Reading List



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.

Just One Thing How Simple Changes Can Transform Your Life by M Mosley (2023)

The Joy of Being Selfish: Why you need boundaries and how to set them by M Elman (2022)

Feel good food: over 100 healthy family recipes by J. Wicks (2022)

Move more at your desk: increase your energy at work and relieve back, shoulder and neck pain by K. Bradby (2022)

Happy mind, happy life: 10 single ways to feel good every day by R. Chatterjee (2022)

Feed your family: more from less by L. Cooper (2022)

Bigger than us: spiritual lessons for everyday happiness by F. Cotton (2022)

Be yourself and happier: the A-Z of wellbeing by W. Young (2022)

Live well everyday: your plan for a happy body and mind by A. George (2021)

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

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

Ten times happier: how to overcome the obstacles holding you back

By: O'Kane, Owen

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

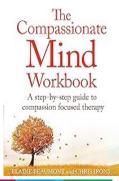
The natural health service: how nature can mend your mind by Isabel Hardman (2020)

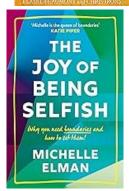
The self-care prescription: powerful solutions to manage stress, reduce anxiety and increase wellbeing by Robyn Gobin (2019) (e-book)











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