

<b>Title of book</b>	<b>Publisher</b>	<b>Author</b>	<b>Summary</b>
The 100 Simple Secrets of Happy People	Capstone	David Niven Ph.D	Scientist and academics have spent entire careers investigating what makes people happy. Often their research is hidden in obscure journals and is inaccessible to ordinary people. At last we have many easy to digest nuggets of advice , there are clear examples and explanations to show how you may transform a ho-hum existence into a full and happy life.
Overcoming Perfectionism	Robinson	Roz Shafran, Sarah Egan & Tracey Wade	This self help guide based on CBT techniques describes how clinical perfectionism manifest itself and how to break the circle of never good enough.
The Young Mind	Sue Bailey & Mike Shooter	Royal College of Psychiatrists	A timely handbook where leading experts provide invaluable advice for parents, teachers and young adults on issues affecting children, young people and mental health. It is accessible and divided into useful sections
Living with a Black Dog	Robinson	Matthew & Ainsley Johnstone	Millions of people suffer from depression at some point in their lives. This is a must have guide for the partners, family and friends of people suffering from depression and includes practical advice about recognising the symptoms and how to manage a black dog.
Mindfulness	Rodale	Mark Williams & Danny Penman	Based on techniques of Mindfulness-Based Cognitive Therapy (MBCT) this programme offers simple and straightforward forms of mindfulness meditation that can be done by anyone to achieve a happier existence in a frantic life.
Why are they so weird?	Bloomsbury	Barbara Strauch	A book that really explains what happens to children's brains when they reach adolescence. Hormones play their part but new studies show there is substantial rewiring taking place particularly in the frontal cortex the part of the brain that governs logic and emotions.
The 7 Habits of Highly Effective Teenagers	Simon & Schulster	Sean Covey	A guide to making teenage years happy and successful, entertaining, straight talking and practical.

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Sane New World	Hodder & Stroughton	Ruby Wax	Ruby helps us to understand why we sabotage our sanity, how our brains work and how we can rewire outthinking- often through simple mindfulness techniques- to find calm in a frantic world.
The School I'd Like	Routledge	Catherine Burke & Ian Grosvenor	In 2001 the Guardian launched a competition in which children and young people were asked to imagine their ideal school. This vibrant, groundbreaking book presents material drawn from the competition, offering a unique snapshot of perception of today's schools by those who matter the most – the pupils.
S.U.M.O (Shut up, Move on)	Capstone	Paul McGee	The way you think is a major factor in determining what happens in your life. This book shows that you can take responsibility and fulfil your potential, seize opportunities, enjoy relationships, succeed at work and respond to adverse situations with apposite attitude.
Becoming Emotionally Intelligent	Network Educational Press Ltd	Catherine Corrie	This book takes the theory being Emotional Intelligence and 'walks you through it' in a comfortable, supportive yet challenging way. When you engage with the philosophy of the book and the activities in it, you will discover more about yourself and realise you have a much greater choice about your effect on those around you, adults as well as children that you ever believed.
Essential Listening Skill for busy school staff	Jessica Kingsley	Nick Luxmoore	Nick starts with the assumption that we all like to think we listen to each other, this short accessible books explains how there is genuine will this can become a reality. It provides lots of practical examples and removes the mystique from counselling .
Young minds in our Schools	Young Minds	Peter Wilson and Christine Roche	A guide for teachers and others working in schools

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I'm OK --You're OK	Harper	Thomas A. Harris	Harris believes we can find the freedom to change our lives by understanding transactional analysis which delineates three observable ego-states (Parent, Adult and Child as the basis for the content and quality of interpersonal communication
Celebrating Strengths	CAPP Press; first edition	Anthony Seldon, Jennifer Fox Eades	A strengths-based school is one where the focus is primarily on strengths, not weaknesses, where teachers and pupils aim not to be 'OK,' but to excel. Celebrating Strengths combines the latest research from positive psychology with two ancient teaching methods, oral story telling and community celebration, to bring the concept of the strengths-based school to life.
Emotional Health and Wellbeing	Optimus Education	Belinda Heaven	Teacher support - ideas for classroom activities, introducing Emotional Health and Wellbeing
Teaching Happiness	Optimus Education	Ruth MacConville	A ten step curriculum for creating positive classrooms.
Think Good - Feel Good	John Wiley and Sons Ltd	Paul Stallard	A Cognitive Behaviour Therapy Workbook for Children and Young People
Calm at Work	Penguin	Paul Wilson	This guide contains simple techniques to help you feel calm at work. It provides advice covering such topics as: how to take control of your work and your life; ways to put time into perspective; problem-solving techniques; handling personal conflicts; and making assertiveness work for you.
The Mental Health Handbook for Primary School	Speechmark	Belinda Heaven	This book provides a comprehensive resource to help teachers' and support staff deal sensitively with this important area. It contains background information a power point presentation for introducing staff to the subject and a wide range of lesson plans with all the necessary copiable resources as well as a valuable resource directory

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The Happiness Equation	Adams Media Corporation	Bridget grenville-Cleave, Ilona Boniwell, Tine Tessina	100 Factors That Can Add to or Subtract from Your Happiness. An easy-to-read self-help book on happiness in 144 pages, it promises you "100 factors that can add to or subtract from your happiness". Just do the math and see how happy you are. Then bring some change in your life by adding some positive factors and getting rid of some of the negative factors. There you are, congratulations, you helped yourself turn into a happier person.
Strength Cards	St Luke's Innovative Resources		For over two decades these cards have played a vital self esteem building role in the lives of countless individuals and families.
Stress-Busting for Teachers	Nelson Thornes Ltd	Chris Kyriacou	Guidance for teachers on strategies and how to deal with stress at work positively and effectively.
Developing the Emotionally Literate School	Paul Chapman	Katherine Weare	Book for people who deal with schools and young people - promote emotional wellbeing and practical ways to use emotional literacy to realise goals etc
Stress proof your Life	Infinite Ideas Ltd	Elisabeth Wilson	Know how to relax but can't be bothered to do it? It is time to act, in this book you will find 52 brilliant ideas for dealing with the sort of stress that poleaxes your life. Most of these ideas sound dimple but they work at a profound level – if you do them!
Detoxing Childhood - What parents need to know to raise bright, balanced children	Orion Books LTD	Sue Palmer	Guide on how parents can help today's children grow up healthy, happy and resilient, despite the pressures of a toxic world.
How to lift depression .. fast	HG Publishing	Joe Griffin and Ivan Tyrrell	A guide to understanding and how to lift depression. Also they describe how to overcome it.

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Shoot the Dam Dog	WW Norton and Co	Sally Brampton	A memoir through depression, this personal perspective provides remarkable insight and combines factual information with a delightful sense of humour.
Emotional Intelligence	Bloomsbury Publishing PLC; New edition edition	Daniel Goleman	An impressive argument that excellence is more than IQ' Daily Mail 'A well-written and practical guide to the emotions, perfectly pitched in tone and scope' Financial Times 'Forget IQ. Brains may come in useful, as may social class and luck, but as a predictor of who will succeed in any area of life, EQ is the thing to worry about' Good Housekeeping
CBT Cognitive Behaviour Therapy A Practical Guide	Icon Books	Elaine Iljon Foreman & Dr Claire Pollard	This practical guide gives you straightforward, proven techniques from experts in this life changing therapy. It is full of practical exercises to help you feel happier, overcome your fears and think in a more helpful way.
The Little Book of Hygge	Penguin	Miek Wiking	Denmark is often said to be the happiest country in the world. That's down to one thing: hygge 'Hygge has been translated as everything from the art of creating intimacy to cosiness of the soul to taking pleasure from the presence of soothing things.
My Fantastic Elastic Brain		Jo Anne Deak	This innovative and timely picture book teaches children that they have the ability to stretch and grow their own brains. It also delivers the crucial message that mistakes are an essential part of learning. ...
Blame my Brain		Nicola Morgan	Blame My Brain shows what's going on in your head, why, why it's important, how long it will last, and what you can do about it. It speaks directly to you, teenagers, and is for you. But parents and teachers usually grab it and devour it eagerly... There's fantastic research into the teenage brain and what scientists have discovered in the last few years will amaze you. And reassure you. And amaze and reassure your parents.

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The Child the Family and the Outside World	Penguin Psychology	DW Winnicott	Beginning with the natural bond between mother and child which is the key to p[ersonality. This book explores the phases of development in a straightforward, sympathetic way. A book which will be invaluable to parents .
Self- Esteem at the Centre	Lucky Duck	George Robinson & Barbara Maines	This is an updated version of you can you know you cn a workshop booklet packed with ideas and practical strategies foe managing behaviour and growing emotional literacy.
Reasons to Stay Alive	Canon Gate	Matt Haig	A true story of how Matt came through a crisis and triumphed over a mental illness that nearly destroyed him. He learned to live again and it is moving , funny and joyous to read. A book about making the most of your time on earth
Feeling Good	Forbes Publications	Noreen Wetton & Peter Cansell	An essential tool for raising self-esteem in the primary classroom written with humour and understanding.
The Little Book of Resilience		Matthew Johnstone	Beautifully illustrated book guiding the reader to an understanding of how resilience plays a major part in wellbeing.
The Ladybird Book of Mindfulness	Ladybird	J Hazeley & JP Morris	This book will greatly appeal to adults and takes a light-hearted look at the subject with real humour.

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The Parent's Guide to Eating Disorders	Lion Oxford	Jane Smith	A jargon free book that will be invaluable and reassuring to bewildered and frightened parents of children with eating disorders.
101 Days to Make a Change – Daily Strategies to move from knowing to being	Crown House Publishing Carmarthen Wales	Roy Leighton, Emma Kilbey and Kristina Bill	A constructive and compassionate companion that will help get you back in the driving seat of your life. Its expansive ideology is grounded in an achievable process with a realistic timeframe to help chart progress and acknowledge results.
Stop Hitting Mum	Young Voice	Audrey Mullender et al	A book which crosses boundaries, a touching account from the mouths of children about their experiences which provides a clear insight into domestic abuse for practitioners.
Happy Families	Continuum International Publishing Group London	Steve Bowkett, Time Harding, Trisha Lee and Roy Leighton	This book takes a focus on that most challenging of activities – parenting young children and adolescents. There is no manual for parenthood, but there are a lot of good ideas and pointers and this book contains many sources of inspiration.
The Big Book of Independent Thinking	Crown House Publishing	Ian Gilbert	This book will encourage you to ask searching questions rather than seek off the shelf answers. Independent Thinking Ltd is a network of educational innovators and practitioners who have compiled a thought provoking academically rigorous compendium of ideas to make creative leaps in your classroom and school.
A Moon on Water	Crown House Publishing Carmarthen Wales	Steve Bowkett, Time Harding, Trisha Lee and Roy Leighton	A Work book of practical ideas and activities that can be applied in a range of contexts across the curriculum as a basis for philosophical enquiry, exploring feelings and enhancing emotional resourcefulness. It shows children how to connect who they are with what they do and why they are here.

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When Someone VERY Special Dies	Woodland Press USA	Marge Heegaard	This book teaches basic concepts of death to help children understand and express the many feelings they have when someone special dies.
Childhood Bereavement	Childhood Bereavement Network	Nina Job & Gill Frances	Developing the curriculum and pastoral support brings the spotlight on the important role schools play in helping children to understand death. It provides practical ideas using case studies and drawing on best practice.
Waterbugs & Dragonflies	Pilgrim Press	Doris Stickney	A thoughtful booklet explaining death to young children
The Secret C	Winston's Wish	Julie A Stokes OBE	Written by the founder of WW a clinical psychologist in collaboration with Macmillan helping families affected by cancer to talk more openly
Muddles, Puddles and Sunshine	Winston's Wish	Diana Crossley & Kate Sheppard	This book offers practical and sensitive support for bereaved children.
Grief in Children A Handbook for Adults	Jessica Kingsley	Atle Dyregrov	This book covers all the questions that might come up for parents, family or teachers, it is most useful for any adult helping a child with grief and loss.
Milly's Bug Nut	Winston's Wish	Jill Janney	A story of a family finding their way through bereavement
Good Grief	Balboa Press	Dipti Tait	Whatever your loss, and however you are adjusting to it, this book can help you move forward into a state of acceptance. Dipti uses her clinical experience alongside reader friendly exercises to turn bad grief in to good grief.
The Little Book of Bereavement for Schools	Crown House	Ian Gilbert	This is a little book about a big thing. A thing that most adults assume children do not have to experience – the landscape of profound loss and change that we hope will not confront them until adulthood. This is a compassionate guide for professionals working with children providing a helpful list of do's and don'ts during a difficult time.

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The Day the Crayon's Quit	Harper Collins	Oliver Jeffers	A delightful story about inclusivity and celebrating difference in an amusing and accessible way for children.
Red A Crayon's story	Harper Collins	Michael Hall	A fabulous book that makes diversity accessible for very young children.
Not Today Celeste!	Jessica Kingsley	Liza Stevens	A beautifully illustrated book helping young children to understand depression from a dog's point of view.
Little Meerkat's Big Panic	Jessica Kingsley	Jane Evans	This gentle engaging story cleverly conveys sophisticated concepts and feeling about emotional regulation.
What to do When you Worry Too Much	Imagination Press American Psychological Association	Dawn Huebner	Based on CBT techniques this practical resource help children to overcome anxiety.
101 Days to Make a Change	Crown House	Roy Leighton, Emma Kilbey & Kristina Bill	This is a constructive and compassionate companion to help you get back into the driving seat of your life. Its expansive ideology is grounded in an achievable process with a realistic timeframe to help chart progress and acknowledge results.
Find your power	Nicholas Brealey Publishing; illustrated edition	Christopher Johnstone	He has made accessible the literature from positive psychology, therapy, systems thinking and addictions recovery and woven them together
Child and adolescent mental health today: a handbook	Pavilion Publishing (Brighton) Ltd	Catherine Jackson, Kathryn Hill, Paula Lavis	Children and Young people - mental health illness. Handbook has been divided in to five sections: - an overview of child and adolescent mental health policies and service structures - maternal and infant mental health - children's mental health - adolescent mental health - diagnoses and treatments