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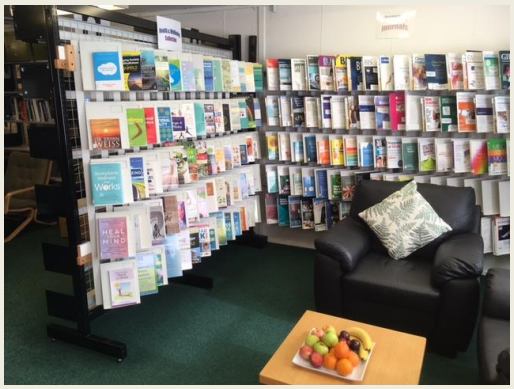

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Mindfulness
Occupational Stress & Workplace Wellbeing
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Sleeping Better
Stress and Anxiety Management

Mindfulness

Alidina, S. (2015) Mindful way through stress: the proven path to health, happiness and well-being. Guilford Publications
ISBN: 9781462509409

Black, A. (2014) Mindfulness @ work reduce stress, live mindfully and be happier and more productive at work
CICO Books
ISBN: 9781782491699

Burch, V. Penman, D. (2013) Mindfulness for health : a practical guide to relieving pain, reducing stress and restoring wellbeing. Piatkus Books.
ISBN: 9780749959241

Burns, J. (2023) Mind medicine for pain relief, stress and anxiety: mindfulness practices using the innate ability of your subconscious mind, breathwork and meditation to find healing and peace in your life. True Health Center
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Chambers, R. (2016) The art of mindful origami: soothe the mind with 15 beautiful origami projects and accompanying mindfulness exercises.
Exisle Publishing
ISBN: 9781925335293

Doyle, O. (2014) Mindfulness plain & simple: a practical guide to inner peace.
Orion Publishing Group.
ISBN: 9781409156765

Doyle, O. (2017) Mindfulness at work: turn your job into a gateway to joy, contentment and stress-free living. Orion Publishing Group
ISBN: 9781409167525

Halliwell, E. (2016) Into the heart of mindfulness: finding a way of well-being.
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Huxter, M. (2016) Healing the heart and mind with mindfulness: ancient path, present moment. Routledge.
ISBN: 9781138851351

Kabat-Zinn, J. (2019) Mindfulness for all: the wisdom to transform the world.
Piatkus Books.
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Marshall, J.J. (2015) Managing anxiety with mindfulness for dummies.
John Wiley & Sons.
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O'Morain, P. (2014) Mindfulness on the go: peace in your pocket.
Hodder & Stoughton.
ISBN: 9781444786002

Verni, K.A. (2015) Practical mindfulness: a step-by-step guide. Dorling Kindersley.
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Occupational Stress & Workplace Wellbeing

Bamber, M.R. (2011) Overcoming your workplace stress: a CBT-based self help guide. Routledge.
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Black,C.M. (2011) Management of health and well-being in the workplace. RMS Publishing
ISBN: 9781906674144

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ISBN: 978119893554

Densham, B. Grace, J.L. (2024) Stress to calm in 7 minutes for nurses. McNidder & Grace
ISBN: 9780857162564

Fleming, K. (2015) The leaders guide to emotional agility: how to use soft skills to get hard results. Pearson Education.
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Hasson, G. Butler, D. (2020) Mental health and wellbeing in the workplace: a practical guide for employers and employees. Wiley-Capstone.
ISBN: 9780857088284

Health and Safety Executive (2010) Getting to grips with stress at work personal accounts with business solutions
HSE Books. **(DVD)**
ISBN: 9780717663910

Hopkins, R. (2024) 52 weeks of wellbeing: a no-nonsense guide to a fulfilling work life. Kogan Page
ISBN: 9781398613911

Jones, G.Wilson, E. (2013) BMA bad back book: exercises to strengthen your back and improve your posture. Dorling Kindersley
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Morrison, L. The wellbeing toolkit for doctors: a supportive guide to help everyone in healthcare. Watkins Media
IBSN: 9781786785213

Pryce-Jones, J. (2010) Happiness at work: maximizing your psychological capital for success. Wiley-Blackwell.
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Putnam, L. (2015) Workplace wellness that works: 10 steps to infuse well-being and vitality into any organization

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Azri, S. (2020) Unlock your resilience: strategies for dealing with life's challenges. Jessica Kingsley.
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Bharwaney, G. (2015) Emotional resilience: know what it takes to be agile, adaptable and perform at your best. Pearson Education
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Neenan, M. (2018) Developing resilience: a cognitive behavioural approach. 2nd edition. Routledge.
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Filmer-Lorch, A.Barrow, C .Gill, M. (2016) The inner power of stillness: a practical guide for therapists and practitioners. Handspring Publishing
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Hartley, A. (2020) Breathe well: easy and effective exercises to boost energy, feel calmer, more focused and productive. Kyle Books.
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Hazelden Foundation (1998) Letting go of stress: achieving serenity with guide imagery and progressive relaxation.

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Hazelden Publishing. **(CD ROM)**
ISBN: 9781592854592

Heath, M. (2015) Breathe and relax to overcome: stress anxiety depression. Findhorn Press.
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Simpkins, A.M.Simpkins, A.C. (2016) Core principles of meditation for therapy: improving the outcomes for psychotherapeutic treatments. John Wiley & Sons.
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Barlow D.H Rapee, R.M. Perini, S. (2014) 10 steps to mastering stress: a lifestyle approach. Oxford University Press.
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Barry, H. (2017) Toxic stress: a step-by-step guide to managing stress. Orion Publishing Group
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Brosan, L. (2010) An introduction to coping with stress. Robinson Publishing.
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Chatterjee, R. (2018) The stress solution: the 4 steps to re-set your body, mind, relationships and purpose. Penguin Random House
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Cotton, F. (2017) Calm: working through life's daily stresses to find a peaceful centre. Orion Spring.
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Delvin, D. (2011) How to beat worry and stress. Sheldon Press.
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Ellis, A. (2019) How to control your anxiety before it controls you. Robinson Publishing.
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Storoni, M. (2019) Stress proof: the ultimate guide to living a stress free life and be more resilient every day. Yellow Kite.
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Exercise, Yoga, Pilates & Tai Chi

Clark, A. (2002) Illustrated elements of Tai Chi. Harper Collins.
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Docherty, D. (2014) The Tai Chi bible: the definitive guide to decoding the Tai Chi form. Godsfield Press.
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Freedman, F.B.Smith, J. Kelly, E. Hall, D.Monks, J.Gibbs, B. (2016) Yoga and pilates for everyone: a complete sourcebook of yoga and pilates exercises to tone and strengthen the body and calm the mind. Southwater.
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Gryffin, P.A. Jahnke, R. (2018) Mindful exercise metarobics, healing and the power of Tai Chi: a revolutionary new understanding of why mindful healing works. YMMA Publication Center.
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McGee, K. (2017) Chair yoga: sit, stretch and strengthen your way to a happier healthier you. Piatkus Books.
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Harris, C. (2015) The easy massage workbook: a complete massage class in a book. Watkins Publishing.
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Steine, F. (2015) The inner heart of reiki: rediscovering your true self. Anyi Books.
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Aromatherapy & Herbalism

Lawless, J. (2014) The encyclopedia of essentials oils: the complete guide to the use of aromatic oils in aromatherapy, herbalism, health and well-being. Harper Collins.
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Ladra, A. (2016) Raw food detox for health and vitality. Ryland, Peters & Small.
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Pannell, M. (2014) The detox health-plan cookbook Anness Publishing
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Readers Digest (2016) Eat well live long: your guide to the truth behind the foods we eat and what to choose for optimum health. Readers Digest Australia.
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Shallall, J. (2020) Plant-based meal prep cookbook for beginners 2020. Jimmy Shallal.
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Black, A. (2018) Mindfulness and sleep: how to improve your sleep quality through mindfulness. Ryland Peters & Small.
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Burns, J. (2023) Supercharge your sleep: the holistic guide to improving sleep

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quality, reducing stress, increasing energy, boosting productivity and living a healthier life. True Health Center.
ISBN: 9798988231929

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ISBN: 9781845290702

Hibberd, J.Usmar, J. (2014) This book will make you sleep. Quercus Editions.
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ISBN: 9781908740410

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Fitzgerald, S. (2013) The CBT workbook: teach yourself. Hodder & Stoughton.
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Henderson, A. (2021) Natural menopause: herbal remedies, nutrition, exercise, CBT, HRT, massage for perimenopause, menopause and beyond. Dorling Kindersley.
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McCall, D. Potter, N. (2022) Menopausing: the positive roadmap to your second spring. Harper Collins
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Newson, L. (2024) The definitive guide to the perimenopause and menopause. Hodder & Stoughton
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Ellis, A. (2019) How to control your anger before it controls you. Robinson Publishing.
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Tafrate, R.C. Kassinove, H. McKay, M. (2019) Anger management for everyone: 10 proven strategies to help you control your anger and live a happier life. 2nd edition. Impact.
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Barnes, A. (2023) The A-Z of wellbeing: how to feel good every day. Vie Books
ISBN: 9781800077058

Birch, A. (2022) The wellbeing activity book: self-care activities through the seasons. Michael O'Mara Books
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Cope, A. (2019) Little book of being brilliant. Capstone Publishing.
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Peterson, J.B. (2019) 12 simple rules for life: an antidote to chaos. Penguin Books.
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ISBN: 9780281087877

Smith, J. (2022) Why has nobody told me this before? Michael Joseph
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Wynne, A. (2016) How to be well: use your own natural resources to get well and stay well for life. Hay House.
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