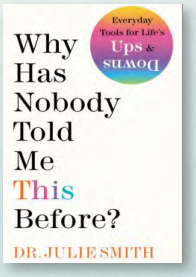
Psychology Month

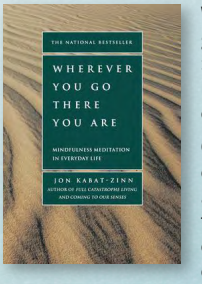
A good book can help you start your mental health journey. Join the Winnipeg Public Library and Manitoba Psychological Society as we celebrate Psychology Month this February. From fresh insight into the human mind to great conversation starters, find these books and many more at ***winnipeg.ca/library***.



Why has nobody told me this before? : everyday tools for life's ups & downs

Pourquoi personne ne m'en a parlé avant?

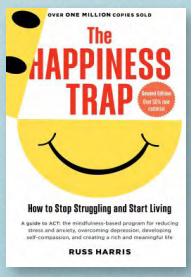
By Julie Smith



Wherever you go, there you are : mindfulness meditation in everyday life

Où tu vas, tu es : apprendre à méditer en tous lieux et en toutes circonstances

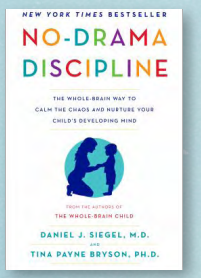
By Jon Kabat-Zinn



The happiness trap : how to stop struggling and start living

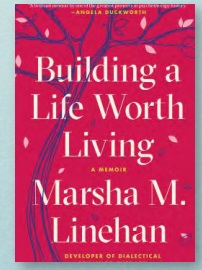
Le piège du bonheur : arrêtez de vouloir être heureux à tout prix et vivez pleinement

By Russ Harri



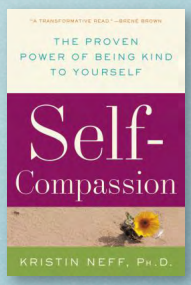
No-Drama Discipline

by Dr. Daniel J. Siegel and Dr. Tina Payne Bryson



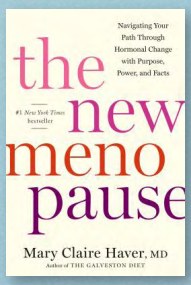
Building a Life Worth Living: A Memoir

By Marsha M. Linehan



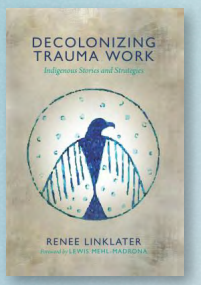
Self-compassion : stop beating yourself up and leave insecurity behind

By Kristin Neff



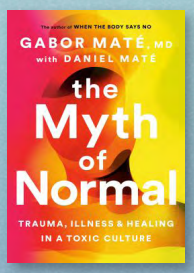
The New Menopause: Navigating Your Path Through Hormonal Change with Purpose, Power, and Facts

By Mary Claire Haver



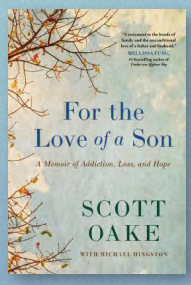
Decolonizing trauma work: indigenous stories and strategies

By Renee Linklater



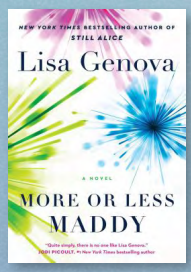
The myth of normal : trauma, illness & healing in a toxic culture

By Gabor Maté



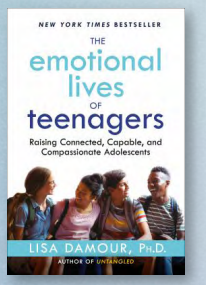
For the Love of a Son

By Scott Oake



More or Less Maddy

By Lisa Genova



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

By Lisa Damou

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