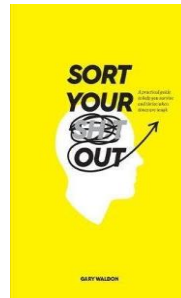
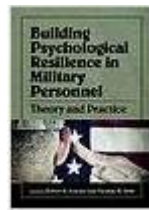
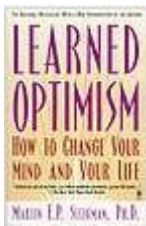


Wellness Books at Defence Library

The following is a selection of books on wellness.

E-mail: library.issues@nzdf.mil.nz to request any of the books



142.78 FRA

Man's search for ultimate meaning / Viktor E. Frankl, 2011.

152.4 GOL

Emotional intelligence: why it can matter more than IQ / Daniel Goleman, 1996.

152.41 ZAK

The war for kindness: building empathy in a fractured world / Jamil Zaki, 2019.

152.46 SMI

The book of angst: understand and manage anxiety / Gwendoline Smith, 2021.

153.4 BUR

Dark side of the brain / Lance Burdett, 2020.

153.8 DWE

Mindset: changing the way you think to fulfil your potential / Carol S. Dweck, 2012.

155.232 SEL

Learned optimism / Martin E. P. Seligman, 1992.

155.24 BRO

Rising strong / Brene Brown, 2015.

155.24 CAR

Back from the edge: extraordinary stories of human survival and how people did it / Meg Carbonatto, 2009.

155.24 JAC

Resilience at work: practical tools for career success / Kathryn Jackson, 2019.

155.9042 MCG

The upside of stress: why stress is good for you (and how to get good at it) / Kelly McGonigal, 2015.

155. 937 DAM

The labour of loss / Joy Damousi, 1999.

155. 937 DAM

Living with the aftermath: trauma, nostalgia and grief in post-war Australia / Joy Damousi, 2001.

155. 937 STE

Military widow: a survival guide / Joanne M. Steen and M. Regina Asaro, 2006.

158.1 HAR

The happiness trap: based on ACT – a revolutionary mindfulness-based programme for overcoming stress, anxiety and depression / Russ Harris, 2008.

158.1 JOH

Who moved my cheese: an a-mazing way to deal with change in your work and in your life / Spencer Johnson, 1999.

158.1 KNI

The life-changing magic of not giving a fk** / Sarah Knight, 2015.

158.1 MCK

Self-esteem: a proven program of cognitive techniques for assessing, improving & maintaining your self-esteem, 4th ed. / Matthew McKay & Patrick Fanning, 2016.

158.1 PAS

You are awesome: how to navigate change, wrestle with failure, and live an intentional life / Neil Pasricha, 2019.

158.1 POL

The grit factor: courage, resilience, & leadership in the most male-dominated organization in the world / Shannon Huffman Polson, 2020.

158.1 SCH

The self-esteem workbook, 2nd ed. / Glenn R. Schiraldi, 2016.

158.1 WAL

Sort your shit out / Gary Waldon, 2020.

158.1 WAT

Be present in this moment: a practical guide to mindfulness / Tessa Watt, 2018.

158.12 HAR

10% happier: how I tamed the voice in my head, reduced stress without losing my edge, and found self-help that actually works: a true story / Dan Harris, 2014.

158.12 WIL

Mindfulness: a practical guide to finding peace in a frantic world / Mark Williams and Danny Penman, 2011.

158.7 ACH

The happiness advantage: the seven principles that fuel success and performance at work / Shawn Achor, 2010.

158.7 VEN

The work stress connection: how to cope with job burnout / Robert L. Veninga and James P. Spradley, 1981.

158.72 DAR

Stress and fatigue: their impact on health and safety in the workplace: information for occupational health professionals, human resource practitioners and others / Frank Darby and Chris Walls, 1998.

158.72 MCK

Mindfulness at work: how to avoid stress, achieve more and enjoy life / Stephen McKenzie, 2013.

174.9355 BRO

Soul repair: recovering from moral injury after war / Rita Nakashima Brock and Gabriella Lettini, 2012.

302.3 SOF

Say what you mean: a mindful approach to nonviolent communication / Oran Jay Sofer, 2018.

355.0019 BUI

Building psychological resilience in military personnel: theory and practice / edited by Robert R. Sinclair and Thomas W. Britt, 2013.

355.0019 GRO

On combat: the psychology and physiology of deadly conflict in war and peace / David A. Grossman, 2004.

355.0019 GRO

On killing: the psychological cost of learning to kill in war and society / David A. Grossman, 2009.

355.0019 MIL

Military stress and performance: the Australian Defence Force experience / edited by George E. Kearney, 2003.

355.0019 OXF

The Oxford handbook of military psychology / edited by Janice H. Laurence and Michael D. Matthews, 2012.

355.0019 SHE

The untold war: inside the hearts, minds, and souls of our soldiers / Nancy Sherman, 2010.

355.120973 SER

Serving military families: theories, research, and application, 2nd ed. / Karen Rose Blaisure, Tara Saathoff-Wells and others, 2016.

612.8232 DAV

The emotional life of your brain: how its unique patterns affect the way you think, feel, live – and how you can change them / Richard J. Davidson with Sharon Begley, 2013.

613 REA

The self-care revolution: smart habits & simple practices to allow you to flourish / Suzy Reading, 2017.

615.851 CHA

Stress management: a comprehensive guide to your well-being / Edward A. Charlesworth and Ronald G. Nathan, 1986.

615.851 NEL

The emotion code: how to release your trapped emotions for abundant health, love and happiness, Updated and expanded ed. / Bradley Nelson, 2019.

616.852 REZ

Anxiety and depression / Cheryl Rezek, 2016.

616.8521 MAT

Vietnam wives: facing the challenges of life with veterans suffering post-traumatic stress, 2nd ed. / Aphrodite Matsakis, 1996.

616.8521 WAR

War trauma and its wake: expanding the circle of healing / edited by Raymond Monsour Scurfield and Katherine Theresa Platoni, 2013.

616.85212 BLA

Back from the brink: PTSD the human cost of military service / Bill Blaikie, 2017.

616.85212 JEN

The good news about PTSD / Dion Jensen, 2016.

616.85212 MAT

Back from the front: combat trauma, love, and the family / Aphrodite Matsakis, 2007.

616.85225 GOO

Social courage: coping and thriving with the reality of social anxiety / Eric Goodman, 2018.

616.8527 CAS

This is not how it ends / Jehan Casinader, 2020.

616.8527 KOR

The upward spiral: using neuroscience to reverse the course of depression, one small change at a time / Alex Korb, 2015.

616.8527 RUC

The better brain: how nutrition will help you overcome anxiety, depression, ADHD and stress / Julia Rucklidge and Bonnie Kaplan, 2021.

616.8527 WEH

The 10 best-ever anxiety management techniques, 2nd ed. / Margaret Wehrenberg, 2018.

616.85270092 KIR

All Blacks don't cry: a story of hope / John Kirwan, 2010.

616.89 HAN

Handbook of counselling military couples / edited by Bret A. Moore, 2012.

616.89142 HAR

The reality slap: how to survive and thrive when life hits hard, New ed., fully rev. & updated / Russ Harris, 2020.

635 FAR

Gardening for mindfulness / Holly Farrell, 2017.

650.1 HUF

Thrive: the third metric to redefining success and creating a happier life / Ariane Huffington, 2014.

650.1019 WEB

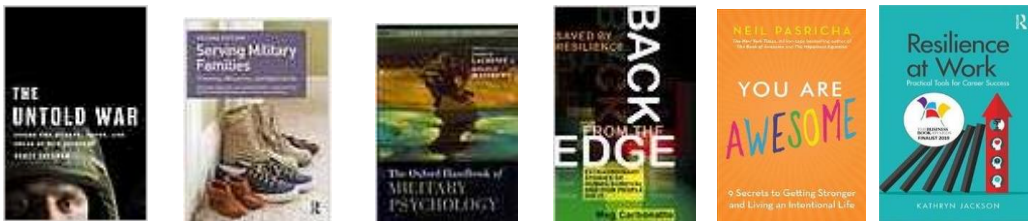
How to have a good day / Caroline Webb, 2016.

796 THO

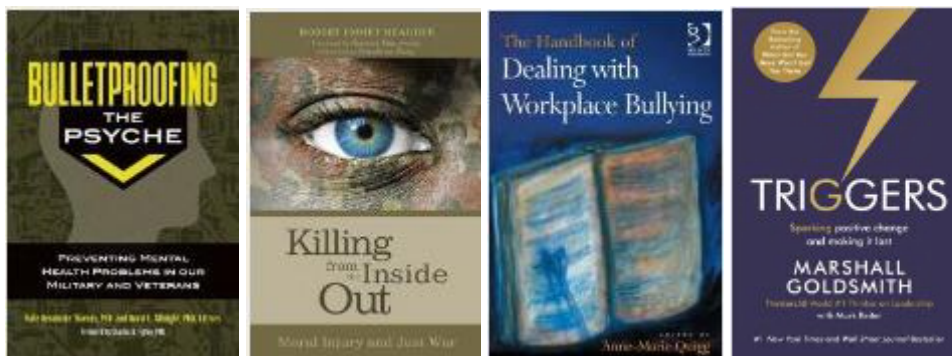
How to get kids offline, outdoors, and connecting with nature: 200+ creative activities to encourage self-esteem, mindfulness, and wellbeing / Bonnie Thomas, 2014.

940.5472 FRA

Man's search for meaning: the classic tribute to hope from the Holocaust / Viktor E. Frankl, 2011.



E-Books:



[Afterwar: healing the moral wounds of our soldiers](#) 2015

[The body keeps the score: mind, brain and body in the transformation of trauma](#) 2014

[The book of even more awesome](#) 2011

[Building resilience at work](#) 2011

[Bulletproofing the psyche: preventing mental health problems in our military and veterans](#) 2018

[Coaching and mentoring for work-life balance](#) 2019

[Embracing fear: how to turn what scares us into our greatest gift](#) 2009

[Five minute mindfulness: walking](#) 2017

[The handbook of dealing with workplace bullying](#) 2016

[Happiness at work: mindfulness, analysis and well-being](#) 2018

[Killing from the inside out: moral injury and just war](#) 2014

[Mindful leadership: the 9 ways to self-awareness, transforming yourself and inspiring others](#) 2012

[Mindfulness at work essentials for dummies](#) 2014

[Resources for teaching mindfulness: a cross-cultural and international handbook](#) 2017

[Triggers: sparking positive change and making in last](#) 2015

