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)
Wellbeing 613MOS

Age proof : the new science of living a longer and healthier life by R.A. Kenny (2022) **Wellbeing 612KEN**

The Joy of Being Selfish: Why you need boundaries and how to set them by M. Elman (2022) Wellbeing 158.1ELM

Feel good food: over 100 healthy family recipes by J. Wicks (2022) Wellbeing 641WIC Move more at your desk: increase your energy at work and relieve back, shoulder and neck pain by K. Bradby (2022) Wellbeing 613.7BRA

Happy mind, happy life: 10 single ways to feel good every day by R. Chatterjee (2022) Wellbeing 158CHA

Bigger than us: spiritual lessons for everyday happiness by F. Cotton (2022) **Wellbeing 158COT**

Be yourself and happier: the A-Z of wellbeing by W. Young (2022) Wellbeing 158YOU Live well everyday: your plan for a happy body and mind by A. George (2021) Wellbeing 613GEO

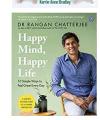
My houseplant changed my life: green wellbeing for the great indoors by D. Domoney (2021) Wellbeing 635.9DOM

Ainsley's good mood food by A. Harriott (2021) Wellbeing 641HAR

Ten times happier: how to overcome the obstacles holding you back by O. O'Kane

(2021) Wellbeing 1580KA







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Living books

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