Emotional Wellness Skill Building Resource List:

Acceptance Commitment Theory (ACT)

Eifert, McCay, Forsyth.  ACT on Anger Not on Life (2006)

Eifert, Forsyth.  The Mindfulness and Acceptance Workbook for Anxiety (2008)

Fleming, Kocovski, Segal.  The Mindfulness and Acceptance Workbook for Social Anxiety (2013)


    Also by Russ Harris
    The Confidence Gap (2011)
    The Reality Slap (2012)
    ACT with Love (2009)
    ACT Made Simple (2009)

www.thehappinesstrap.com


Shame Resilience Theory


    Also by Brene Brown
    The Gifts of Imperfection
    I thought it was just me (but it isn’t)
    Connections Curriculum

www.brenebrown.com

goole: Brene Brown Ted Talk
    1) The Power of Vulnerability
    2) Listening to Shame
3 Principles


*Also by Joseph Bailey:*
- Speed Trap
- Slowing Down to the Speed of Love
- The Serenity Principle


*Also by Richard Carlson:*
- Short cut through therapy
- *You Can Be Happy No Matter What*
- Don’t Sweat the Small Stuff
- What about the Big Stuff

Books used in MSU Health4U emotional wellness classes


Other related texts


*Also by Byron Katie:*
- I Need Your Love is That True


*Also by Eckhart Tolle:*
- A New Earth: Awakening to Your Life’s Purpose