

Wellness Reading Collection Fall 2018

In support of Brescia's Mental Health and Wellness initiatives, the Beryl Ivey Library continues to expand our recreational reading collection to collect reading materials based on the seven dimensions of the Wellness Wheel, pictured below:

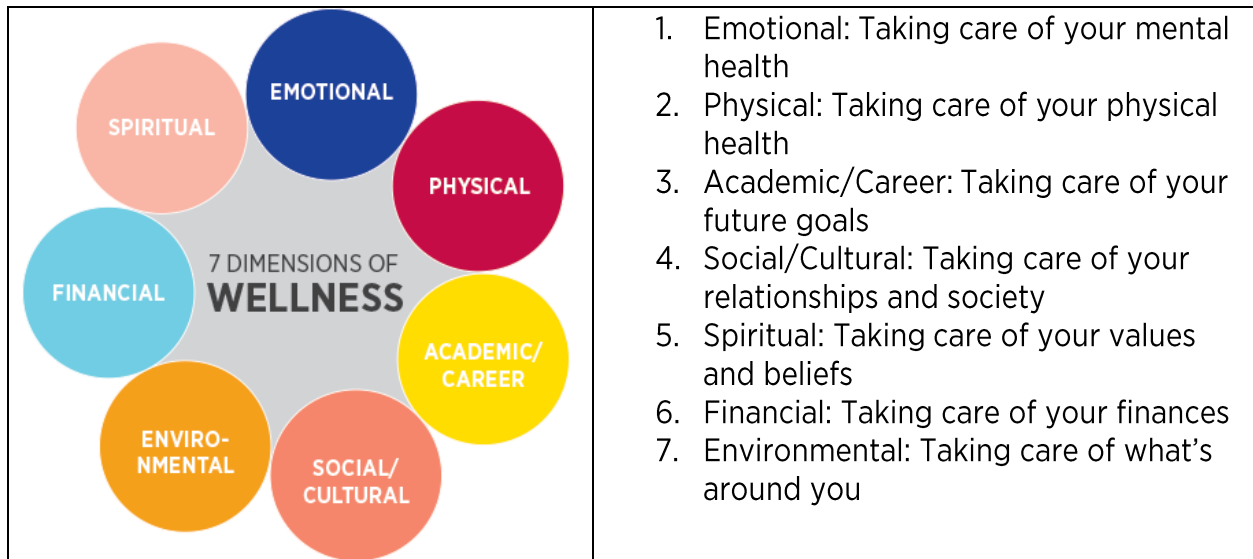


Image from <http://brescia.uwo.ca/life/mental-health-wellness/>


For more information on Health & Wellness, please visit:


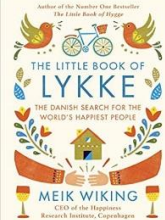
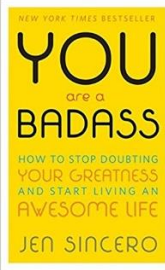
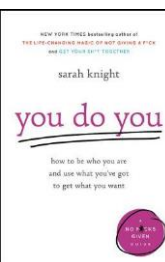
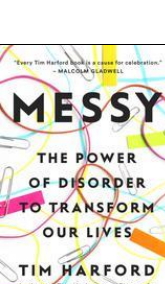
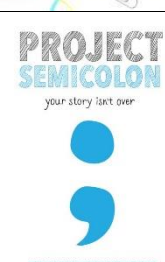
Brescia: <http://brescia.uwo.ca/life/mental-health-wellness/>

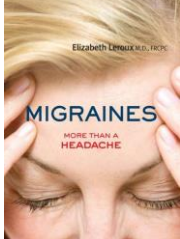
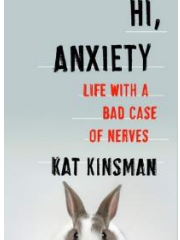
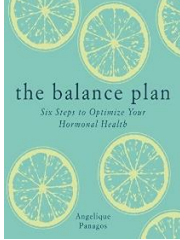
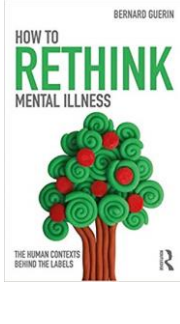
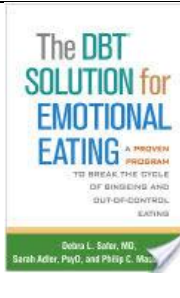
Western: https://www.uwo.ca/health/mental_wellbeing/

Wellness Wheel Booklist 2018

The following list consists of our most recent additions to our wellness collection that fall under one or more of the seven dimensions of the wellness wheel. You may find these books and more on our recreational reading shelf across from our library service desk. Please ask a library staff member if you need assistance.

Book	Title, Author, Call #	Description
	Exhaustion: a History by Anna Katharina Schaffner (BF482.S29 2016)	"Beginning in classical antiquity, this book demonstrates how exhaustion has always been with us and helps us evaluate more critically the narratives we tell ourselves about the phenomenon."

	<p>Real Calm: handle stress and take back control by Psychologies Magazine (BF575.C35R28 2017)</p>	<p>“Everyone knows that stress is bad for your health, relationships, productivity, and quality of life — but how can we avoid it? The answer is we can’t — we can only temper our response, use the stress as a tool or make it go away. This book shows you how...”</p>
	<p>The Little Book of Lykke by Meik Wiking (BF575.H27W66 2017)</p>	<p>“Meik brings together a global roadmap for happiness with his trademark wit. Weaving together original research and personal anecdotes, The Little Book of Lykke gives us a new approach to achieving everyday happiness.”</p>
	<p>You are a Badass by Jen Sincero (BF632.S61 2013)</p>	<p>“Jen Sincero, serves up 27 bitesized chapters full of hilariously inspiring stories, sage advice, easy exercises, and the occasional swear word, helping you to: Identify and change the self-sabotaging beliefs and behaviors that stop you from getting what you want, create a life you totally love and create it NOW.”</p>
	<p>You Do You by Sarah Knight (BF637.S4K71 2017)</p>	<p>“Being yourself should be easy, yet too many of us struggle to live on other people’s terms instead of our own. Rather than feeling large and in charge, we feel little and belittled. Sound familiar? Bestselling “anti-guru” Sarah Knight has three simple words for you: YOU DO YOU.”</p>
	<p>Messy: the power of disorder to transform our lives by Tim Harford (BJ1533.O73H27 2016)</p>	<p>“From the award-winning columnist and author of the national bestseller The Undercover Economist comes a provocative big idea book about the genuine benefits of being messy: at home, at work, in the classroom, and beyond.”</p>
	<p>Project Semicolon by Amy Bleuel (HV6548.U5B65 2017)</p>	<p>“For fans of PostSecret, Humans of New York, and If You Feel Too Much, this collection from suicide-awareness organization Project Semicolon features stories and photos from those struggling with mental illness.”</p>

	<p>Migraines: More than a Headache by Dr. Elizabeth Leroux (RC392.L61 2016)</p>	<p>“A complete guide on how to treat and prevent migraines.”</p>
	<p>Hi Anxiety: Life with a Bad Case of the Nerves by Kat Kinsman (RC537.K56 2017)</p>	<p>“An analysis of the role of anxiety in the life of Kat Kinsman, the editor-in-chief of the Tasting Table website, explores her adolescent diagnosis with depression and her daily struggles with making choices and pursuing treatment.”</p>
	<p>The Balance Plan by Angelique Panagos (QP571.P18 2017)</p>	<p>“The Balance Plan explains how to tune in to your hormones and make the changes necessary to bring them into balance. Take the six steps, follow the 28-day plan and transform your life!- Sleep better - Enhance digestion - Lose weight - Reduce stress - Elevate energy levels - Feel happier.”</p>
	<p>How to Rethink Mental Illness by Bernard Guerin (RC460.G93 2017)</p>	<p>“The world of mental illness is typically framed around symptoms and cures, where every client is given a label. In this challenging new book, Professor Bernard Guerin provides a fresh alternative to considering these issues, based in interdisciplinary social sciences and discourse analysis rather than medical studies or cognitive metaphors.”</p>
	<p>The DBT solution for emotional eating : a proven program to break the cycle of bingeing and out-of-control eating by Debra L. Safer, Sarah Adler, Philip C. Masson (RC552.C65S12 2018)</p>	<p>“Out-of-control eating is overwhelming and distressing--and one of the toughest habits to break. Grounded in dialectical behavior therapy (DBT), this motivating book offers a powerful pathway to change.”</p>

*Descriptions compiled from multiple sources including, but not limited to: publisher websites, GoodReads, Google Books, etc.