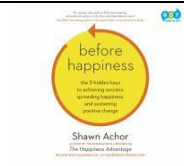
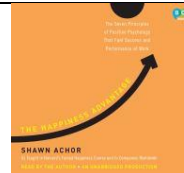
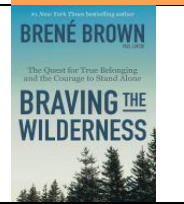
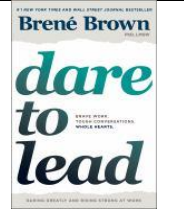
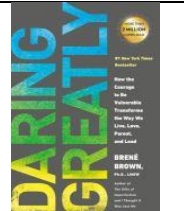
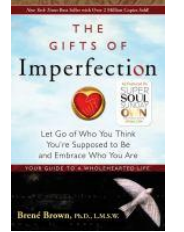
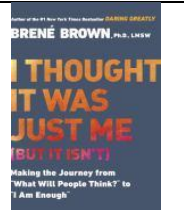
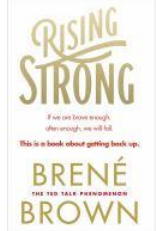
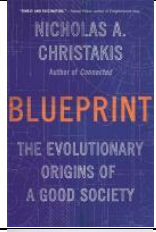
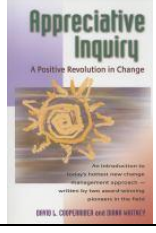
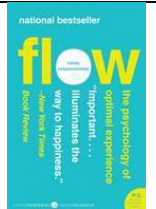
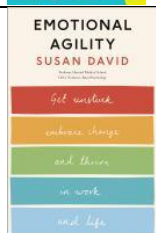
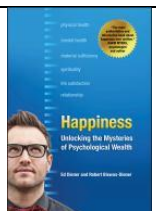
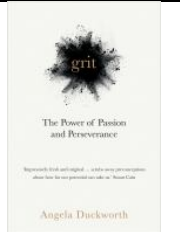
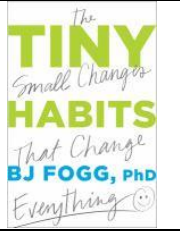
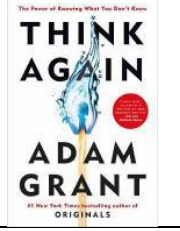

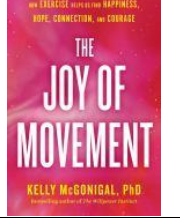
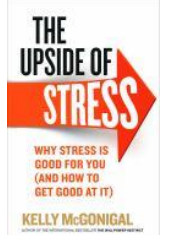
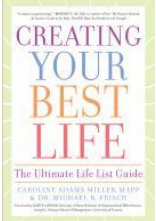
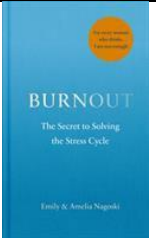
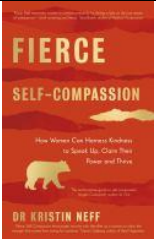
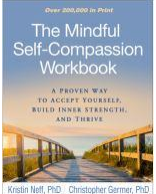
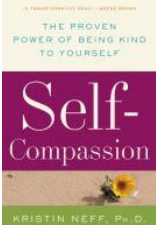
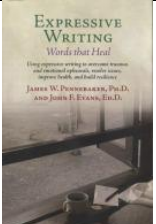


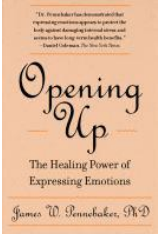
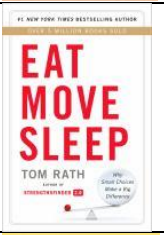
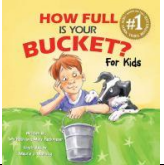
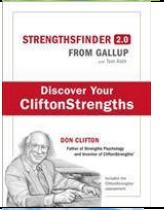
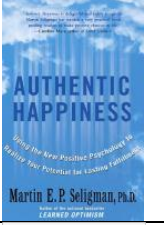
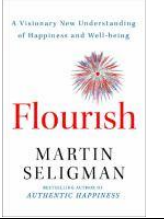
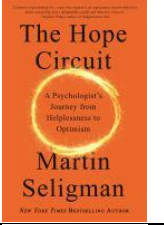
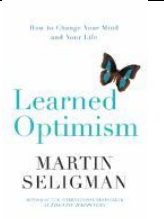
## EASTERN REGIONAL LIBRARIES - WELLBEING RESOURCES

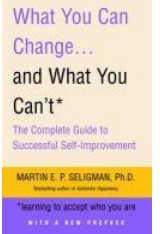
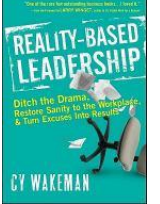
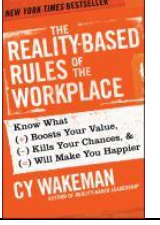
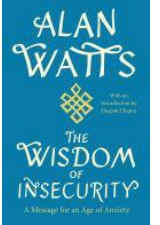
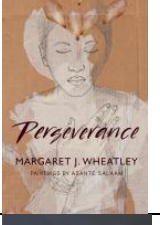
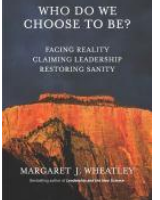
Achor, Shawn	Before Happiness [electronic resource] : The 5 Hidden Keys to Achieving Success, Spreading Happiness, and Sustaining Positive Change	
Achor, Shawn	The Happiness Advantage [electronic resource] : The Seven Principles of Positive Psychology That Fuel Success and Performance at Work	
Brown, Brene	Braving the wilderness : the quest for true belonging and the courage to stand alone <a href="#">158.2 BROW</a>	
Brown, Brene	Braving the Wilderness [electronic resource]	
Brown, Brene	Dare to lead : brave work, tough conversations, whole hearts <a href="#">658.4 BROW</a>	
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 <a href="#">158 BROW</a>	
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 <a href="#">158.1 BROW</a>	
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 <a href="#">152.4 BROW</a>	
Brown, Brene	I Thought It Was Just Me [electronic resource]	

Brown, Brene	Rising strong <a href="#">158 BROW</a>	
Brown, Brene	Rising Strong [electronic resource]	
Christakis, Nicholas A	Blueprint : the evolutionary origins of a good society <a href="#">576.801 CHRI</a>	
Cooperrider, David	Appreciative Inquiry [electronic resource] : A Positive Revolution in Change	
Csikszentmihalyi, Mihaly	Flow [electronic resource] : The Psychology of Happiness	
Csikszentmihalyi, Mihaly	Flow: the psychology of optimal experience <a href="#">155.2 CSIK</a>	
David, Susan	Emotional agility : get unstuck, embrace change, and thrive in work and life <a href="#">158.1 DAVI</a>	
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 <a href="#">158.1 DIE</a>	
Duckworth, Angela	Grit [electronic resource] : The Power of Passion and Perseverance	

Duckworth, Angela	Grit : why passion and persistence are the secrets to success <a href="#">158.1 DUCK</a>	
Esfahani Smith, Emily	The Power of Meaning [electronic resource] : Crafting a Life that Matters	
Fogg, BJ	Tiny habits : + the small changes that change everything <a href="#">158 FOGG</a>	
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 <a href="#">158.1 GRAN</a>	
Langer, Ellen J.	Mindfulness [electronic resource]	
Lima, Jamie Kern	Believe IT [electronic resource] : How to Go from Underestimated to Unstoppable	
McGonigal, Kelly	The joy of movement : how exercise helps us find happiness, hope, connection, and courage <a href="#">613.71 MCGO</a>	
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) <a href="#">155.9042 MCGO</a>	

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	
Nagoski, Emily and Nagoski, Amelia	Burnout : the secret to unlocking the stress cycle <a href="#">155.9042 NAGO</a>	
Nagoski, Emily and Nagoski, Amelia	Burnout [electronic resource] : The Secret to Solving the Stress Cycle	
Neff, Kristin	Fierce Self-Compassion: How Women Can Harness Kindness to Speak Up, Claim Their Power, and Thrive <a href="#">158.1082 NEFF</a>	
Neff, Kristin and Germer, Christopher	The mindful self-compassion workbook : a proven way to accept yourself, build inner strength, and thrive <a href="#">158.13 NEFF</a>	
Neff, Kristin	Self-compassion : the proven power of being kind to yourself <a href="#">158.1 NEFF</a>	
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 <a href="#">616.8916 PENN</a>	

<p>Pennebaker, James W.</p>	<p>Opening Up [electronic resource] : The Healing Power of Expressing Emotions</p>	
<p>Rath, Tom</p>	<p>Eat Move Sleep [electronic resource] : How Small Choices Lead to Big Changes</p>	
<p>Rath, Tom and Reckmeyer, Mary and illustrated by Manning, Maurie J.</p>	<p>How full is your bucket? for kids <a href="#">J 155.23 RATH</a></p>	
<p>Rath, Tom</p>	<p>Strengths finder 2.0 <a href="#">658.409 RATH</a></p>	
<p>Seligman, Martin</p>	<p>Authentic Happiness [electronic resource]</p>	
<p>Seligman, Martin</p>	<p>Flourish <a href="#">158.1 SELI</a></p>	
<p>Seligman, Martin</p>	<p>Flourish [electronic resource]</p>	
<p>Seligman, Martin</p>	<p>The hope circuit : a psychologist's journey from helplessness to optimism <a href="#">150.92 SELI</a></p>	
<p>Seligman, Martin</p>	<p>Learned Optimism [electronic resource]</p>	

Seligman, Martin	What You Can Change...and What You Can't [electronic resource] : The Complete Guide to Successful Self-Improvement	
Wakeman, Cy	Reality-Based Leadership [electronic resource] : Ditch the Drama, Restore Sanity to the Workplace, and Turn Excuses into Results	
Wakeman, Cy	The reality-based rules of the workplace : know what boosts your value, kills your chances, & will make you happier . <a href="#">650.1 WAKE</a>	
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 <a href="#">128.3 WATT</a>	
Wheatley, Margaret J.	Perseverance [electronic resource]	
Wheatley, Margaret J.	Who do we choose to be? : facing reality, claiming leadership, restoring sanity <a href="#">658.4 WHEA</a>	



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