

READING LIST



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The author of the bestselling *The 4 Pillar Plan*
DR RANGAN CHATTERJEE

THE STRESS SOLUTION

IMPROVE YOUR HEALTH AND WELLBEING WITH MY EASY LIFESTYLE PLAN

THE 4 STEPS TO A CALMER, HAPPIER, HEALTHIER YOU

The Stress Solution : 4 steps to a calmer, happier, healthier you

AUTHOR _____
Dr Rangan Chatterjee

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In Praise of Wasting Time

ALAN LIGHTMAN TED

In Praise of Wasting Time

AUTHOR _____
Alan Lightman

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off.

YOUR DIGITAL DETOX FOR A BETTER LIFE

TANYA GOODIN

OFF. Your Digital Detox for a Better Life

AUTHOR _____
Tanya Goodin

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THE 10-STEP STRESS SOLUTION

Live More Relax More Re-energise

The 10-Step Stress Solution : Live More, Relax More, Re-energise

AUTHOR _____
Neil Shah

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Anger Management for Everyone

SECOND EDITION

10 Proven Strategies to Help You Control Anger and Live a Happier Life

RAYMOND CHIP TAFRATE, PhD
HOWARD KASSINOVE, PhD, ABPP
Foreword by MATTHEW MCKAY, PhD

Anger Management for Everyone : Ten Proven Strategies to Help You Control Anger and Live a Happier Life

AUTHOR _____
Raymond Chip Tafrate , Howard Kassinoe

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WALKING

ONE STEP AT A TIME

ERLING KAGGE

"If you are a walker this book will resonate with you, if you have seldom or never walked this book should be compulsory reading" Rosamund Young, author of *The Secret Life of Cats*

From the internationally bestselling author of *Silence*

Walking : One Step at a Time

AUTHOR _____
Erling Kagge

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your guide to FOREST BATHING

Experience the Healing Power of Nature

M. AMOS CLIFFORD
Founder, Association of Nature and Forest Therapy Guides and Programs

Your Guide to Forest Bathing : Experience the Healing Power of Nature - Discover the Secrets of Shinrin-Yoku

AUTHOR _____
M. Amos Clifford