

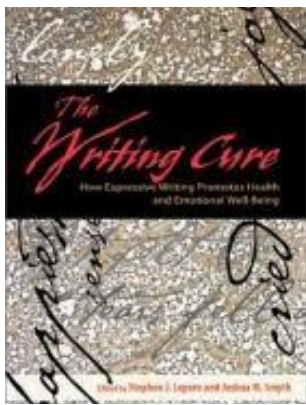
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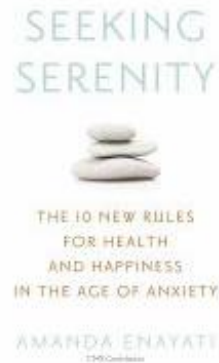
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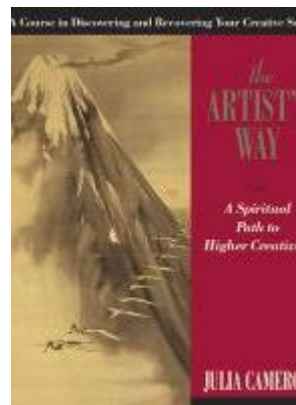
**Mental Health
Awareness**



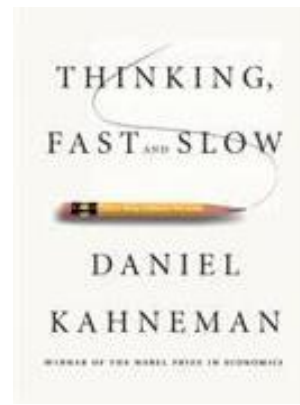
The Writing Cure
Stephen J. Lapore and
Joshua M. Smyth



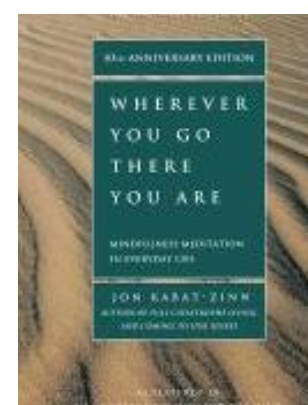
Seeking Serenity
Amanda Enayati



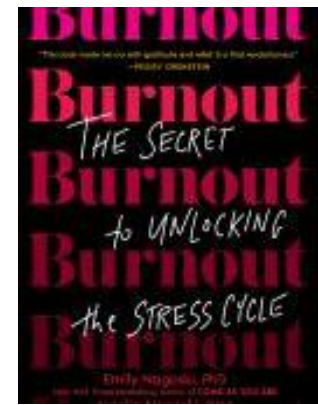
The Artist's Way
Jon Kabat-Zinn



Thinking, Fast and Slow
Daniel Kahneman



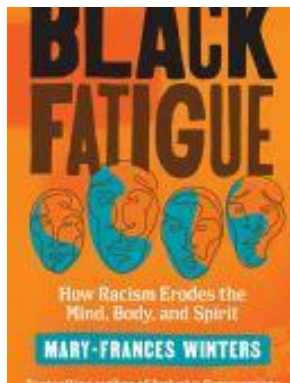
**Wherever You Go
There You Are**
Jon Kabat-Zinn



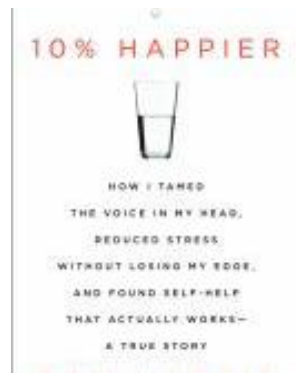
**Burnout: The Secret
to Unlocking the
Stress Cycle**
Emily Nagoski



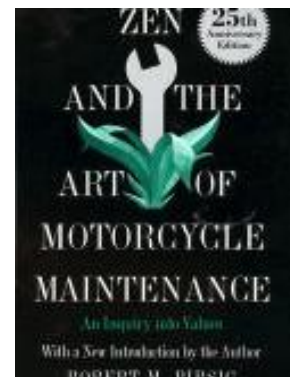
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Anne Helen Peterson



Black Fatigue
Mary Frances Winters



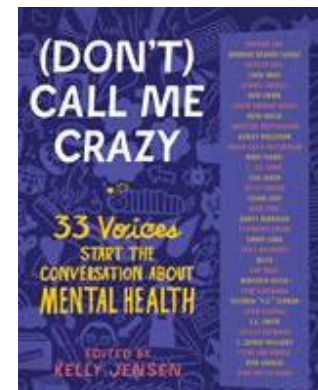
10% Happier
Dan Harris



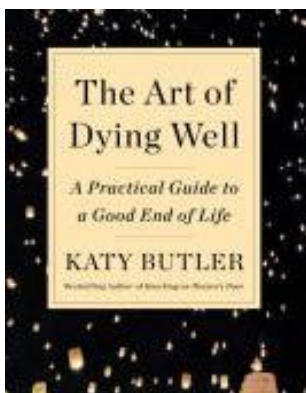
**Zen and the Art of
Motorcycle
Maintenance**
Robert Pirsig



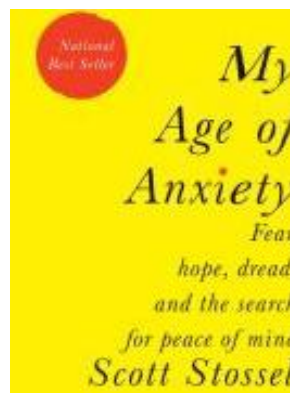
**Are U OK? A guide
to Caring for Your
Mental Health**
Kati Morton



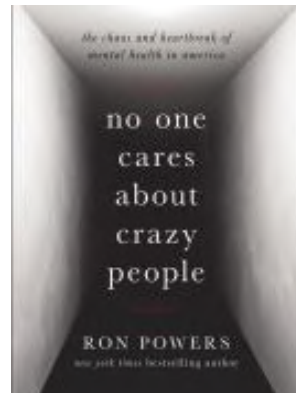
(Don't) Call Me Crazy
Kelly Jensen



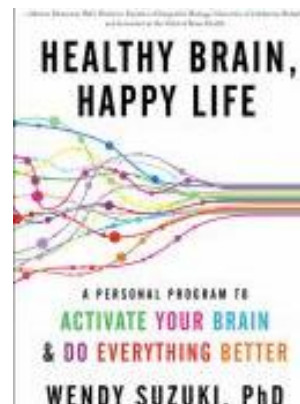
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Katy Butler



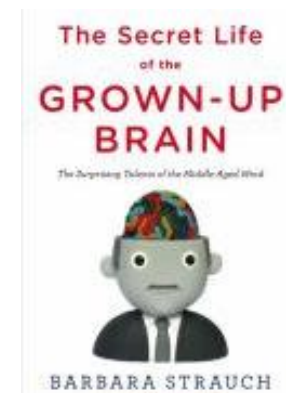
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Scott Stossel



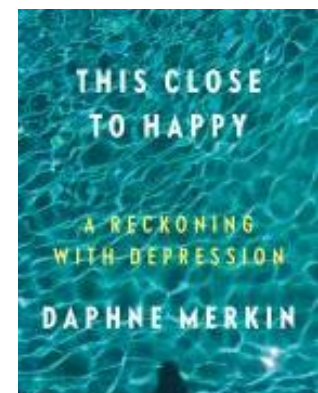
**No One Cares About
Crazy People**
Ron Powers



**Healthy Brian, Happy
Life**
Wendy Suzuki



**The Secret Life of
the Grown-Up Brain**
Barbara Strauch



**This Close to Happy:
A Reckoning with
Depression**
Daphne Merkin