## EASTERN REGIONAL LIBRARIES - WELLBEING RESOURCES

Achor, Shawn	Before Happiness [electronic resource] : The 5 Hidden Keys to Achieving Success, Spreading Happiness, and Sustaining Positive Change	before before the States with the States with
Achor, Shawn	The Happiness Advantage [electronic resource] : The Seven Principles of Positive Psychology That Fuel Success and Performance at Work	And the second sec
Brown, Brene	Braving the wilderness : the quest for true belonging and the courage to stand alone <u>158.2 BROW</u>	A da ten fand hard na die BRENÉ BROWN Market State State State BRAVING IME WILDERNESS
Brown, Brene	Braving the Wilderness [electronic resource]	
Brown, Brene	Dare to lead : brave work, tough conversations, whole hearts <u>658.4 BROW</u>	Brené Brown dare to lead
Brown, Brene	Dare to Lead [electronic resource]	
Brown, Brene	Daring greatly : how the courage to be vulnerable transforms the way we live, love, parent, and lead <u>158 BROW</u>	
Brown, Brene	Daring Greatly [electronic resource]	
Brown, Brene	The gifts of imperfection : let go of who you think you're supposed to be and embrace who you are <u>158.1 BROW</u>	<section-header></section-header>
Brown, Brene	The Gifts of Imperfection [electronic resource]	
Brown, Brene	I thought it was just me : but it isn't : telling the truth about perfectionism, inadequacy, and power <u>152.4 BROW</u>	BRENÉ BROWN ALLER BRENÉ BROWN ALLER I THOUGHT IT WAS JUST ME BULLYISH I Malay Ma Janera Tanén Tan Eranga
Brown, Brene	I Thought It Was Just Me [electronic resource]	

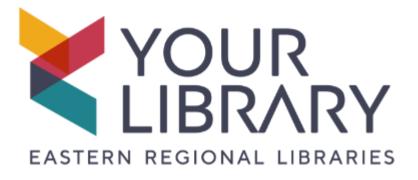
Brown Brono	Dising strong 150 PDOW	
Brown, Brene	Rising strong <u>158 BROW</u>	Arrite Strength Arright and Arrived Market Strength Arrived Strength Arriv
Brown, Brene	Rising Strong [electronic resource]	
Christakis, Nicholas A	Blueprint : the evolutionary origins of a good society <u>576.801 CHRI</u>	NICHOLAS A. CHRISTAKIS June of Country BLUEPRINT THE EVOLUTIONARY ORIGINS OF A GOOD SOCIETY
Cooperrider, David	Appreciative Inquiry [electronic resource] : A Positive Revolution in Change	Appreciative Armene Reveloce in Charge
Csikszentmihalyi, Mihaly	Flow [electronic resource] : The Psychology of Happiness	
Csikszentmihalyi, Mihaly	Flow: the psychology of optimal experience <u>155.2 CSIK</u>	national besteller prime and the psychology of prime and the psychology of prime and the psychology of the psychology of t
David, Susan	Emotional agility : get unstuck, embrace change, and thrive in work and life <u>158.1 DAVI</u>	EMOTIONAL AGILITY SUSAN DAVID Withware Golf wareland and ware and Kinn an ware and Lipe
David, Susan	Emotional Agility [electronic resource] : Get Unstuck, Embrace Change and Thrive in Work and Life	
DeSteno, David	Emotional Success [electronic resource] : The Power of Gratitude, Compassion and Pride	
Diener, Ed and Biswas-Diener, Robert	Happiness : unlocking the mysteries of psychological wealth <u>158.1 DIE</u>	e verset e vers
Duckworth, Angela	Grit [electronic resource] : The Power of Passion and Perseverance	

Duckworth, Angela	Grit : why passion and persistence are the secrets to success <u>158.1 DUCK</u>	The Prever of Brackson Defense of Brackson Defense of Brackson
Esfahani Smith, Emily	The Power of Meaning [electronic resource] : Crafting a Life that Matters	
Fogg, BJ	Tiny habits : + the small changes that change everything <u>158 FOGG</u>	Final Changes HABITS That Change BJ FOGG, PHD Everything :
Friedman, Ron	The Best Place to Work [electronic resource] : The Art and Science of Creating an Extraordinary Workplace	
Grant, Adam	Think again : the power of knowing what you don't know <u>158.1 GRAN</u>	A DA M G R A N T VICENCE ALS
Langer, Ellen J.	Mindfulness [electronic resource]	
Lima, Jamie Kern	Believe IT [electronic resource] : How to Go from Underestimated to Unstoppable	JAMIE KERN LIMA
McGonigal, Kelly	The joy of movement : how exercise helps us find happiness, hope, connection, and courage <u>613.71 MCGO</u>	THE CERETOR IN EXPRESS THE CERETOR IN EXPRESS THE JOY OF MOVEMENT RELY MCGONIBAL PAD THE CONTRAL PAD
McGonigal, Kelly	The Joy of Movement [electronic resource] : How exercise helps us find happiness, hope, connection, and courage	
McGonigal, Kelly	The upside of stress : why stress is good for you (and how to get good at it) <u>155.9042 MCGO</u>	THE UPSIDE OF STRESS WHY STRESS IS GOD FOR YOU CAT GOD AT IT) KELLY MCGONIGAL

McConstruct Kelly	The United of Charges Feleration 1. 144	[]
McGonigal, Kelly	The Upside of Stress [electronic resource] : Why stress is good for you (and how to get good at it)	
Miller, Caroline Adams	Creating Your Best Life [electronic resource] : The Ultimate Life List Guide	The United States and the States of States and States a
Nagoski, Emily and Nagoski, Amelia	Burnout : the secret to unlocking the stress cycle <u>155.9042 NAGO</u>	BURNOUC Burnouc Burnouc Burnouch Burnouch
Nagoski, Emily and Nagoski,	Burnout [electronic resource] : The Secret to	
Amelia	Solving the Stress Cycle	
Neff, Kristin	Fierce Self-Compassion: How Women Can Harness Kindness to Speak Up, Claim Their Power, and Thrive <u>158.1082 NEFF</u>	SELF-COMPASSION SELF-COMPASSION Merris de la Compa- la C
Neff, Kristin and Germer, Christopher	The mindful self-compassion workbook : a proven way to accept yourself, build inner strength, and thrive <u>158.13 NEFF</u>	
Neff, Kristin	Self-compassion : the proven power of being kind to yourself <u>158.1 NEFF</u>	A BURGHAND AND AND AND AND AND AND AND AND AND
Neff, Kristin	The Yin and Yang of Self-Compassion [electronic resource] : Cultivating Kindness and Strength in the Face of Difficulty	
Pennebaker, James W. and Evans, John F.	Expressive writing : words that heal <u>616.8916 PENN</u>	<section-header></section-header>

Pennebaker, James W.	Opening Up [electronic resource] : The Healing Power of Expressing Emotions	Ar transmission of the transmission of the transmission of the transmission of the transmission of the transmission of the transmission of the Healing Power of Expressing Emotions Junne W. Perneksler, Phys.
Rath, Tom	Eat Move Sleep [electronic resource] : How Small Choices Lead to Big Changes	
Rath, Tom and Reckmeyer, Mary and illustrated by Manning, Maurie J.	How full is your bucket? for kids <u>J 155.23 RATH</u>	HOW FULL BYOUR BUCKETS For Kds
Rath, Tom	Strengths finder 2.0 <u>658.409 RATH</u>	STRENGTHSFINDER 20 FROM GALUP FROM CALUP CliftonStrengths
Seligman, Martin	Authentic Happiness [electronic resource]	AUTHENTIC HAPPINESS Martin E.R. Seligman, yea.
Seligman, Martin	Flourish <u>158.1 SELI</u>	A Visionery Kwe Understanding of Barphones and Well-Meing Flournsh MARTIN SELIGMAN ATTACTOR DEPOSIT
Seligman, Martin	Flourish [electronic resource]	
Seligman, Martin	The hope circuit : a psychologist's journey from helplessness to optimism <u>150.92 SELI</u>	The Hope Circuit Argunding of Barry from Common Martin Seligman
Seligman, Martin	Learned Optimism [electronic resource]	the is charge have find and have like the second second second second second second MARTIN SELLIGMAN MARTIN SELLIGMAN

Seligman, Martin	What You Can Changeand What You Can't [electronic resource] : The Complete Guide to Successful Self-Improvement	What You Can Change and What You Can't* The Complete Guide to Soccessful Self-Improvement
Wakeman, Cy	Reality-Based Leadership [electronic resource] : Ditch the Drama, Restore Sanity to the Workplace, and Turn Excuses into Results	REALITY-BASED LEADERSHIP Dich the Dominant Andrew CY WAKEMAN
Wakeman, Cy	The reality-based rules of the workplace : know what boosts your value, kills your chances, & will make you happier . <u>650.1 WAKE</u>	ACK FOR THE REPRESENTATION REALITY BASED RULES Fre WORKPLACE WORK PLACE PARINE YOU'C CHARGE. CHARGE YOU CHAR
Wakeman, Cy	The Reality-Based Rules of the Workplace [electronic resource] : Know What Boosts Your Value, Kills Your Chances, and Will Make You Happier	
Watts, Alan	Do You Do It or Does It Do You? [electronic resource]	
Watts, Alan	The wisdom of insecurity : a message for an age of anxiety <u>128.3 WATT</u>	ALAN WATTS WISDOM INSECURITY Adams for a function
Wheatley, Margaret J.	Perseverance [electronic resource]	Personal and a
Wheatley, Margaret J.	Who do we choose to be? : facing reality, claiming leadership, restoring sanity <u>658.4 WHEA</u>	WHO DO WE COOSE TO BE?



www.yourlibrary.com.au

## Maroondah Libraries

Croydon Library 5 Civic Square Croydon 98006448

Realm Library 179 Maroondah Highway Ringwood 98006430