

## 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 158OKA**

