Welfare books:

Status anxiety

An orderly mess

The book of why: the new science of cause and effect

So you think you're human? : a brief history of humankind

Calling bullshit: the art of scepticism in a data-driven world

States of mind: conversations with psychological investigators

Flourish: a new understanding of happiness and well-being - and how to achieve them
How to be human: the manual; a monk, a neuroscientist and me

Pain: the science of suffering

Against empathy: the case for rational compassion

The compassionate mind: a new approach to life's challenges

Achieving emotional literacy: a personal program to increase your emotional intelligence

How to survive the end of the world (when it's in your own head): an anxiety survival guide

Manage your mind: the mental fitness guide

Mind over mood: change how you feel by changing the way you think
I am a strange loop

The chimp paradox

How we know what isn’t so: the fallibility of human reason in everyday life

The science of well-being

How to stay sane

Self-determination theory: basic psychological needs in motivation, development, and wellness

This too shall pass: stories of change, crisis and hopeful beginnings

Quiet journal
Quiet: the power of introverts in a world that can't stop talking

Six impossible things before breakfast: the evolutionary origins of belief

12 rules for life: an antidote for chaos

Manufacturing happy citizens: how the science and industry of happiness control our lives

Freedom from your inner critic: a self-therapy approach

Overcoming low self-esteem: a self-help guide using cognitive behavioural techniques

The quest for a moral compass: a global history of ethics
The path: a new way to think about everything

The soul of the world

Teaching religion and healing

Caring management in the new economy: socially responsible behaviour through spirituality

Pleasure activism: the politics of feeling good

Everything bad is good for you: how today's popular culture is actually making us smarter

Sleepy head: narcolepsy, neuroscience and the search for a good night

The man who couldn't stop: the truth about OCD
Notes on a nervous planet

Lost connections: why you’re depressed and how to find hope

The post-traumatic stress disorder sourcebook

Touched with fire: manic-depressive illness and the artistic temperament

Living landscapes: meditations on the five elements in Hindu, Buddhist, and Jain yogas

Yoga and the luminous: Patañjali’s spiritual path to freedom

In gods we trust: the evolutionary landscape of religion

Minds and gods: the cognitive foundations of religion
The book of why: the new science of cause and effect

Noise: a flaw in human judgment

Mindfulness as sustainability: lessons from the world's religions

Overcoming anxiety: a self-help guide using cognitive behavioral techniques

An introduction to coping with insomnia and sleep problems

Mindfulness: a practical guide to finding peace in a frantic world

Mindfulness for health: a practical guide to relieving pain, reducing stress and restoring wellbeing
**Altered traits**: science reveals how meditation changes your mind, brain, and body

**Overcoming perfectionism**: a self-help guide using scientifically supported cognitive behavioural techniques

**Study skills resources:**

- **Explaining creativity**: the science of human innovation
- **Thinking, fast and slow**
- **The organized mind**: thinking straight in the age of information overload
- **Style**: lessons in clarity and grace
- **A field guide for science writers**
Butcher's copy-editing: the Cambridge handbook for editors, copy-editors and proofreaders

The Cassell guide to common errors in English

The Chicago manual of style.

Writing at university: a guide for students

Writing bids and funding applications

Authoring a PhD: how to plan, draft, write, and finish a doctoral thesis or dissertation

Improving your written English: ensure your grammar, punctuation and spelling are up to scratch

Informative writing
How to use your reading in your essays

How to write better essays

Gwynne's grammar : the ultimate introduction to the writing of good English [...] : incorporating Strunk's guide to style [...]

Writing well

A pocket style manual

Political keywords : using language that uses us

Bird by bird : some instructions on writing and life

Successful scientific writing : a step-by-step guide for the biological and medical sciences
Cite them right: the essential referencing guide

Surviving your dissertation: a comprehensive guide to content and process

How to write a successful science thesis: the concise guide for students

50 steps to improving your academic writing: study book

Legal writing

The social life of criticism: gender, critical writing, and the politics of belonging

PhD life: the UK student experience

PhD: an uncommon guide to research, writing & PhD life
A woman's guide to doctoral studies

The postgraduate research handbook: succeed with your MA, MPhil, EdD and PhD

How to get a PhD: a handbook for students and their supervisors

Doing your masters dissertation: realizing your potential as a social scientist

Gaining a Master’s degree: how to invest in your own future

Range: how generalists triumph in a specialized world

Critical reading and writing for postgraduates

Connections essentials: empowering college and career success