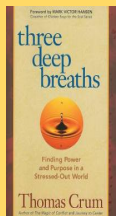
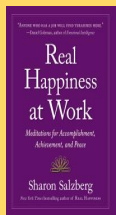


# Wellbeing and Mindfulness: A Selection of E-books from the JDH Library

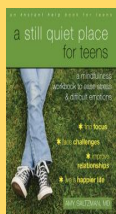
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Crum, T. F. (2009). *Three deep breaths: Finding power and purpose in a stressed-out world*. Retrieved from <https://ebookcentral.proquest.com/lib/uwsuperior-ebooks/detail.action?docID=479215>



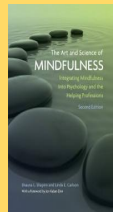
Salzberg, S. (2013). *Real happiness at work: Meditations for accomplishment, achievement, and peace*. Retrieved from <https://ebookcentral.proquest.com/lib/uwsuperior-ebooks/detail.action?docID=3419375>



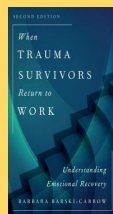
Saltzman, A. (2016). *A still quiet place for teens: Simple mindfulness practices to ease stress and difficult emotions*. Retrieved from <https://ebookcentral.proquest.com/lib/uwsuperior-ebooks/detail.action?docID=4424508>



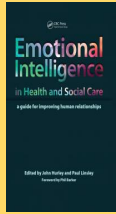
Baker, D. (2017). *5-minute mindfulness: Walking*. Retrieved from <https://ebookcentral.proquest.com/lib/uwsuperior-ebooks/detail.action?docID=4772367>



Shapiro, S. L., & Carlson, L. E. (2017). *The art and science of mindfulness: Integrating mindfulness into psychology and the helping professions*. Retrieved from <https://ebookcentral.proquest.com/lib/uwsuperior-ebooks/detail.action?docID=5043091>



Barski-Carrow, B. (2018). *When trauma survivors return to work: Understanding emotional recovery*. Retrieved from <https://ebookcentral.proquest.com/lib/uwsuperior-ebooks/detail.action?docID=5264552>



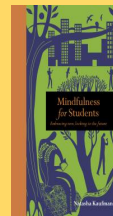
Hurley, J., & Linsley, P. (2011). *Emotional intelligence in health and social care: A guide for improving human relationships*. Retrieved from <https://ebookcentral.proquest.com/lib/uwsuperior-ebooks/detail.action?docID=5303571>



Dasgupta, A. (2018). *The science of stress management: A guide to best practices for better well-being*. Retrieved from <https://ebookcentral.proquest.com/lib/uwsuperior-ebooks/detail.action?docID=5311584>



Pipas, C. F. (2018). *A doctor's dozen: Twelve strategies for personal health and a culture of wellness*. Retrieved from: <https://ebookcentral.proquest.com/lib/uwsuperior-ebooks/detail.action?docID=5695013>



Press, I. (2019). *Mindfulness for students*. Retrieved from <https://ebookcentral.proquest.com/lib/uwsuperior-ebooks/detail.action?docID=5799078>



Gehart, D. R. (2019). *Mindfulness for chocolate lovers: A lighthearted way to stress less and savor more each day*. Retrieved from <https://ebookcentral.proquest.com/lib/uwsuperior-ebooks/detail.action?docID=5837175>