



Wellbeing

Law Society Library Subject Resource Pack

November 2020



Depression and Anxiety

Brown, Brené. *The gifts of imperfection: let go of who you think you're supposed to be and embrace who you are* (Minnesota: Hazelden Publishing, 2010)

Campbell, Alastair. *Living better: how I learned to survive depression* (John Murray Press, 2020)

Davies, Alex. *Lawyer health and wellbeing: how the legal profession is tackling stress and creating resiliency* (London: Ark Group, 2020)

Foran, Caroline. *Owning it: your bullsh*t-free guide to living with anxiety* (Dublin: Hachette Books Ireland, 2017)

Haig, Matt. *Reasons to stay alive* (Edinburgh: Canongate Books, 2015)

Hari, Johann. *Lost connections: why you're depressed and how to find hope* (London: Bloomsbury Publishing, 2019)

Martin, Richard. *This too will pass: anxiety in a professional world* (Nottinghamshire: Trigger, 2018)

Van Eijk, Maggy. *Remember this when you're sad: lessons learned on the road from self-harm to self-care* (London: Lagom, 2018)

Bereavement/Grief

Kübler-Ross, Elisabeth. *On grief and grieving: finding the meaning of grief through the five stages of loss* (London: Simon & Schuster UK, 2005)

Lewis, C.S. *A grief observed* (London: Faber & Faber, 1961)

Addiction/Recovery

Brand, Russell. *Recovery: freedom from our addictions* (London: Bluebird, 2018)

Grisel, Judith. *Never enough: the neuroscience and experience of addiction* (London: Scribe Publications, 2019)

Hari, Johann. *Chasing the scream: the search for the truth about addiction* (London: Bloomsbury Publishing, 2019)

Sadler, Richie. *Recovering* (Dublin: Gill Books, 2019)

Self, Will. *Will* (UK: Penguin Random House, 2019)

Sheff, David. *Beautiful boy: a father's journey through his son's addiction* (London: Simon & Schuster UK, 2008)

Organisations, Leadership and Wellbeing

Brown, Brené. *Dare to lead: daring greatly and rising strong at work* (London: Vermilion, 2018)

Brown, Brené. *Daring greatly: how the courage to be vulnerable transforms the way we live, love, parent and lead* (UK: Penguin Life, 2015)

Legg, Michael. *The impact of technology and innovation on the wellbeing of the legal profession* (Cambridge: Intersentia, 2020)

Obholzer, Anton. *The unconscious at work: a Tavistock approach to making sense of organizational life* (Abingdon: Routledge, 2019)

Therapy

Gottlieb, Lori. *Maybe you should talk to someone: a therapist, her therapist and our lives revealed* (London: Scribe Publications, 2019)

Grosz, Stephen. *The examined life: how we lose and find ourselves* (London: Vintage, 2014)

Yalom, Irvin D. *Love's executioner and other tales of psychotherapy* (London: Penguin Books, 2013)

Mindfulness/Meditation

Take a moment: activities to refocus, recentre and relax wherever you are (London: Michael O'Mara Books, 2019)

Feldman, Christina. *Mindfulness: ancient wisdom meets modern psychology* (New York: The Guildford Press, 2019)

Perlmutter, David. *Brain wash: detox your mind for clearer thinking, deeper relationships, and lasting happiness* (Yellow Kite, 2020)

Thubten, Gelong. *A monk's guide to happiness: meditation in anxietythe 21st century* (London: Yellow Kite, 2019)

Tolle, Eckhart. *The power of now: a guide to spiritual enlightenment* (UK: Yellow Kite, 2016)

Trauma

Sanderson, Christiane. *Counselling skills for working with trauma: healing from child sexual abuse, sexual violence and domestic abuse* (London: Jessica Kingsley Publishers, 2013)

Van der Kolk, Bessel. *The body keeps the score: mind, brain and body in the transformation of trauma* (London: Penguin Books, 2015)

General

Aron, Elaine N. *The highly sensitive person: how to thrive when the world overwhelms you* (London: Thorsons, 2015)

Brown, Brené. *Rising strong* (London: Vermilion, 2015)

Brown, Brené. *The power of vulnerability: teachings on authenticity, connection and courage* (US: Sounds True, 2012)

Cohen, Josh. *The private life: why we remain in the dark* (London: Granta Publications, 2014)

Day, Elizabeth. *How to fail: everything I've learned from things going wrong* (London: 4th Estate, 2020)

Dolan, Paul. *Happy ever after: a radical new approach to living well* (London: Penguin Books, 2020)

Eger, Edith Eva. *The choice: embrace the possible* (Scribner, 2018)

Haig, Matt. *Notes on a nervous planet* (Edinburgh: Canongate Books, 2018)

Marsh, Nigel. *Fat, 40 and fired. The year I lost my job and got a life* (London: Piatkus, 2011)

Marsh, Nigel. *Fit, fifty and fired up* (Sydney: Arena Books, 2013)