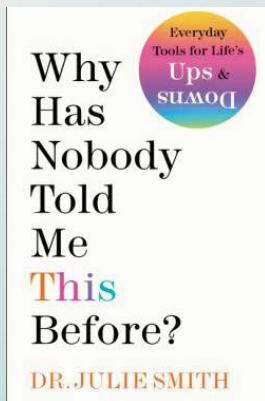


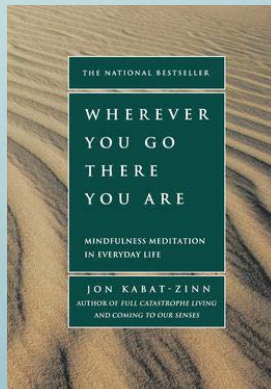
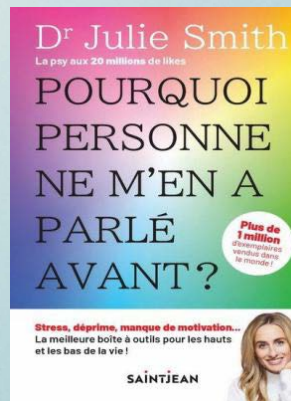
Psychology Month

A good book can help you start your mental health journey. Join the Winnipeg Public Library and Manitoba Psychological Society as we celebrate Psychology Month this February. From fresh insight into the human mind to great conversation starters, find these books and many more at winnipeg.ca/library.



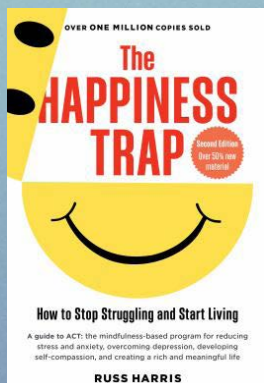
Why Has Nobody Told Me This Before? :
Everyday Tools for Life's Ups & Downs

Pourquoi personne ne m'en a parlé avant?
By Julie Smith



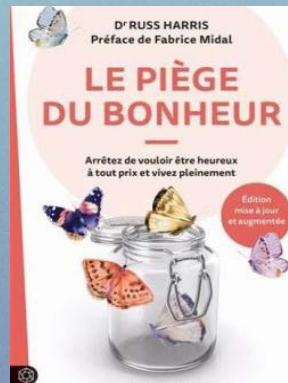
Wherever You Go, There You Are :
Mindfulness Meditation in Everyday Life

Où tu vas, tu es : apprendre à méditer en
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By Jon Kabat-Zinn

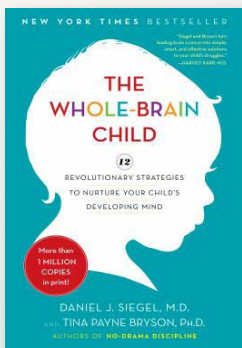


The Happiness Trap :
How To Stop Struggling and Start Living

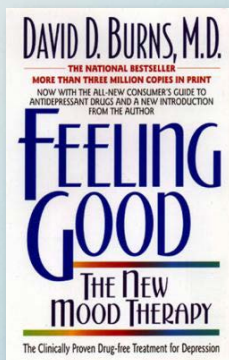
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By Russ Harris



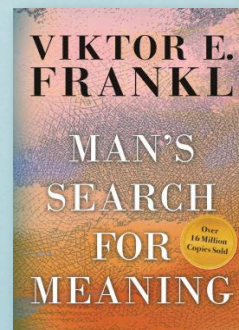
Psychology Month



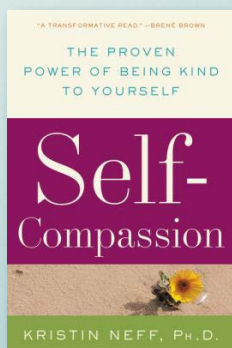
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12 Revolutionary Strategies to Nurture Your Child's Developing Mind
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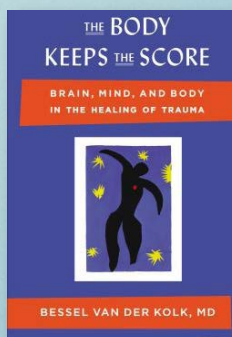
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The New Mood Therapy
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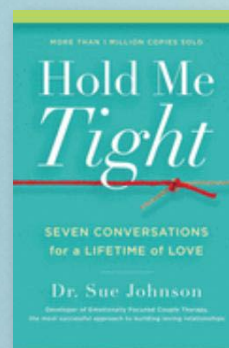
Man's Search for Meaning
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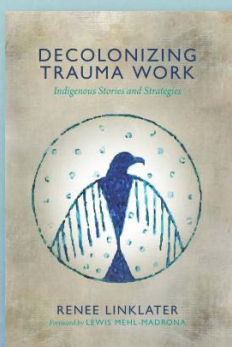
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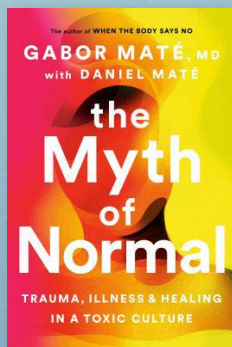
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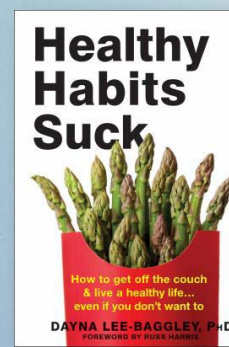
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