Mental Health Books In Order

☐	Feeling Good: The New Mood Therapy – David D. Burns
☐	The Happiness Trap – Russ Harris
☐	Atomic Habits – James Clear
☐	The 7 Habits of Highly Effective Teens – Sean Covey
☐	Mind Over Mood – Dennis Greenberger & Christine Padesky
☐	The Gifts of Imperfection – Brené Brown
☐	Daring Greatly – Brené Brown
☐	Emotional Intelligence 2.0 – Travis Bradberry
☐	Man's Search for Meaning – Viktor E. Frankl
☐	Lost Connections – Johann Hari
☐	Wherever You Go, There You Are – Jon Kabat-Zinn
☐	Full Catastrophe Living – Jon Kabat-Zinn
☐	10% Happier – Dan Harris
☐	The Miracle of Mindfulness – Thích Nhất Hạnh
☐	Radical Acceptance – Tara Brach
☐	Self-Compassion – Kristin Neff
☐	The Untethered Soul – Michael A. Singer
☐	You Are Here – Thích Nhất Hạnh
☐	Practicing Mindfulness – Matthew Sockolov
☐	How to Do the Work – Dr. Nicole LePera
☐	Stuff That Sucks – Ben Sedley

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☐	Don't Let Your Emotions Run Your Life for Teens – Sheri Van Dijk
☐	The Self-Esteem Workbook for Teens – Lisa M. Schab
☐	Conquer Negative Thinking for Teens – Mary Karapetian Alvord
☐	Be Mindful and Stress Less – Gina Biegel
☐	The Shyness & Social Anxiety Workbook for Teens – Jennifer Shannon
☐	Beyond the Blues – Lisa M. Schab
☐	The Stress Reduction Workbook for Teens – Gina Biegel
☐	The Anxiety Survival Guide for Teens – Jennifer Shannon
☐	My Anxious Mind – Michael Tompkins
☐	It's Kind of a Funny Story – Ned Vizzini
☐	The Perks of Being a Wallflower – Stephen Chbosky
☐	Girl, Interrupted – Susanna Kaysen
☐	Prozac Nation – Elizabeth Wurtzel
☐	Reasons to Stay Alive – Matt Haig
☐	Notes on a Nervous Planet – Matt Haig
☐	An Unquiet Mind – Kay Redfield Jamison
☐	Maybe You Should Talk to Someone – Lori Gottlieb
☐	The Noonday Demon – Andrew Solomon
☐	What Made Maddy Run – Kate Fagan

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