

Theme	Title	Author	Format
Autism	The autistic brain : exploring the strength of a different kind of mind	Temple Grandin	Physical book
Confidence	How to be confident	James Smith	Digital audiobook
Dementia	The 36-Hour Day	Nancy L. Mace, Peter V. Rabins	Digital audiobook
Dementia	What I wish people knew about dementia	Wendy P Mitchell	Physical book
Exercise	Cycling - philosophy for everyone	Fritz Allhoff, Michael W. Austin	Digital audiobook
Exercise	Move! : the new science of body over mind	Caroline Williams	Physical book
Mental health	Are you really OK?	Stacey Dooley	Digital audiobook
Mental health	Happy Mind Happy Life	Rangan Chatterjee	Digital audiobook
Mental health	What mental illness really is and what it isn't	Lucy Foulkes	Digital audiobook
Mental health	Why has nobody told me this before?	Julie Smith	Digital audiobook
Mental health	It's ok to talk : a practical guide to mental health for men	Sam Cooper	Physical book
Mental health	The book of hope : 101 voices on overcoming adversity	Jonny Benjamin	Physical book
Nature/Wellbeing	Rootbound	Alice Vincent	Digital audiobook
Nature/Wellbeing	The Green Planet	Leisa Stewart-Sharpe	Digital audiobook
Nature/Wellbeing	The Outrun	Amy Liptrot	Digital audiobook
Nature/Wellbeing	Under the Stars	Matt Gaw	Digital audiobook
Nature/Wellbeing	WALK	Jonathon Stalls	Digital audiobook
Nature/Wellbeing	Wanderlust : a history of walking	Rebecca Solnit	Physical book
Nature/Wellbeing	The natural health service : how nature can mend your mind	Isabel Hardman	Physical book
Nature/Wellbeing	The well gardened mind : rediscovering nature in the modern world	Sue Stuart-Smith	Physical book
Nature/Wellbeing	Walking in the woods : go back to nature with the Japanese way of shinrin-yoku	Yoshifumi Miyazaki	Physical book
Nature/Wellbeing	Friends	R.I.M. Dunbar	Physical book
OCD	Rewire your OCD brain	Catherine M. Pittman, William H. Youngs	Digital audiobook
OCD	Faqs on OCD	Ashley Fulwood	Physical book
Relationships	Click or Clash	Ali Walker	Digital audiobook
Relationships	Losing Eden : why our minds need the wild	Lucy Jones	Physical book
Wellbeing	Stressilient	Sam Akbar	Digital audiobook
Wellbeing	Surrounded by setbacks	Thomas Erikson	Digital audiobook