

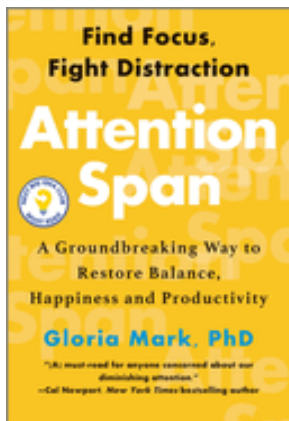


# SELF-CARE: YOUR MIND



The mind, once stretched by a new idea, never returns to its original dimensions.

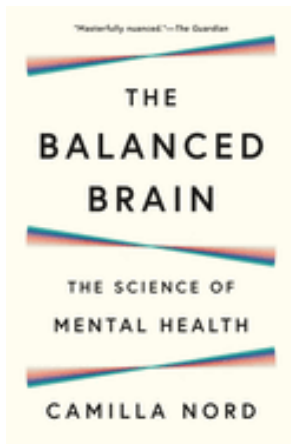
-- Ralph Waldo Emerson



***Attention Span : a Groundbreaking Way to Restore Balance, Happiness and Productivity***

by Gloria Mark

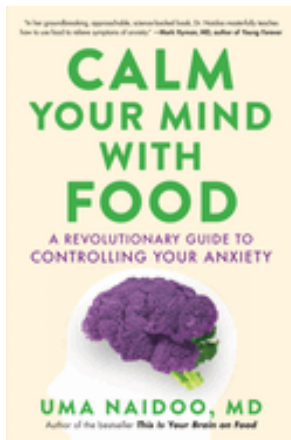
We spend an average of just 47 seconds on any screen before shifting our attention. It takes 25 minutes to bring our attention back to a task after an interruption. And we interrupt ourselves more than we're interrupted by others.



## ***The Balanced Brain : The Science of Mental Health***

by Camilla Nord

Understanding the cause of poor mental health is one of the crucial questions of our time. But the answer is unique to each of us, and it requires finding what helps our brains rebalance and thrive. With so many factors at play, there are more possibilities for recovery and resilience than we might think.



## ***Calm Your Mind With Food : a Revolutionary Guide to Controlling Your Anxiety***

by Uma Naidoo

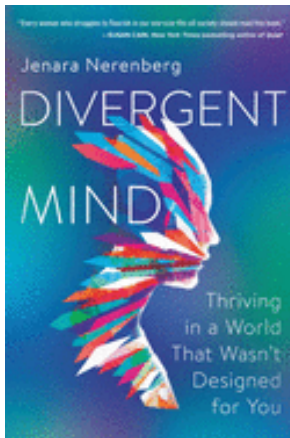
Along with guidelines for creating your own personal anti-anxiety meal plan and dozens of supernutrient-forward, delicious recipes, *Calm Your Mind with Food* will help you boost your immunity, reduce anxiety, and enhance your overall mental well-being.



## ***The Cure for Burnout : How to Find Balance and Reclaim Your Life***

by Emily Ballesteros

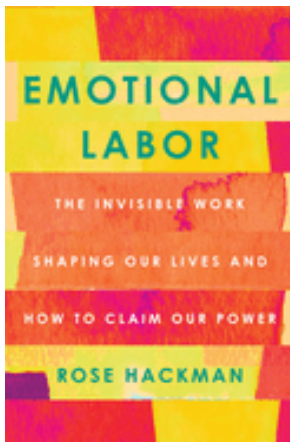
Is dread the first thing you feel when you wake up in the morning? Are you working in the evenings and on weekends to catch up? Have you already beat burnout once, only to find it creeping back? If you answered yes to any of these, you're in need of a cure for burnout.



## ***Divergent Mind : Thriving in a World That Wasn't Designed for You***

by Jenara Nerenberg

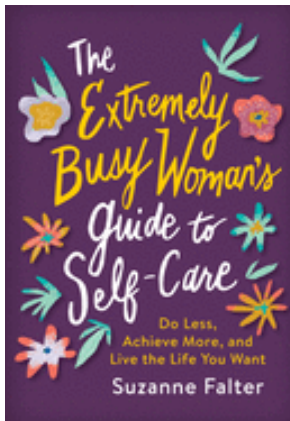
When it comes to women, sensory processing differences are often overlooked, masked, or mistaken for something else entirely. Between a flawed system that focuses on diagnosing younger, male populations, and the fact that girls are conditioned from a young age to blend in and conform to gender expectations, women often don't learn about their neurological differences until they are adults, if at all.



## ***Emotional Labor : the Invisible Work Shaping Our Lives and How to Claim Our Power***

by Rose Hackman

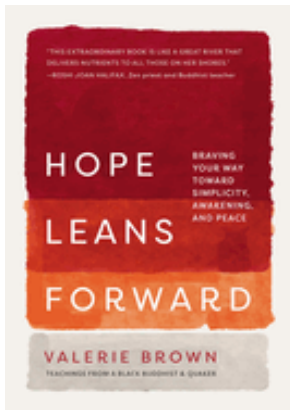
Hackman traces the history of the term and exposes common manifestations of the phenomenon. She describes the many ways women and girls are forced to edit the expressions of their emotions to accommodate and elevate the emotions of others.



## ***The Extremely Busy Woman's Guide to Self-care : Do Less, Achieve More, and Live the Life You Want***

by Suzanne Falter

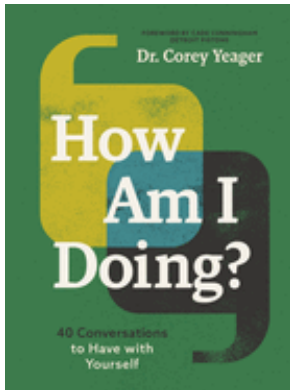
This book is a game-changing resource for any woman seeking to reclaim her time, prioritize her well-being, and live a life filled with purpose, accomplishment, and self-fulfilment.



## ***Hope Leans Forward : Braving Your Way Toward Simplicity, Awakening, and Peace***

by Valerie Brown

Daily we are asked to move toward bravery, to stretch in the direction of goodness, kindness, forgiveness, patience, and vulnerability. Yet life's tender fragility, fear, anxiety, and our own practiced self-sabotage can derail us from growing and thriving, leaving us fractured and afraid.



## ***How Am I Doing? : 40 Conversations to Have With Yourself***

by Corey Yeager

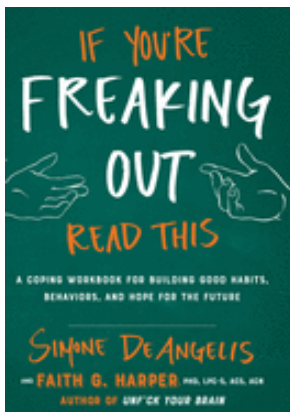
Life is hard. But it gets a whole lot easier when you start to talk it out. In *How Am I Doing?*, you're invited into a series of conversations with yourself to improve your mental health as you discover your purpose, honor your story, and explore who you want to be.



## ***How Are You, Really? : Living Your Truth One Answer at a Time***

by Jenna Kutcher

In today's chaotic world, sometimes you might wake up and not feel like yourself anymore, and you don't even know how you are... REALLY. You're trying to balance it all: your family, your work, and your goals, but your emotions are all over the place and you don't feel as confident and happy as you thought you would.



## ***If You're Freaking Out, Read This : a Coping Workbook for Building Good Habits, Behaviors, and Hope for the Future***

by Simone DeAngelis

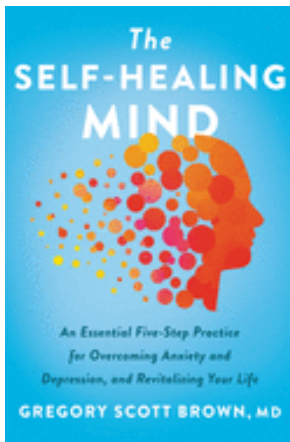
Is everything terrible? Is your life going to shit and your brain's convinced you that you're utterly screwed? Have you found yourself in a dark place with no way out? Are you having trouble holding onto reality and getting out of the dumps? All of the above? Sounds like you're freaking out.



***The Invisible Ache : Black Men Identifying Their Pain and Reclaiming Their Power***

by Courtney B. Vance

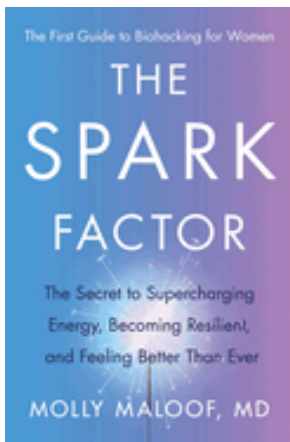
From an award-winning actor, a unique combination of moving memoir and practical tools that offers guidance for Black men seeking to reclaim their mental well-being-and, ultimately, to live wholeheartedly.



***The Self-healing Mind : an Essential Five-step Practice for Overcoming Anxiety and Depression, and Revitalizing Your Life***

by Gregory Scott Brown

Mental health is the driving force behind every decision we make--how we live, work, and love. Many of us suffer from depression and anxiety, which impede our choices and quality of life, and despite the proliferation of prescription drugs, the numbers are growing across the globe.



***The Spark Factor : the Secret to Supercharging Energy, Becoming Resilient, and Feeling Better Than Ever***

by Molly Maloof

Inside of you, there is a spark--it's what animates you, and without it, you could not live. This energy creation isn't mystical, nor is it spiritual; it is science.



***Things to Look Forward to : 52 Large and Small Joys for Today and Every Day***

by Sophie Blackall

Everyone needs things to look forward to: big things and small things, on good days and on bad days, whether we actively create delight for ourselves or simply allow it to enter our lives.



***The Unapologetic Guide to Black Mental Health : Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help You Deserve***

by Rheeda Walker

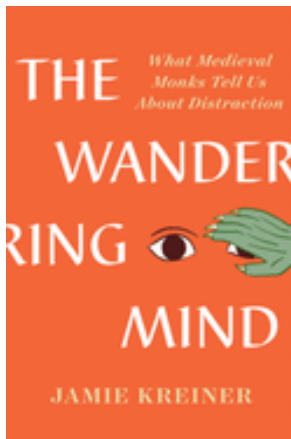
This book is an exploration of Black mental health in today's world, the forces that have undermined mental health progress for African Americans, and what needs to happen for African Americans to heal psychological distress, find community, and undo years of stigma and marginalization in order to access effective mental health care.



***Unwired : Gaining Control Over Addictive Technologies***

by Gaia Bernstein

Our society has a technology problem. Many want to disconnect from screens but can't help themselves. These days we spend more time online than ever. Some turn to self-help-measures to limit their usage, yet repeatedly fail, while parents feel particularly powerless to help their children.



***The Wandering Mind : What Medieval Monks Tell us About Distraction***

by Jamie Kreiner

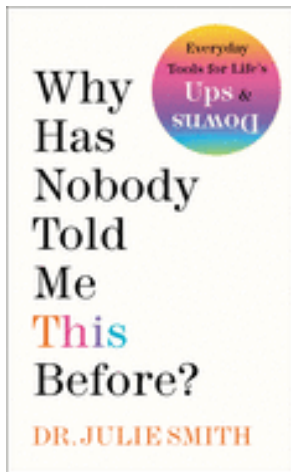
The digital era is beset by distraction, and it feels like things are only getting worse. At times like these, the distant past beckons as a golden age of attention. We fantasize about escaping our screens. We dream of recapturing the quiet of a world with less noise. We imagine retreating into solitude and singlemindedness, almost like latter-day monks.



## ***When Worry Works : How to Harness Your Parenting Stress and Guide Your Teen to Success***

by Dana Dorfman

Helps parents manage the stresses of adolescent achievement culture and to make decisions which align with their values, rather than their anxiety.



## ***Why Has Nobody Told Me This Before?***

by Julie Smith

Your mental well-being is just as important as your physical well-being. Packed with proven strategies, Dr. Julie's empathetic guide offers a deeper understanding of how your mind works and gives you the insights and help you need to nurture your mental health every day.

### **Richmond Public Library**

101 East Franklin Street, Richmond, Virginia 23219  
(804) 646-7223

<https://rvalibrary.org/>