

12 Days of Kindness

Reading List

- Mindfulness in positive psychology: the science of meditation and wellbeing - Itai Ivtzan and Tim Lomas (BF204.6.M66 2016)
- Scatterbrain: how the mind's mistakes make humans creative, innovative, and successful - Henning Beck (BF323.E7 B3913 2019)
- The art of making memories: how to create and remember happy moments - Meik Wiking (BF371.W66 2019)
- Real calm: handle stress and take back control - Psychologies Magazine (BF575.C35R28 2017)
- The laughing cure: emotional and physical healing - a comedian reveals why laughter really is the best medicine - Dr. Brian King (BF575.L3K52 2016)
- You are a bad ass: how to stop doubting your greatness and start living an awesome life - Jen Sincero (BF632.S61 2013)
- The laughing guide to a better life: using humor and science to improve yourself, your relationships, and your surroundings - Isaac Prilleltensky, Ora Prilleltensky (BF637.C4P95 2019)
- Don't hate, meditate! : 5 easy practices to get you through the hard sh*t (and into the good) - Megan Monahan (BF637.M4 M73 2019)
- The little book of happiness : simple practices for sustainable wellbeing - Miriam Akhtar (BF575.H27A315 2019)
- The happiness equation: want nothing + do anything = have everything - Neil Pasricha (BJ1481.P28 2016)
- 8 keys to mental health through exercise - Christina G. Hibbert (RC489.E9H62 2016)
- Off: your digital detox for a better life - Tanya Goodin (RC569.5.I54G65 2018)