

## 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.*

**My houseplant changed my life: green wellbeing for the great indoors by D. Domoney (2021)**

**Ainsley's good mood food by Ainsley Harriott (2021)**

**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 you 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)**

