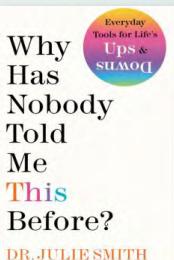


Psychology Month

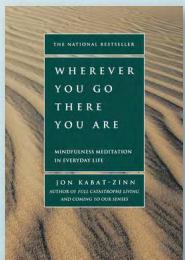
A good book can help you start your mental health journey. Join the Winnipeg Public Library and Manitoba Psychological Society as we celebrate Psychology Month this February. From fresh insight into the human mind to great conversation starters, find these books and many more at winnipeg.ca/library.



Why Has Nobody Told Me This Before?
DR. JULIE SMITH

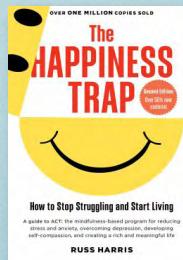
Why has nobody told me this before?: everyday tools for life's ups & downs
Pourquoi personne ne m'en a parlé avant?

By Julie Smith



Wherever you go, there you are : mindfulness meditation in everyday life
Où tu vas, tu es : apprendre à méditer en tous lieux et en toutes circonstances

By Jon Kabat-Zinn

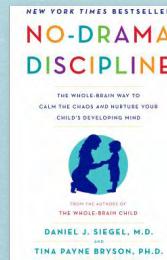


The Happiness Trap : how to stop struggling and start living
How to Stop Struggling and Start Living
A guide to the mindfulness-based program for reducing stress and anxiety by accepting difficult thoughts and feelings, and creating a rich and meaningful life

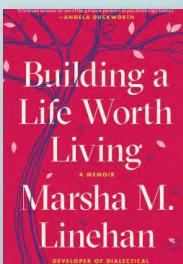
RUSS HARRIS

The happiness trap : how to stop struggling and start living
Le piège du bonheur : arrêtez de vouloir être heureux à tout prix et vivez pleinement

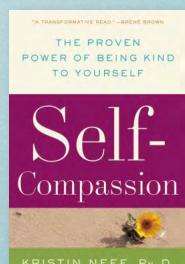
By Russ Harris



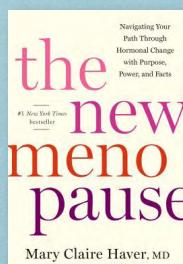
No-Drama Discipline
by Dr. Daniel J. Siegel and Dr. Tina Payne Bryson



Building a Life Worth Living: A Memoir
By Marsha M. Linehan

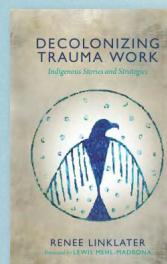


Self-compassion : stop beating yourself up and leave insecurity behind
By Kristin Neff

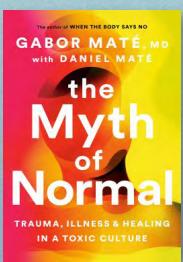


The New Menopause: Navigating Your Path Through Hormonal Change with Purpose, Power, and Facts
Mary Claire Haver, MD
Author of THE GALVESTON DIET

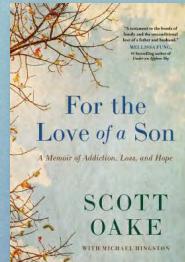
The New Menopause: Navigating Your Path Through Hormonal Change with Purpose, Power, and Facts
By Mary Claire Haver



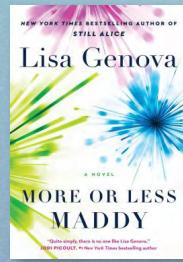
Decolonizing trauma work: indigenous stories and strategies
By Renee Linklater



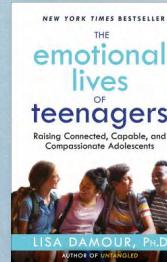
The myth of normal : trauma, illness & healing in a toxic culture
By Gabor Maté



For the Love of a Son
By Scott Oake



More or Less Maddy
By Lisa Genova



The Emotional Lives of Teenagers: Raising Connected, Capable, and Compassionate Adolescents
By Lisa Damour



Find these titles online
Scan the QR to view the list,
or place a hold on a title.



manitoba
psychological
society

