

Recommended Reading

Mental Health Topics

The Happiness Trap (Depression / ACT), by Dr Russ Harris

Learned Optimism (Depression / Positive Psychology), by Martin Seligman

Living with IT (Panic Attacks), Bev Aisbett

Living it up (Stress-free Living), Bev Aisbett

Family & Parenting

Raising Boys, by Steve Biddulph, Finch

Raising Girls, by Gisela Preuschoff & Steve Biddulph, Finch

The Secret of Happy Children, by Steve Biddulph, Harper Collins

Other useful topics

Enlightenment To Go (some Buddhist thinking), by David Michie

Manhood (self development for men), by Steve Biddulph, Finch

Never Give Up (inspiration), by Graeme Alford

Stop Walking on Eggshells (living with a Borderline Personality), by Mason Kreger

Working with Monsters or **The Pocket Psycho** (working with Psychopaths), Dr John Clark