

## 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. Do-money (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)

