	2020	Linda Collins
<b>Maternal Wellbeing</b>	Mothers Cry Too	2013	Sara Weeks
	Mamas in Lockdown	2020	Denise Ives
	Breastfeeding Uncovered: Who really decides how we feed our babies?	2021	Amy Brown
<b>Mindfulness</b>	Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World (CD)	2011	Danny Penman & Mark Williams
	Quiet the Mind	2012	Matthew Johnstone
	Maea Te Toi Ora- Maori health transformations	2017	Te Kani Kingi
<b>Mood Boosting</b>	When happiness is not enough	2011	Chris Skellett
	My name is Mina	2012	David Almond

	The happiness trap pocketbook: An illustrated guide on how to stop struggling and start living	2014	Dr Russ Harris & Bev Aisbett
	The little book of resilience	2015	Matthew Johnstone
	The alphabet of the human heart	2015	Matthew Johnstone
	49 ways to think yourself well	2015	Jan Alcoe & Emily Gajewski
	49 ways to write yourself well	2016	Jackee Holder
<b>OCD</b>	Brain Lock: Free yourself from obsessive compulsive disorder	2016	Jeffrey Schwartz
<b>Physical Health</b>	Crave: Why you binge eat and how to stop	2009	Cynthia <u>Bulik</u>
	Mayo clinic healthy heart for life!	2012	The Mayo Clinic
	Diabetes and wellbeing: managing the psychological and emotional challenges of diabetes type 1 and 2	2013	Jen Nash
	Living a healthy life with chronic conditions; 4 <sup>th</sup> Edition	2013	Kate Lorig, Halsted Holman et al.
	Lose weight for life	2013	Claire Turnbull
<b>Post-Traumatic Stress Disorder (PTSD)</b>	Eight Keys to safe trauma recovery	2010	Babette Rothschild
	The PTSD workbook	2013	Mary Ruth Williams
<b>Relationships</b>	The five love languages: the secret to love that lasts	2010	Gary Chapman
	The relationship cure	2012	John M Gottman
	Stand by me: Helping your teen through tough times	2014	John Kirwan
	Oku Moe Moea: The dream which is bigger than I am	2015	Hammond Boys
<b>Resilience</b>	The Resilient Farmer	2017	Doug Avery
	Resilient: Find your inner strength	2018	Rick Hanson
<b>Suicide and Self harm</b>	Being a true hero: Understanding and preventing suicide in your community	2019	Michael Hempseed
	Understanding and responding to Self- Harm: The one stop guide: Practical advice for anybody affected	2019	Allan House