



NH Employee Assistance Program

Healthy people ask for help.

603.271.4336



Taking Care of Your Mental Well-being with A Little Help from EAP

Below is a selection of books you can look at. If they are not your taste, just type some key words into google, "Amazon Books" or head to the self-help or well-being section in your local bookstore or Library. Do not be shy, it is the section everyone secretly wants to check out!

Below is the resource book list (all on Amazon):

Feeling Good: The New Mood Therapy – David Burns (Available at EAP)

"A drug free-free guide to curing anxiety, guilt, pessimism, procrastination, low self-esteem, and other depressive disorders."

Cognitive Behavioral Therapy for Dummies – Rhena Branch

"This bestselling guide helps you apply the principles of CBT in your everyday life-allowing you to spot errors in your thinking; tackle toxic thoughts; refocus and retrain your awareness; and finally, stand up to and become free of the fear, depression, anger, and obsessions that have been plaguing you."

The Anxiety and Phobia Workbook – Edmund Bourne PhD

"Living with anxiety, panic disorders, or phobias can make you feel like you aren't in control of your life. If you're ready to tackle the fears that hold you back, this book is your go-to guide."

The Mind-Gut Connection: How the Hidden Conversation within Our Bodies Impact Our Mood, Our Choices, and Our Overall Health – Emeran Mayer

"Combining cutting-edge neuroscience with the latest discoveries on the human microbiome, a practical guide in the tradition of The Second Brain, and The Good Gut that conclusively demonstrates the inextricable, biological link between mind and the digestive system."

Overcoming Social Anxiety and Shyness – Gillian Butler

"This easy-to-use guide, full of real-life examples, is for those who suffer from all degrees of social anxiety and shyness, for their families and friends, and for the professionals who help them."

Feel the Fear And Do It Anyway: How to Turn Your Fear and Indecision into Confidence and Action – Susan Jeffers

Gives you "the insight and tools to vastly improve your ability to handle and given situation...you can move from a place of pain, paralysis, depression and indecision to one of power, energy, enthusiasm and action."

Learned Optimism: How to Change Your Mind and Your Life – Martin E. P. Seligman

"Seligman draws on more than twenty years of clinical research to demonstrate how optimism enhances the quality of life, and how anyone can learn to practice it. These skills can help break up depression, boost your immune system, better develop your potential, and make you happier."