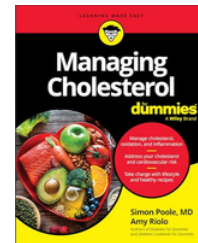


Reading List

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.

-**Managing cholesterol for dummies** by S. Poole (2025) **Well-being 613.28 POO**

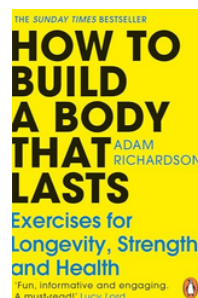


-**How to build a body that lasts : exercises for longevity, strength and health** by A. Richardson (2024) **Well-being 613.71 RIC**

-**Just One Thing How Simple Changes Can Transform Your Life** by M. Mosley (2023) **Well-being 613 MOS**

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

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



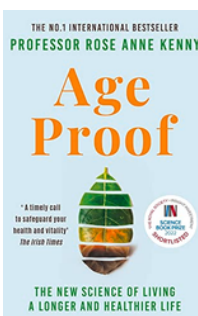
Feel good food: over 100 healthy family recipes by J. Wicks (2022) **Well-being 641 WIC**

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



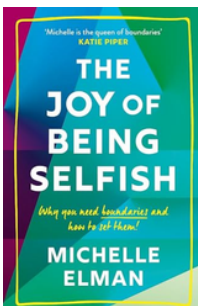
Bigger than us: spiritual lessons for everyday happiness by F. Cotton (2022) **Well-being 158 COT**

Be yourself and happier: the A-Z of wellbeing by W. Young (2022) **Well-being 158 YOU**



Live well everyday: your plan for a happy body and mind by A. George (2021) **Well-being 613 GEO**

My houseplant changed my life: green well-being for the great indoors by D. Domoney (2021) **Well-being 635.9 DOM**



Ainsley's good mood food by A. Harriott (2021) **Well-being 641 HAR**

Ten times happier: how to overcome the obstacles holding you back by O. O'Kane (2021) **Well-being 158 OKA**



Search our library catalogue for more **healthy living** books

For more information about the Library please visit our website:
<https://healthacademy.lancsteachinghospitals.nhs.uk/library>

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