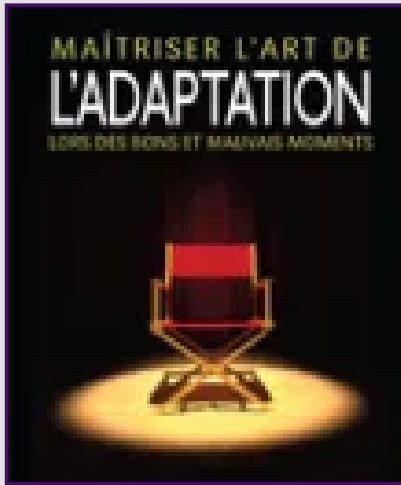




Liste de Lecture

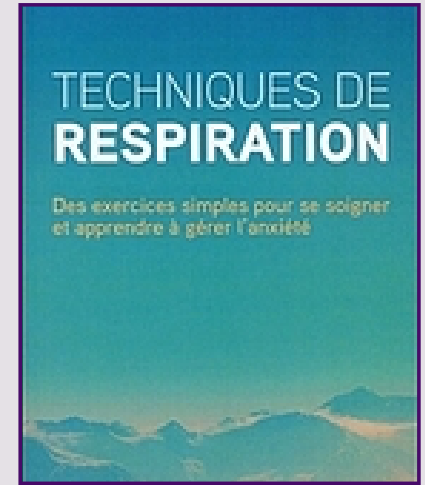
Santé Mentale



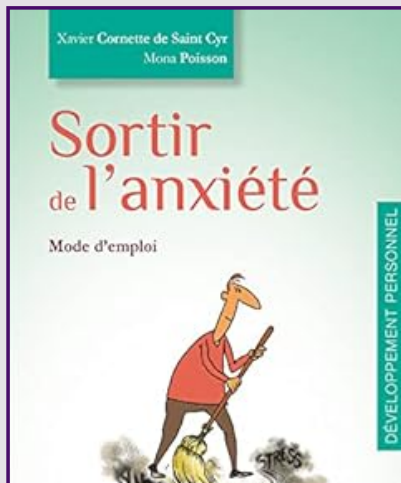
Maîtriser l'art de l'adaptation lors des bons et mauvais moments
(2012) Linda Edgar



Quoi de neuf sur le sommeil?: Bien dormir pour mieux se porter au quotidien
(2018) Anne Le Pennec



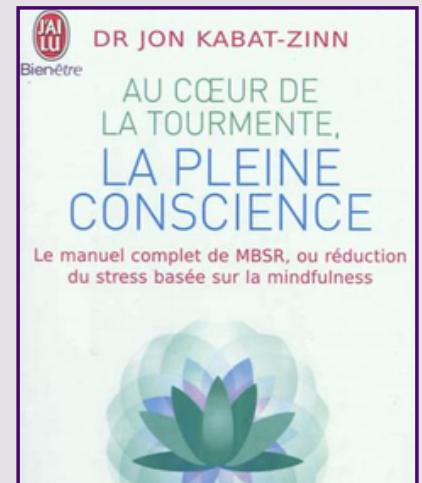
Techniques de respiration : des exercices simples pour se soigner et apprendre à gérer l'anxiété (2016)
Markus Schirner



Sortir de l'anxiété (2014)
Xavier Cornette de Saint Cyr et Mona Poisson



Se débarrasser de son stress en 10 min par jour (2002) Érica Brealey



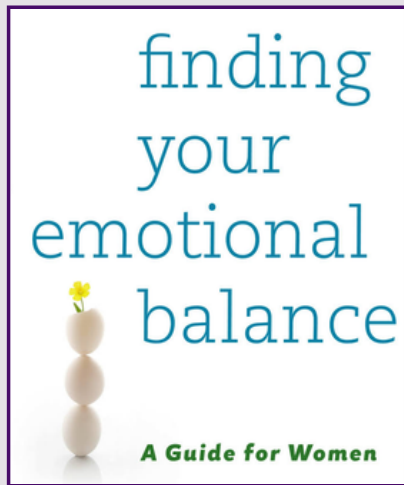
MBSR, la réduction du stress basée sur la mindfulness, programme complet en 8 semaines (2012)
Jon Kabat-Zinn

Disponibles pour emprunter dans la salle 354

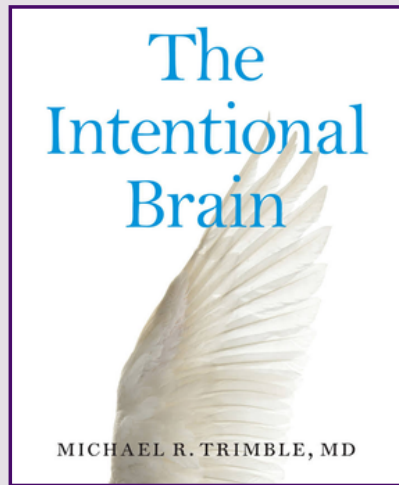


Reading List

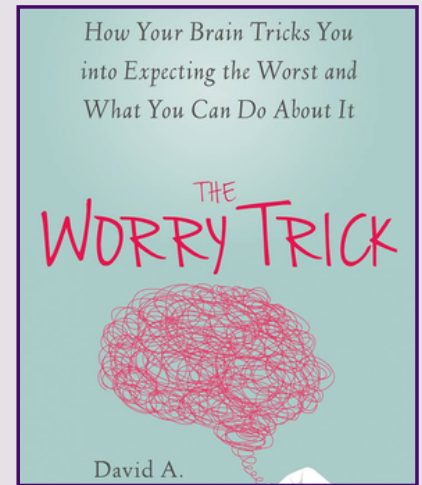
Mental Health



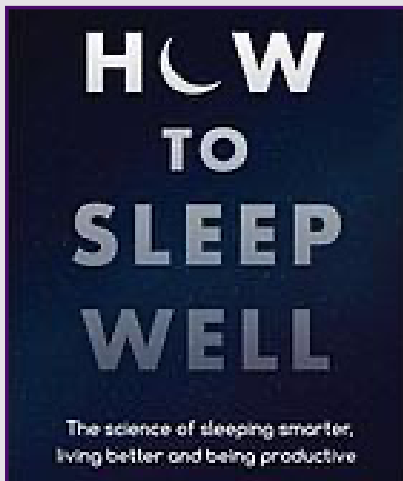
Finding your Emotional Balance (2015) Merry Noel Miller



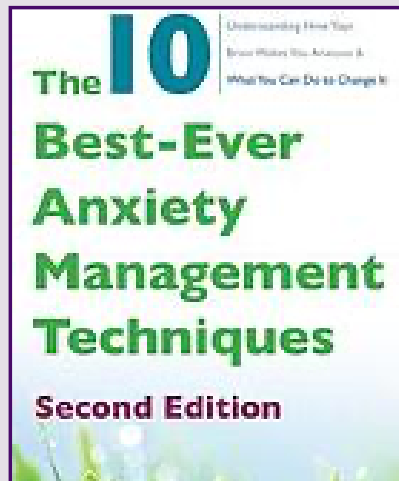
The Intentional Brain (2016) Michael R. Trimble



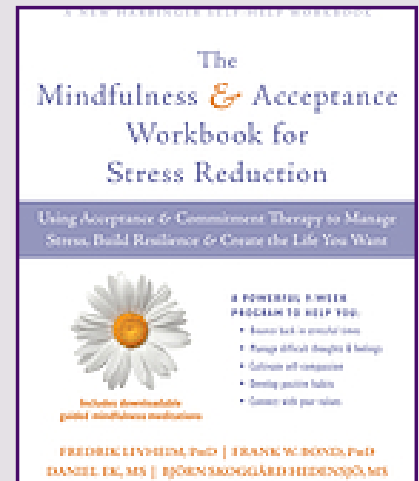
The Worry Trick (2016) David A. Carbonell



How to sleep well (2018) Neil Stanley



The 10 best-ever anxiety management techniques (2018) Margaret Wehrenberg



The mindfulness & acceptance workbook for stress reduction (2018) Fredrik Livheim and Frank W Bond

Available to borrow in room 354