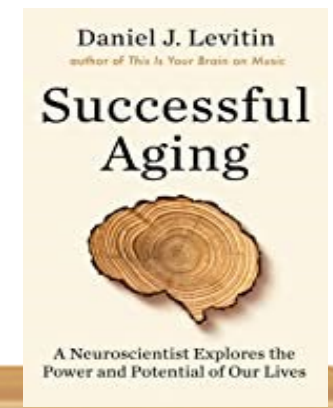
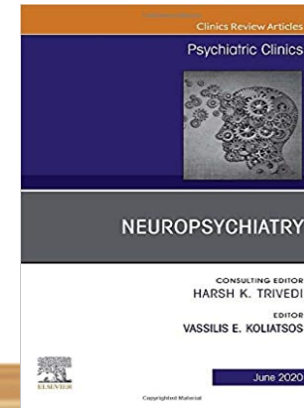
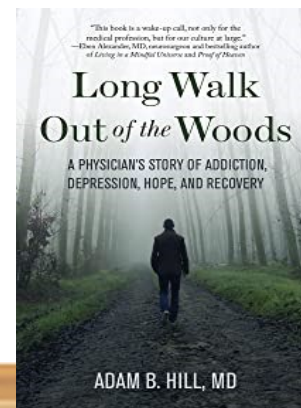
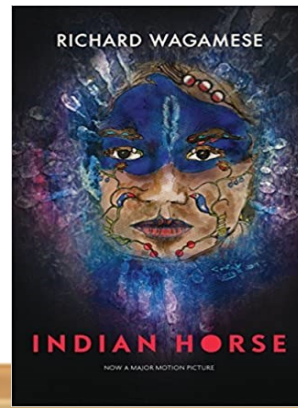
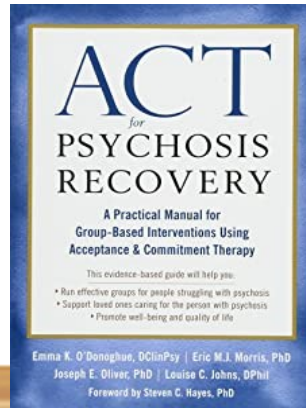
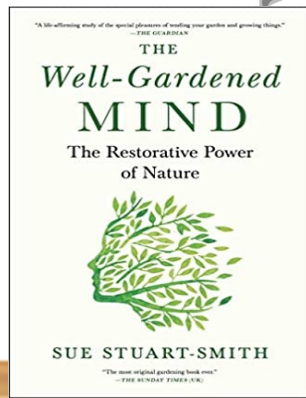


# New Titles October 2020



***The Well-Gardened Mind: The restorative power of nature* / S Stuart-Smith**

Stuart-Smith weaves thoughtful yet powerful examples to argue that gardening is much more important to our cognition than we think. Research is showing how green nature has direct antidepressant effects on humans. Essential and pragmatic, *The Well-Gardened Mind* is a book for gardeners and the perfect read for people seeking healthier mental lives.

WB 555 S34 2020

***ACT for Psychosis Recovery: A practical manual for group based interventions* / E O'Donoghue**

This groundbreaking book provides an evidence-based acceptance & commitment therapy approach for group work with those experiencing distressing psychosis. Rather than focusing on pathology, ACT teaches clients how to stay grounded in the present moment, defuse from symptoms, and pursue personally meaningful, values-based lives.

WM 200 O56 2018

***Indian Horse* / R Wagamese**

Saul Indian Horse is dying. Tucked away in a hospice high above the clash and clang of a big city, he embarks on a marvelous journey of imagination back through the life he led as a northern Ojibway, with all its sorrows and joys. With compassion and insight, Wagamese penetrates the heart of a remarkable man and traces through his fictional characters the decline of a culture and a cultural way.

Book and movie available

PN 1997 I64 2018

***Long Walk Out of the Woods: A physician's story of addiction, depression, hope and recovery* / A Hill**

Physician Dr. Adam B. Hill suffered despair and disillusionment with the culture of medicine, culminating in a spiral of depression, alcoholism, and an active suicidal plan. By sharing his harrowing story, he identifies barriers standing in the way of mental health recovery, while pleading for a revolutionary new approach to how we treat individuals in substance use recovery.

WZ 100 H55 2019

***Neuropsychiatry: An issue of Psychiatric Clinics of North America* / HK Trivedi**

Topics in this issue include the clinical neurobiology of autism spectrum disorders; developments in impulse control disorders; schizophrenia as a neurodevelopmental phenotype; developments in addiction; the clinical neuroscience of acquired brain injury; developments in frontotemporal dementia; Lewy body degenerations as neuropsychiatric disorders and more.

W3 C6P7 v43 no2 2020

***Successful Aging: A neuroscientist explores the power and potential of our lives* / D Levitin**

Successful Aging inspires a powerful new approach to how readers think about our final decades, and it will revolutionize the way we plan for old age as individuals, family members, and citizens within a society where the average life expectancy continues to rise. Levitin reveals resilience strategies and practical, cognitive enhancing tricks everyone should do as they age.

WT 104 L48 2020



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