

## Resilience

### Non-Fiction e-books

Aisbett, Bev	<a href="#">30 days, 30 ways to overcome anxiety</a>	CloudLibrary
Baird, Julia	<a href="#">Phosphorescence: on awe, wonder and things that sustain you when the world goes dark</a>	Bolinda
Benaddi, Janette	<a href="#">Four mums in a boat: friends who rowed 3000 miles, broke a world record and learnt a lot about life along the way</a>	CloudLibrary
Caro, Jane	<a href="#">Unbreakable: women share stories of resilience and hope</a>	Axis 360
Cross, Mark	<a href="#">Anxiety: expert advice from a neurotic shrink who's lived with anxiety all his life</a>	Bolinda
Cross, Mark	<a href="#">Changing minds: the go-to guide to mental health for family and friends</a>	CloudLibrary
De Vrye, Catherine	<a href="#">The gift of nature: inspiring hope and resilience</a>	Axis 360
Forrest, Lisa	<a href="#">Glide: taking the panic out of modern living</a>	Bolinda
Haig, Matt	<a href="#">Reasons to stay alive</a>	Bolinda
Hanson, Rick	<a href="#">Resilient: 12 tools for transforming everyday experiences into lasting happiness</a>	Bolinda
Jacka, Felice	<a href="#">Brain changer: the good mental health diet</a>	Bolinda
Leaver, Kate	<a href="#">The friendship cure</a>	CloudLibrary
Manson, Mark	<a href="#">Everything is f*cked: a book about hope</a>	CloudLibrary
Pip, Lincolne	<a href="#">When life is not peachy</a>	CloudLibrary
Psychologies Magazine	<a href="#">Real strength: build your resilience and bounce back from anything</a>	Axis 360
Van Cuylenburg, Hugh	<a href="#">The resilience project: finding happiness through gratitude, empathy and mindfulness</a>	Bolinda
Venzin, Elizabeth	<a href="#">Mindshift to a better place</a>	Bolinda
Weekes, Claire	<a href="#">Complete self-help for your nerves</a>	Bolinda
Winfrey, Oprah	<a href="#">The path made clear: discovering your life's direction and purpose</a>	Axis 360