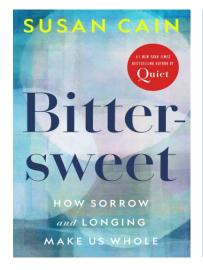
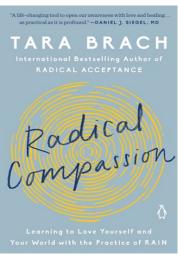
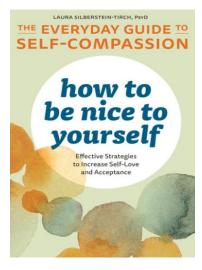
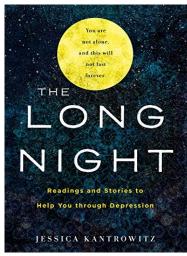


## **Mental Health**







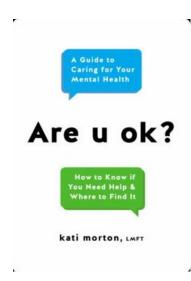


Cain, Susan **Bittersweet** 155.2 Cai

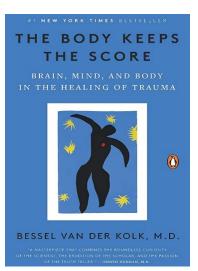
Brach, Tara Radical Compassion 158 Bra

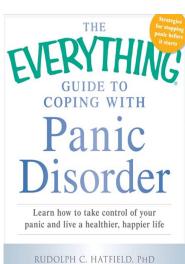
Silberstein, Laura How to Be Nice to Yourself 158.1 Sil

Kantrowitz. Jessica The Long Night 248.8625 Kan









Morton, Kati Are u ok? 362.2 Mor

## Paperny, Anna Mehler Hello I Want to Die Please Fix Me

362.20971 Pap

## The Body Keeps the Score

Van der Kolk,

Bessel A. The Everything Guide to Coping with Panic Disorder 616.85212 Van 616.85223 Hat

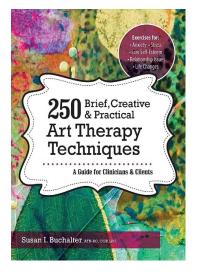
251 North Main Street Bowling Green, OH

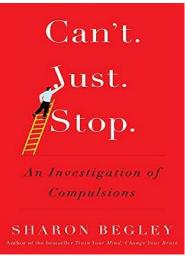
419.352.5050 www.wcdpl.org We're Your Library. 02/23

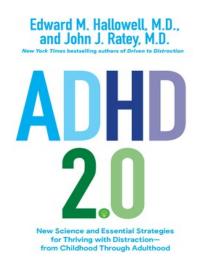
Haffield, Rudolph C.

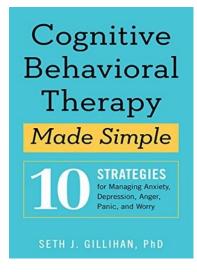


## **Mental Health**









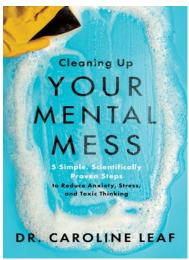
Buchalter, Susan I. 250 Brief, Creative & Practical Art Therapy Techniques 615.85156 Buc Begley, Sharon Can't Just Stop 616.85227 Beg

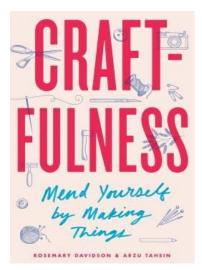
Hallowell, Edward M.

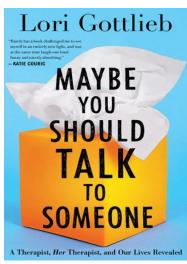
ADHD 2.0
616.8589 Hal

Gillihan, Seth
Cognitive Behavioral
Therapy Made Simple
616.8914 Gil









Dang Nghiem, Sister Flowers in the Dark 616.89142 Dan Leaf, Caroline Cleaning Up Your Mental Mess 616.89142 Lea

Davidson, Rosemary Craftfulness 745.5 Dav

> 419.352.5050 www.wcdpl.org

Gottlieb, Lori Maybe You Should Talk to Someone B Gottlieb

We're Your Library. 02/23

251 North Main Street Bowling Green, OH