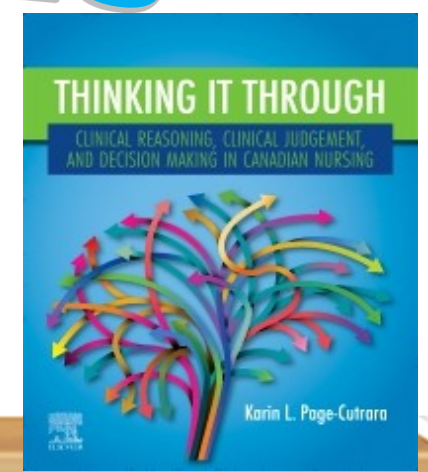
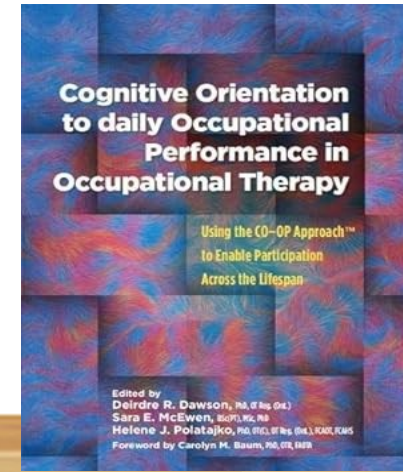
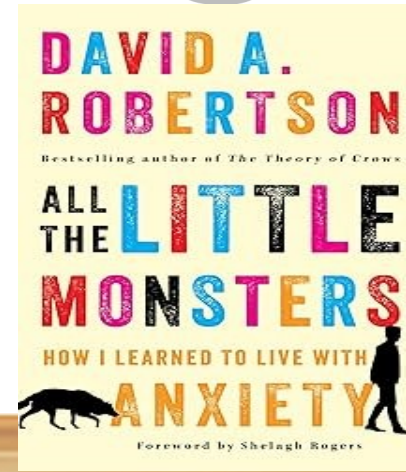
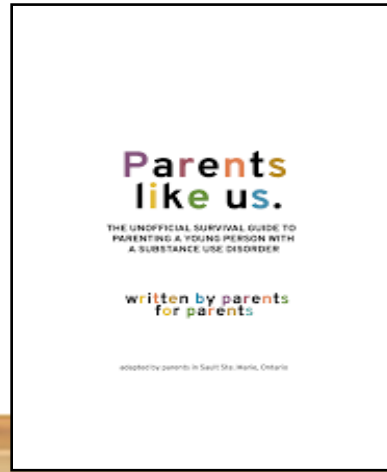
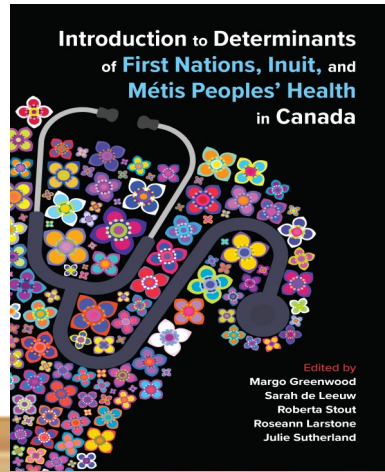
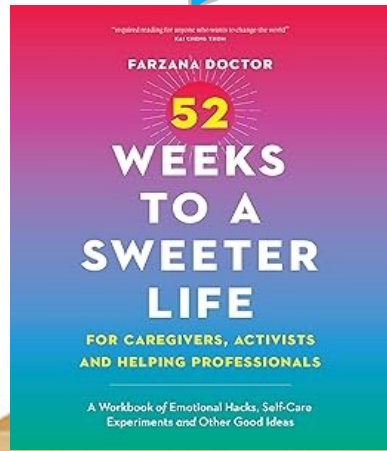


New Titles August 2025



52 Weeks to a Sweeter Life for Caregivers, Activists and Helping Professionals: A workbook of emotional hacks, self-care experiments and other good ideas / Doctor

Speaking directly to those who struggle to pause, set boundaries and centre their own needs, this workbook contains fifty-two lessons, one for each week of the year. Each week, readers will find a simple new idea, practical tips and an experiment for combatting burnout and promoting well being.

[WB 327 D63 2024](#)

Introduction to Determinants of First Nations, Inuit and Metis Peoples' Health in Canada / Greenwood et al.

This critical volume cultivates an understanding of the presence of coloniality in healthcare and how it determines First Nations, Inuit, and Métis peoples' health and well-being. Each part contains a comprehensive and holistic approach to understanding the many factors, historical and contemporary, that are significant in shaping the life and health of Indigenous Peoples.

[SA G74 2022](#)

Parents Like Us: An unofficial guide to caring for a young person who uses substances / Thunder Bay District Health Unit

Adapted by parents in Thunder Bay, this guide is for caregivers of young people who are navigating substance use challenges. Whether you're a parent, guardian, or someone who cares deeply about a young person, this handbook offers support, understanding, and practical strategies to help you through. This resource can also be accessed digitally at www.TBDHU.com/ParentsLikeUs.

[WS 462.5 P34 2025](#)

All the Little Monsters: How I learned to live with anxiety / Robertson

David Robertson is an award-winning author, editor, and speaker on Indigenous issues, mental health and freedom of expression. With humour, warmth and heartbreaking honesty, in *All the Little Monsters*, he explores the struggles and small victories of living with chronic anxiety and depression, and shares his hard-earned wisdom in the hope of making other people's mental health journeys a little less lonely.

[YS R63 2025](#)

Cognitive Orientation to Daily Occupational Performance in Occupational Therapy: Using the CO-OP Approach to enable participation across the lifespan / Dawson

This new text brings together in a single source the most up-to-date evidence regarding the CO-OP Approach, enabling readers to become familiar with supporting evidence for its application with various populations from developmental coordination disorder to more debilitating neurological conditions such as stroke.

[WB 555 C62 2017](#)

Thinking it Through: Clinical reasoning, clinical judgement and decision making in Canadian nursing / Page-Cuttrara

This new resource is the only Canadian-focused nursing text to support you in developing clinical reasoning skills and clinical judgement for decision making in nursing practice. With useful models and practical frameworks, this structured guide moves beyond the nursing process to deliver focused strategies using a unified process for thinking and decision making that is visible, relatable and real.

[WY 100.4 P67 2026](#)



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