

Wellness books and videos available at Yukon libraries

Several copies of each of the following books are available for loan from the Yukon Public and Yukon College libraries. Single copies of two videos are also available. These were donated by *Pathways to Wellness* (www.yukonwellness.ca), Yukon Health and Social Services, in March 2014.



Achor, S. (2010). *The Happiness Advantage: The seven principles of positive psychology that fuel success and performance at work.* New York: Crown Publishing. This is an easy, engaging read. He's very good at describing the research, and provides some strategies on how to make the habits of happiness a regular part of day to day living.

Baumeister, R. and Tierney, J. (2011). *Willpower: Rediscovering the greatest human strength.* New York, NY: Penguin. This book is what you might expect of a collaboration between a psychologist (BR) and a journalist (JT). It's a comprehensive look at the theory and research on willpower, and has some good ideas about how to save, stretch and replenish your supply of willpower.

Bronson, P. and Merryman, A. (2009). *Nurture Shock: New thinking about children.* New York: Hachett. This is a popular book that takes aim at common assumptions we make about children and what the research on child development has to say about them. They tackle 10 deeply held beliefs several topics including sleep, lying, teenage rebellion, and praise.

Carter, C. (2011) *Raising Happiness: 10 simple steps for more joyful children and happier parents.* New York: Ballantyne. This is a very practical, hands-on book written by one parent to another. Carter combines the science of happiness with refreshing honesty about her own experience as the mother of two girls. This is both a parent-friendly and a child-friendly book. A must have for parents and anyone who wants have a positive influence in the lives of children.

Christakis, N.A., and Fowler, J.H. (2009). *Connected: The surprising power of our social networks and how they shape our lives.* New York, NY: Brown, Little and Co. This is a very interesting book on the theory and research on social networks written by two academics (so it's a bit academic). The book provides great background information on how health including happiness, depression, obesity, healthy weights, and smoke-free living spread through social networks just like the common cold

Duhigg, C. (2012). *The power of habit: Why we do what we do in business and life.* New York: Random House. Duhigg, a journalist, looks at habits in three spheres of life: personal, work and community. It's an easy and interesting read made real by Duhigg's one journey to change his habit of having a big chocolate chip cookie every afternoon. The appendix contains very practical information on how to go about changing a habit.

Fredrickson, B.L. (2009) *Positivity: Top-notch research reveals the 3-to-1 ratio that will change your life.* New York: Three Rivers Press. This is a great book that combines theory, research and practical application on positive emotions which is written in an easy, engaging style. Just reading increases happiness!

Hanson, R. (2013). *Hardwiring Happiness: The new brain science of contentment, calm, and confidence.* New York, NY: Random House. Hanson does a great job of describing the neuroscience of happiness. It is recommended for those who want to understand the impact of our evolutionary past on brain functioning today.

Lyubomirsky, S. (2007). *The How of Happiness: A new approach to getting the life you want.* New York: Penguin. This is a very readable, practical book intended for a general audience. It covers all the usual happiness topics, but also has a chapter dedicated to stress, hardship and trauma. This is the go-to book on simple daily acts to increase happiness.

Moss, M. (2013). *Salt Sugar Fat: How the food giants hooked us.* Toronto: McClelland & Stewart. This is a rivetting investigative look at the backroom decisions and deals in corporate boardrooms which shape our food preferences. Learn about engineering foods with the “right” mix of sugar, salt and fat, the “bliss point”, “snackability” and “crunchability.” This book will help you understand why it’s so easy to eat more than we want (or need).

Norcross, J. (2012). *Changeology: 5 steps towards realizing your goals and resolutions.* New York, NY: Simon & Shuster. Norcross, a psychologist, is one of the original researchers who developed the Stages of Change model of behavior change. *Changeology* is a step-by-step practical application of the theory and is full of exercises, self-assessment tools, and practical tips to build for success. This book is written for the person who really wants to make a lifestyle change.

Rosenberg, T. (2011) *Join the Club: How peer pressure can transform the world.* New York: Norton. This book, written by a NY Times journalist, is on the power of social connection to shape what we do and how we think for the better. Rosenberg shines a spotlight on the how peer pressure can be a force for good to address thorny problems that have eluded solutions.

Schwartz, B. (2004) *The Paradox of Choice: Why less is more.* New York: Harper Collins. Schwartz, a psychologist, looks at the perplexing finding that the more choices we have as consumers, the less satisfied we are. When there are tens or even hundreds of options, how can we be satisfied with the choice we made? This is a thought-provoking book which provides yet another reason to simplify one’s life.

Seligman, M.E.P. (2011). *Flourish: A visionary new understanding of happiness and well-being.* New York: Free Press. This is the first book to describe the five pillars of a full and meaningful life: PERMA stands for positive emotions, engagement relationships, meaning and accomplishment. It covers a lot of territory, and looks at how the PERMA principles can be used by individuals and in schools, armed forces, and other organizations.

Seligman, M.E.P. (1990). *Learned Optimism: How to change your mind and your life.* New York, NY: Random House. This is a very comprehensive look at how thinking style (optimism versus pessimism) influences mood,

performance, and satisfaction. Seligman introduces the reader to a cognitive-behavioural approach to changing thinking patterns with concrete examples to illustrate how we can all learn to think more like an optimist.

Siegel, D. (2011). *Mindsight: The new science of personal transformation*. New York: Bantam. Siegel, a physician by training, applies the most recent research on brain development to the goal of increasing emotional and social intelligence.

Tough, P. (2012) *How Children Succeed: Grit, curiosity, and the hidden power of character*. New York: Houghton Mifflin Harcourt. Tough has done a wonderful job of combining the research on grit with practical examples of how parents, schools and communities can develop character by focussing on and rewarding practice, persistence and effort.

Wansink, B. (2006). *Mindless eating: Why we eat more than we think*. New York: Bantam Books. This is an absolutely delightful book with practical tips and strategies to manage what we eat and how much. Wansink, a “food psychologist” explains how factors like plate size, TV viewing, family sized boxes and even how we arrange our refrigerator and cupboards has a big influence on the food decisions we make.

Harvard Special Health Reports

Eight special reports produced by Harvard Medical School were also donated to the libraries. These booklets are short (about 40 pages), easy to read, and full of practical information and tips that can be easily incorporated into daily living. The eight titles are:

- ***Simple Changes, Big Rewards. A practical, easy guide for healthy, happy living***
- ***Positive Psychology. Harnessing the power of happiness, mindfulness, and personal strength***
- ***Healthy Eating: A guide to the new nutrition***
- ***Reducing Sugar and Salt: Strategies for minimizing risks to your health***
- ***A Plan for Successful Aging***
- ***Stress Management: Approaches for preventing and reducing stress.***
- ***Improving Sleep: A guide to a good night's rest***

Copies of two **videos** are also available through libraries:

What We Have Always Known is a 25-minute video on how the traditional First Nations teachings and practices line up with current research on brain development of children. Traditional parenting practices, passed from generation to generation, and the importance of extended family are emphasized.

This Emotional Life: In search of ourselves...and happiness is a, 3-DVD production of the Public Broadcasting Service that explores how we can improve social relationships, learn to cope with life's challenges and become more resilient.