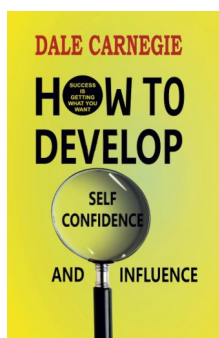


[My Life After Trauma Handbook : Surviving And Thriving Using Psychological Approaches](#)

Author: Vridie Gallagher

Call number: 153 GAL

This psychology-based book explains trauma's effects and offers coping strategies like butterfly hugs. Co-written with two young people, it provides hope and reassurance that no one is alone.

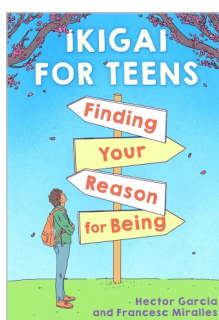


[How To Develop Self-Confidence And Influence](#)

Author: Dale Carnegie

Call number: 158.1 CAR

With persistent guidance and motivation, the book persuades one to shed fear, develop poise and good comportsment, channel one's thoughts in a positive direction and build public speaking confidence through enthusiasm.

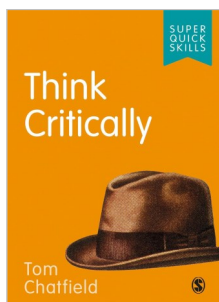


[Ikigai For Teens : Finding Your Reason For Being](#)

Author: Héctor García and Francesc Miralles

Call number: 158.1 GAR

This book explores Ikigai, the Japanese concept of a "reason to live," as a secret to a long, happy life. It guides readers to discover their own Ikigai and Japanese wisdom for a healthy body, mind, and spirit.

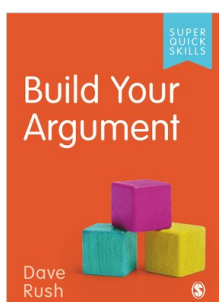


[Think Critically](#)

Author: Tom Chatfield

Call number: 160 CHA

A guide to thinking critically, from reasoning and arguments to spotting bias and avoiding information overload.



[Build Your Argument](#)

Author: Dave Rush

Call number: 160 RUS

A guide to constructing a logical, top marks argument for your assignments, including forming your position and using evidence.