

Self-Help Book List (Resources for the Students)

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Category/Sub-category	Title	Publication	Year of Publication	Author	Availability In Library (Branches)	Call No
General - Psychology Self-Development - Emotional Intelligence	Emotional Awareness: Overcoming the Obstacles to Psychological Balance and Compassion: A conversation between the Dalai Lama and Paul Ekman	Times Book New York	2008	Paul Ekman	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BF 531 .Emo 2008
General - Psychology Self-Development - Self-Help	Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy	New Harbinger Publications Oakland, CA	2005	Steven C. Hayes	IMU Main (0 available) IMU BP CC (1 available) IMU Kluang CC (0 available) IMU Seremban CC (0 available)	WM 425.5.C6 Hay 2005
General - Psychology	Learning ACT: An Acceptance and Commitment Therapy Skills-Training Manual for Therapist	Context Press Oakland, CA	2017	Jason B. Luoma	IMU Main (1 available) IMU BP CC (0 available) IMU Kluang CC (0 available) IMU Seremban CC (1 available)	WM 425.5.C6 .Luo 2017
General - Psychology	Man's Search for Meaning	Boston : Beacon Press	2006	Viktor E. Frankl	IMU Main (1 available) IMU BP CC (0 available) IMU Kluang CC (1 available) IMU Seremban CC (0 available)	Boston : Beacon Press,
General - Psychology Self-Development - Leadership	Mindset: The New Psychology of Success	Ballantine Books New York	2016	Carol S Dweck	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BF 773 .Dwe 2016
General - Art Therapy Methods (Psychology)	Minstrels of Soul: Intermodal Expressive Therapy	Palmerston Press Toronto	2004	Paolo J. Knill, Helen Nienhaus Barba & Margot N. Fuchs	IMU Main (1 available) IMU BP CC (2 available) IMU Kluang CC (0 available) IMU Seremban CC (2 available)	WM 450.5 A8 Kin 2004

General - Art Therapy Methods (Psychology)	Presence and Process in Expressive Arts Work: At the Edge of Wonder	Jessica Kingsley Publishers London	2014	Herbert Eberhart	IMU Main (0 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (2 available)	WM 450.5.A8 Ebe 2014
General - Art Therapy Methods (Psychology)	Principles and Practice of Expressive Arts Therapy: Toward a Therapeutic Aesthetics	Jessica Kingsley Pub; 1 edition	2004	Paolo J. Knill & Ellen G. Levine	IMU BP CS (1 available)	Click to access ProQuest Ebook
General - Psychology	Principles of the Enneagram	Singing Dragon London, Philadelphia	2013	Karen A Webb	IMU Main (1 available) IMU BP CC (0 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BF 698.35.E54 Web 2013
General	Scandinavian Comfort Food: Embracing the Art of Hygge	Quadrille London	2016	Trina Hahnemann	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	TX 721.5 Hah 2016
General - Psychology	Sleep Insights : A Conversation with Matthew Walker	Open Agenda Publishing	2020	Howard Burton	ProQuest Ebook	Click to access ProQuest Ebook
General - Fantasy Fiction	The Alchemist	HarperSanFrancisco San Francisco	1993	Paulo Coelho	IMU Main (0 available) IMU BP CC (2 available) IMU Kluang CC (0 available) IMU Seremban CC (0 available)	PQ 9698.13.O3546 Alc 1993
General - Philosophical Fiction	The Five People You Meet in Heaven	Hyperion New York	2003	Mitch Albom	IMU Main (0 available) IMU BP CC (2 available) IMU Kluang CC (1 available) IMU Seremban CC (0 available)	PS 3601.L335 Alb 2003
General - Philosophical	The Man Who wasn't There: Investigations into the Strange New Science of the Self	Dutton New York	2015	Anil Ananthaswamy	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	QP 360 .Ana 2015

General - Psychology	The Will to Meaning: Foundations and Applications of Logotherapy	New York : Plume Book	2014	Viktor E. Frankl	IMU Main (1 available) IMU BP CC (0 available) IMU Kluang CC (1 available) IMU Seremban CC (0 available)	WM 420 .Fra 2014
General - Philosophy	Tuesdays with Morrie : An Old Man, a Young Man, and Life's Greatest Lesson	Random House Large Print New York	2007	Mitch Albom.	IMU Main (0 available) IMU BP CC (0 available) IMU Kluang CC (1 available) IMU Seremban CC (0 available)	PS 3552 .Alb 2007
General - Biography	When Breath Becomes Air	Random House Inc New York, USA	2016	Paul Kalanithi	IMU Main (2 available) IMU BP CC (2 available) IMU Kluang CC (1 available) IMU Seremban CC (2 available)	WZ 100 .Kal 2016