

Healthy Living

*The Library has a growing collection of books for improving staff well-being.
The following books on healthy living are available to borrow from the Library.*

Self-care handbook: a practical guide to integrating self-care into everyday life to improve wellbeing by Gill Nassan (2020) Audiobook

The natural health service: how nature can mend your mind by Isabel Hardman (2020)

The self-care prescription: powerful solutions to manage stress, reduce anxiety and increase wellbeing by Robyn Gobin (2019) (e-book)

Yoga as self-care for healthcare practitioners cultivating resilience, compassion and empathy by A. Stewart (2019 (e book)

Self care: how to live mindfully and look after yourself by Claire Chamberlain (2019)

The doctor's kitchen: eat to beat illness by Dr. Rupy Aujla (2019)

Little acts of self care: countless ways to relax mind, body and spirit by Rebecca Dickinson (2019)

The 4 pillar plan: how to relax, eat, move and sleep your way to a longer healthier life by Rangan Chatterjee (2018)

The little book of self care: the tiny everyday habits that will transform your life by M. Noakes (2017)

Walking for fitness by Nina Barough (2017)

The Nordic guide to living 10 years longer: 10 easy tips to live a healthier, happier life by B. Marklund (2017)

Self-care for the real world by N. Narain (2017)

The self-care project: how to let go of the frazzle and make time for you by J. Hardy (2017)

101 ways to live well: mindfulness, yoga and nutrition tips for busy people by Lonely Planet (2016)

