

Self-Help Book List (Resources for the Students)

To borrow the book, visit: <https://koha1.imu.edu.my/>

E-Book: <https://ebookcentral.proquest.com/lib/imu-ebooks/home.action>

Category/Sub-category	Title	Publication	Year of Publication	Author	Availability In Library (Branches)	Call No
Managing Stress - Mindfulness - Stress Management	A Mindfulness-Based Stress Reduction Workbook	New Harbinger Publications Oakland	2010	Bob Stahl & Elisha Goldstein	IMU Main (1 available) IMU BP CC (2 available) IMU Kluang CC (0 available) IMU Seremban CC (2 available)	WM 172.4 Sta 2010; CD-ROM 1586
Managing Stress - Mindfulness	Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body	Avery New York	2017	Daniel Goleman	IMU Main (1 available) IMU BP CC (0 available) IMU Kluang CC (0 available) IMU Seremban CC (0 available)	BL 627 .Gol 2017
Managing Stress Mental Health	Compassion Fatigue: Coping with Secondary Traumatic Stress Disorder in Those Who Treat the Traumatized	Brunner/Mazel New York	1995	Charles R. Figley	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (0 available) IMU Seremban CC (2 available)	WM 170 .Com 1995
Managing Stress - Wellness	Creating Well-being: Four Steps to a Happier, Healthier Life	Washington, DC : American Psychological Association	2014	Pamela A. Hays	IMU Main (0 available) IMU BP CC (2 available) IMU Kluang CC (0 available) IMU Seremban CC (0 available)	BF 575.H27 Hay 2014
Managing Stress - Mindfulness - Stress Management	Drawing Your Stress Away: A Draw-It-Yourself Coloring Book: The Creative Journal Approach	Athens, Ohio : Swallow Press	2017	Lucia Capacchione	IMU Main (3 available) IMU BP CC (0 available) IMU Kluang CC (0 available) IMU Seremban CC (0 available)	BF 575.S75 .Cap 2017
Managing Stress - Wellness	Emotional Health and Well-being: Practical Mind Science	Dulles, VA : Mercury Learning and Information	2014	Jan Alcoe & Emily Gajewski	IMU Main (2 available) IMU BP CC (0 available) IMU Kluang CC (0 available) IMU Seremban CC (1 available)	BF 575.H27 Alc 2014
Managing Stress - Mindfulness	Everyday Blessings: The Inner Work of Mindful Parenting	Hachette Books New York	2014	Myla & Jon Kabat-Zinn	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (2 available)	WS 105.5.F2 Kab 2014
Managing Stress - Mindfulness - Stress Management	Hello, This is Your Body Talking: A Draw-It-Yourself Coloring Book. The Creative Journal Approach	Athens, Ohio : Swallow Press	2017	Lucia Capacchione	IMU Main (3 available) IMU BP CC (0 available) IMU Kluang CC (0 available) IMU Seremban CC (0 available)	BF 575.S75 .Cap 2017

Managing Stress - Mindfulness	I Am Here Now: A Creative Mindfulness Guide and Journal	Ebury Press Publication London	2015	Mindfulness Project	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available) IMU Kuala Pilah CC (1 available)	BF 637 .Iam 2015
Managing Stress - Mindfulness	Mindful-Gym Home 2.0: A Self-Help Stress Reduction and Wellness Program	Kuala Lumpur	2013	Dr. Phang Cheng Kar, MD.	IMU Main (10 available) IMU BP CC (4 available) IMU Kluang CC (4 available) IMU Seremban CC (0 available)	DVD-ROM 0525
Managing Stress - Mindfulness	Mindfulness for Busy People: Turning from Frantic and Frazzled into Calm and Composed	Pearson Education Limited Harlow, UK	2018	Michael Sinclair	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	WM 425.5.C6 .Sin 2018
Managing Stress - Mindfulness	Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing Stress and Restoring Wellbeing	Piatkus London	2013	Vidyamala Burch	IMU Main (1 available) IMU BP CC (2 available) IMU Kluang CC (1 available) IMU Seremban CC (2 available)	CD-ROM 1587
Managing Stress - Mindfulness	Mindfulness in Plain English: 20th Anniversary Edition	Boston [Mass.] : Wisdom Publications	c2011	Bhante Henepola Gunaratana	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (0 available) IMU Seremban CC (0 available)	BQ 5630.V5 Gun 2011
Managing Stress - Mindfulness	Practicing the Power of Now: Essential Teachings, Meditations, and Exercises from the Power of Now	Novato, Calif. : [Berkly, CA] : New World Library ; Distributed to the trade by Publishers Group West	1999	Eckhart Tolle	IMU Main (1 available) IMU BP CC (2 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BL 624 .Tol 1999
Managing Stress - Stress Management	Stress Management for Life: A Research-Based, Experiential Approach	Belmont : Wadsworth, Cengage Learning	2013	Michael Olpin & Margie Hesson	IMU Main (1 available) IMU BP CC (2 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	WM 172 .Olp 2013
Managing Stress - Stress Management	The Fine Arts of Relaxation, Concentration & Meditation: Ancient Skills for Modern Minds	Boston : Wisdom Publications	2003	Joel & Michelle Levey	IMU Main (1 available) IMU BP CC (0 available) IMU Kluang CC (1 available) IMU Seremban CC (0 available)	BF 637.S8 Lev 2003
Managing Stress - Mindfulness	The Miracle of Mindfulness	Beacon Press	1999	Thich Nhat Hanh	IMU Main (1 available) IMU BP CC (0 available) IMU Kluang CC (0 available) IMU Seremban CC (0 available)	BQ5612.Nha1976n.2

Managing Stress - Mindfulness	The Power of Now: A Guide To Spiritual Enlightenment	Vancouver, B.C., Canada : Novato, Calif. : Namaste Pub. ; New World Library	2004	Eckhart Tolle	IMU Main (1 available) IMU BP CC (2 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BL 624 .Tol 2004
Managing Stress - Stress Management	The Resilient Practitioner: Burnout Prevention and Self-care Strategies for Counselors, Therapists, Teachers, and Health Professionals	Routledge London	2011	Thomas M. Skoholt	IMU Main (0 available) IMU BP CC (2 available) IMU Kluang CC (1 available) IMU Seremban CC (0 available)	WM 172 .Sko 2011
Managing Stress - Stress Management	The Stress Less Workbook: Simple Strategies to Relieve Pressure, Manage Commitments, and Minimize Conflicts	New York: The Guilford Press	2012	Jonathan S. Abramowitz	IMU Main (1 available) IMU BP CC (0 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BF 575.S75 Abr 2012
Managing Stress - Wellness	Too Much and Not The Mood	Farrar, Straus and Giroux New York	2017	Durga Chew-Bose	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	PS 3603.H49 .Che 2017