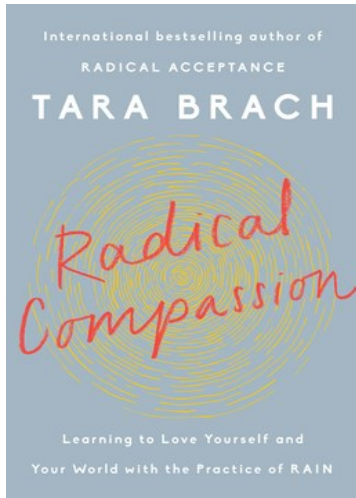




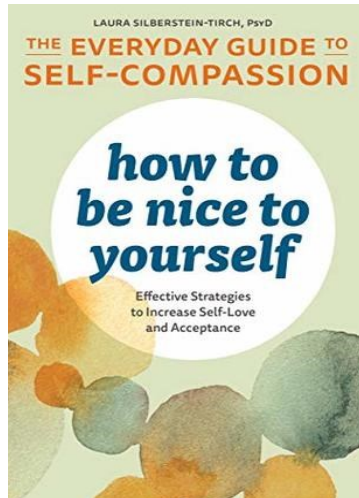
INFORMATION SERVICES

WOOD COUNTY DISTRICT PUBLIC LIBRARY

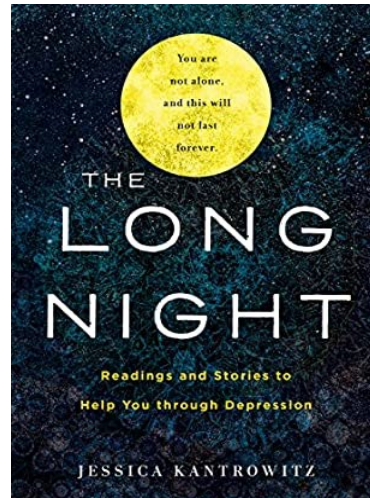
Mental Health



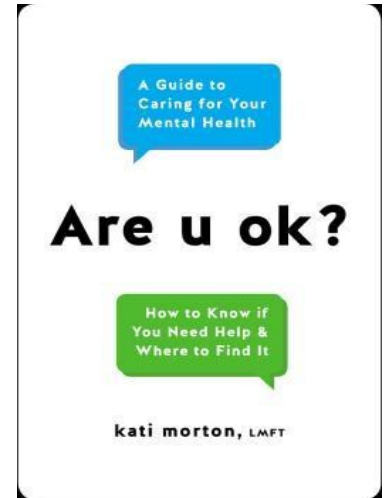
Brach, Tara
Radical Compassion
158 Bra 2019



Silberstein, Laura
How to Be Nice to Yourself
158.1 Sil 2019



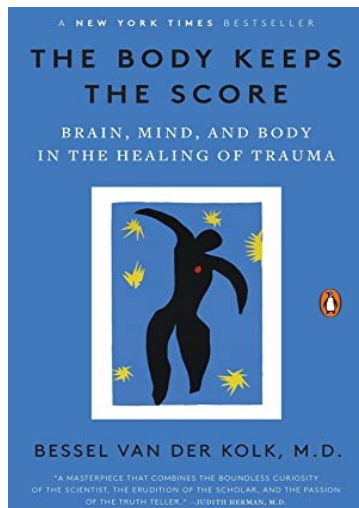
Kantrowitz, Jessica
The Long Night
248.8625 Kan 2020



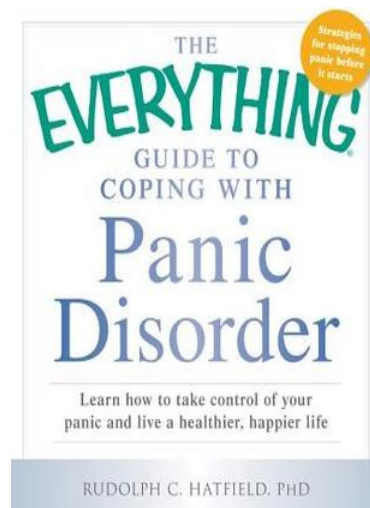
Morton, Kati
Are u ok?
362.2 Mor 2018



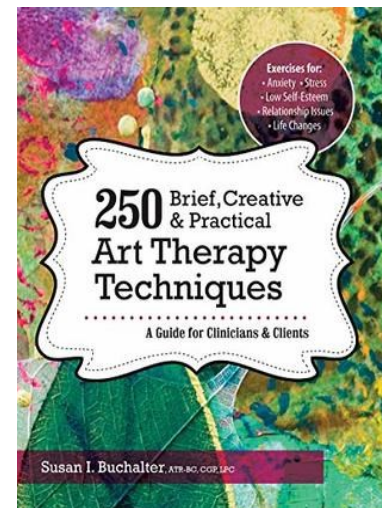
Paperny, Anna Mehler
Hello I Want to Die Please Fix Me
362.20971 Pap 2020



Van der Kolk, Bessel A.
The Body Keeps the Score
616.85212 Van 2014



Hatfield, Rudolph C.
The Everything Guide to Coping with Panic Disorder
616.85223 Hat 2014



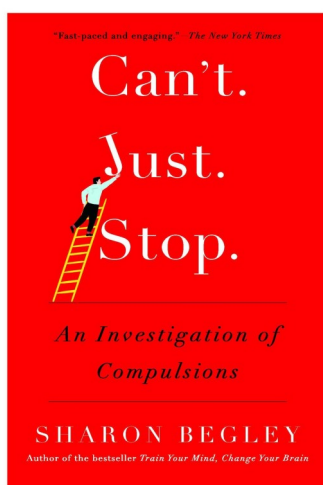
Buchalter, Susan I.
250 Brief, Creative & Practical Art Therapy Techniques
615.85156 Buc 2017

251 North Main Street
Bowling Green, OH

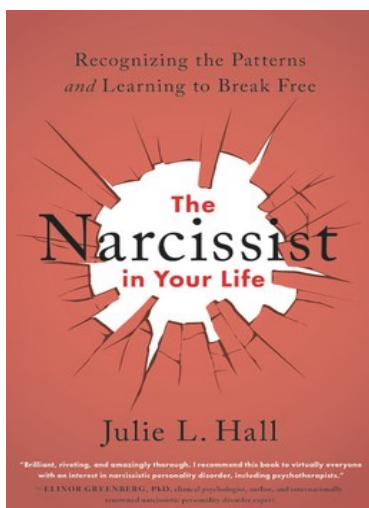
419.352.5050
www.wcdpl.org

We're Your Library.

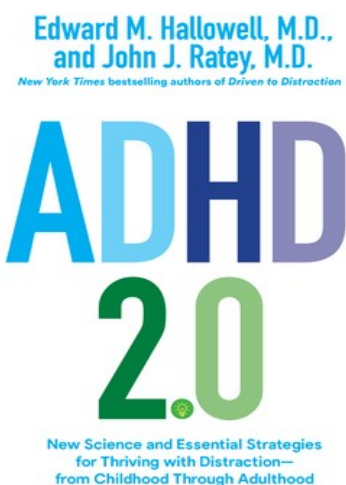
Mental Health



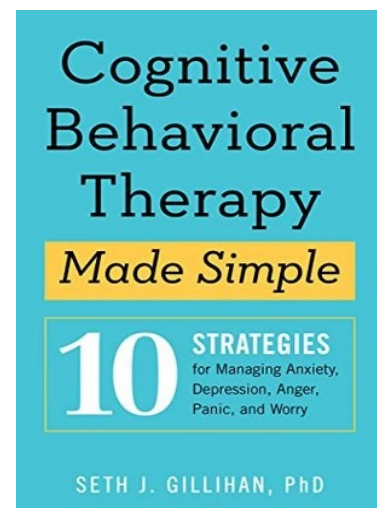
Begley, Sharon
Can't Just Stop
616.85227 Beg 2017



Hall, Julie L.
The Narcissist in Your Life
616.85854 Hal 2019



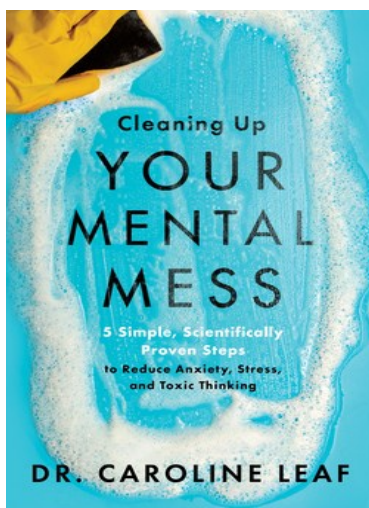
Hallowell, Edward M. and John J. Ratey
ADHD 2.0
616.8589 Hal 2021



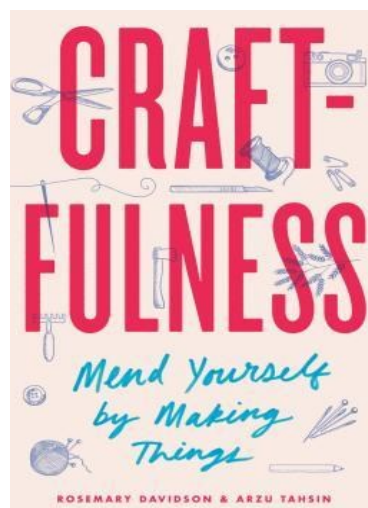
Gillihan, Seth
Cognitive Behavioral Therapy Made Simple
616.8914 Gil 2018



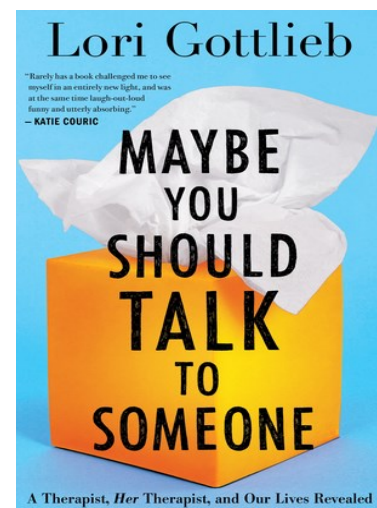
Dang Nghiem, Sister
Flowers in the Dark
616.89142 Dan 2021



Leaf, Caroline
Cleaning Up Your Mental Mess
616.89142 Lea 2021



Davidson, Rosemary and Arzu Tahsin
Craftfulness
745.5 Dav 2019



Gottlieb, Lori
Maybe You Should Talk to Someone
B Gottlieb 2019