

Mental Health & Wellness Book List for Adults:

Encourage your mental well-being through the magic of books! Here are some recommendations for books at the Pamunkey Regional Library that promote emotional intelligence, resilience, and positive mental health.

Topic: Stress & Anxiety

Book Title	Author
The stress-proof brain: master your emotional response to stress using mindfulness & neuroplasticity	Melanie Greenberg
The stress prescription: seven days to more joy ease	Elissa Epel
Burnout: the secret to unlocking the stress cycle	Emily Nagoski
Hope and Help for Your Nerves	Claire Weekes
Enchantment: awakening wonder in an anxious age	Katherine May

Topic: Resiliency

Book Title	Author
Wintering: the power of rest and retreat in difficult times	Katherine May
What Happened to You?	Oprah Winfrey
The Body Keeps the Score	Bessel van der Kolk
Microjoys: finding hope (especially) when life is not okay	Cyndie Spiegel
Brave, Not Perfect	Reshma Saujani
The Comfort Book	Matt Haig
Set Boundaries, Find Peace: A Guide to Reclaiming Yourself	Nedra Glover Tawwab

Topic: Mindfulness

Book Title	Author
Practical mindfulness: a physician's no-nonsense guide to meditation for beginners	Greg Sazima
Listen to your day: the life-changing practice of paying attention	Paul Angone
There is no right way to meditate	Yumi Sakugawa

Topic: Mental Health

Book Title	Author
Emotional First Aid	Guy Winch
Brain Energy	Christopher Palmer
Permission to feel: unlocking the power of emotions to help our kids, ourselves, and our society thrive	Marc Brackett

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