

# READING LIST



**1**

The author of the bestselling *The 4 Pillar Plan*  
**DR RANGAN CHATTERJEE**

**THE STRESS SOLUTION**

IMPROVE YOUR HEALTH AND WELLBEING WITH MY EASY LIFESTYLE PLAN

THE 4 STEPS TO A CALMER, HAPPIER, HEALTHIER YOU

**The Stress Solution : 4 steps to a calmer, happier, healthier you**

AUTHOR \_\_\_\_\_  
Dr Rangan Chatterjee

**2**

**In Praise of Wasting Time**

ALAN LIGHTMAN TED

**In Praise of Wasting Time**

AUTHOR \_\_\_\_\_  
Alan Lightman

**5**

**off.**

YOUR DIGITAL DETOX FOR A BETTER LIFE

TANYA GOODIN

**OFF. Your Digital Detox for a Better Life**

AUTHOR \_\_\_\_\_  
Tanya Goodin

**3**

**THE 10-STEP STRESS SOLUTION**

Live More Relax More Re-energise

**The 10-Step Stress Solution : Live More, Relax More, Re-energise**

AUTHOR \_\_\_\_\_  
Neil Shah

**6**

**Anger Management for Everyone**

SECOND EDITION

10 Proven Strategies to Help You Control Anger and Live a Happier Life

RAYMOND CHIP TAFRATE, PhD  
HOWARD KASSINOVE, PhD, ABPP  
Foreword by MATTHEW MCKAY, PhD

**Anger Management for Everyone : Ten Proven Strategies to Help You Control Anger and Live a Happier Life**

AUTHOR \_\_\_\_\_  
Raymond Chip Tafrate , Howard Kassinoe

**4**

**WALKING ONE STEP AT A TIME**

ERLING KAGGE

"If you are a walker this book will resonate with you, if you have seldom or never walked this book should be compulsory reading" Rosamund Young, author of *The Secret Life of Cats*

From the internationally bestselling author of *Silence*

**Walking : One Step at a Time**

AUTHOR \_\_\_\_\_  
Erling Kagge

**7**

**your guide to FOREST BATHING**

Experience the Healing Power of Nature

M. AMOS CLIFFORD  
Founder, Association of Nature and Forest Therapy Guides and Programs

**Your Guide to Forest Bathing : Experience the Healing Power of Nature - Discover the Secrets of Shinrin-Yoku**

AUTHOR \_\_\_\_\_  
M. Amos Clifford