Mental Health Books In Order

1. *Feeling Good: The New Mood Therapy* – David D. Burns
2. *The Happiness Trap* – Russ Harris
3. *Atomic Habits* – James Clear
4. *The 7 Habits of Highly Effective Teens* – Sean Covey
5. *Mind Over Mood* – Dennis Greenberger & Christine Padesky
6. *The Gifts of Imperfection* – Brené Brown
7. *Daring Greatly* – Brené Brown
8. *Emotional Intelligence 2.0* – Travis Bradberry
9. *Man's Search for Meaning* – Viktor E. Frankl
10. *Lost Connections* – Johann Hari
11. *Wherever You Go, There You Are* – Jon Kabat-Zinn
12. *Full Catastrophe Living* – Jon Kabat-Zinn
13. *10% Happier* – Dan Harris
14. *The Miracle of Mindfulness* – Thích Nhất Hạnh
15. *Radical Acceptance* – Tara Brach
16. *Self-Compassion* – Kristin Neff
17. *The Untethered Soul* – Michael A. Singer
18. *You Are Here* – Thích Nhất Hạnh
19. *Practicing Mindfulness* – Matthew Sockolov
20. *How to Do the Work* – Dr. Nicole LePera
21. *Stuff That Sucks* – Ben Sedley
22. *Don't Let Your Emotions Run Your Life for Teens* – Sheri Van Dijk
23. *The Self-Esteem Workbook for Teens* – Lisa M. Schab
24. *Conquer Negative Thinking for Teens* – Mary Karapetian Alvord
25. *Be Mindful and Stress Less* – Gina Biegel
26. *The Shyness & Social Anxiety Workbook for Teens* – Jennifer Shannon
27. *Beyond the Blues* – Lisa M. Schab
28. *The Stress Reduction Workbook for Teens* – Gina Biegel
29. *The Anxiety Survival Guide for Teens* – Jennifer Shannon
30. *My Anxious Mind* – Michael Tompkins
31. *It's Kind of a Funny Story* – Ned Vizzini
32. *The Perks of Being a Wallflower* – Stephen Chbosky
33. *Girl, Interrupted* – Susanna Kaysen

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34. *Prozac Nation* – Elizabeth Wurtzel
35. *Reasons to Stay Alive* – Matt Haig
36. *Notes on a Nervous Planet* – Matt Haig
37. *An Unquiet Mind* – Kay Redfield Jamison
38. *Maybe You Should Talk to Someone* – Lori Gottlieb
39. *The Noonday Demon* – Andrew Solomon
40. *What Made Maddy Run* – Kate Fagan

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