

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
Self-Development - Living Effectively - Positive Living	13 Things Mentally Strong People Don't Do: Take Back Your Power, Embrace Change, Face Your Fears, And Train Your Brain for Happiness and Success	Harper Collins Publisher Broadway, New York	2014	Amy Morin	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (0 available)	WM 450.5.B5 .Mor 2014
Self-Development - Self-Help	All Is Well: Heal Your Body With Medicine, Affirmations, And Intuition	Hay House Inc Carlsbad, CA, USA	2014	Louise L. Hay	IMU Main (2 available) IMU BP CC (2 available) IMU Kluang CC (1 available) IMU Seremban CC (0 available)	WB 885 .Hay 2013
Self-Development - Self-Help General - Biography	Alone: Orphaned on The Ocean	Titelown Publishing	2010	Richard Logan	ProQuest Ebook	Click to access ProQuest Ebook
Self-Development - Emotional Intelligence	Anger: Taming A Powerful Emotion	Moody Publishers Chicago	2015	Gary Chapman	IMU Main (1 available) IMU BP CC (2 available) IMU Kluang CC (1 available) IMU Seremban CC (2 available)	BV 4627.A5 Cha 2015
Self-Development - Emotional Intelligence	Anger: Wisdom for Cooling the Flames	Riverhead Books New York	2001	Thich Nhat Hanh	IMU Main (1 available) IMU BP CC (2 available) IMU Kluang CC (1 available) IMU Seremban CC (2 available)	BQ 5410 .Nha 2001
Self-Development - Positive Living	Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment	Free Press New York	2002	Martin E. P. Seligman	IMU Main (1 available) IMU BP CC (0 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BF 575.H27 Sel 2002
Self-Development - Leadership	Barefoot Leadership: The Art and Heart of Going That Extra Mile	Kuala Lumpur : Khazanah Nasional	2012	Alvin Ong	IMU Main (10 available) IMU BP CC (5 available) IMU Kluang CC (5 available) IMU Seremban CC (10 available)	BF 637 .Ung 2012

Self-Development - Living Effectively	Blink: The Power of Thinking without Thinking	Little, Brown and Company New York	2005	Malcom Gladwell	IMU Main (1 available) IMU BP CC (2 available) IMU Kluang CC (0 available) IMU Seremban CC (0 available)	BF 448 .Gla 2005
Self-Development - Positive Living	Braided: A Journey of a Thousand Challah	She Writes Press Berkely, CA	2018	Ricanati Beth	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BM 657.C43 Ric 2018
Self-Development - Positive Living	Chicken Soup for The Soul: Find Your Inner Strength: 101 Empowering Stories of Resilience, Positive Think-Ing, and Overcoming Challenges	Cos Cob, CT : Chicken Soup for the Soul Pub	2014	Amy Newmark	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (0 available)	BF 698.35.R47 Chi 2014
Self-Development - Emotional Intelligence	Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal	Atria Books New York	2016	Donna Jackson Nakazawa	IMU Main (0 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	WS 462 .Nak 2015
Self-Development - Leadership	Dare To Lead: Brave Work, Tough Conversations, Whole Heart	Random House New York	2018	Brené Brown	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	HD 57.7 Bro 2018
Self-Development - Living Effectively	Designing Your Life: How to Build a Well-Lived, Joyful Life	Alfred A. Knopf New York	2016	Bill Burnett	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)	HF 5381 .Bur 2016
Self-Development - Time-Management	Do It Now!	London: Dorling Kindersley	2001	Bruce, Andy & Langdon, Ken	IMU Main (1 available) IMU BP CC (0 available) IMU Kluang CC (0 available) IMU Seremban CC (0 available)	HD69.T54.Bru2001
Self-Development - Living Effectively	Don't Sweat The Small Stuff-- And It's All Small Stuff: Simple Ways to Keep the Little Things from Taking Over Your Life	New York : Hyperion	c1997	Richard Carlson.	IMU Main (0 available) IMU BP CC (0 available) IMU Kluang CC (0 available) IMU Seremban CC (1 available)	BF 637.B4 Car 1997
Self-Development - Living Effectively	Dying To Be Me: My Journey from Cancer, to Near Death, to True Healing	Hay House Inc. London	2012	Anita Moorjani	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BF 575.S37 .Moo 2012

Self-Development - Emotional Intelligence	Emotions! - Making Sense of Your Feelings	Washington, DC : Magination Press	2013	Mary Larnia	IMU Main (1 available) IMU BP CC (2 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BF 561 .Lam 2013
Self Development - Positive Living	Even Happier – A Gratitude Journal for Daily Joy and Lasting Fulfilment	McGraw-Hill Education New York	2010	Tal Ben-Shahar	IMU Main (1 available) IMU BP CC (2 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BF 575.G68 Ben 2010
Self-Development - Self-Help	Everything Is Figureoutable	Penguin Business Great Britian	2019	Marie Forleo	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.S8 For 2019
Self-Development - Positive Living	Failing Forward: Turning Mistakes into Stepping Stones for Success	Nashville, TN : Thomas Nelson Publishers	c2000	John C. Maxwell	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BF637.S8 Max 2000
Self-Development - Emotional Intelligence	Forgiveness And Retribution: Responding to Wrongdoing	Cambridge : Cambridge University Press	2012	Margaret R. Holmgren	IMU Main (1 available) IMU BP CC (2 available) IMU Kluang CC (1 available) IMU Seremban CC (0 available)	BJ 1476 .Hol 2012
Self-Development - Emotional Intelligence	Getting Control of Your Anger: A Clinically Proven, Three-Step Plan for Getting to The Root of The Problem and Resolving It	McGraw-Hill Education New York	2006	Robert Allan	IMU Main (1 available) IMU BP CC (2 available) IMU Kluang CC (1 available) IMU Seremban CC (2 available)	BF 575.A5 All 2010
Self-Development - Positive Living	Gmorning, Gnight!: Little Pep Talks For Me & You.	Random House New York	2018	Lin-Manuel Miranda	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 697 .Mir 2018
Self-Development - Self-Help	Homecoming: Reclaiming and Championing Your Inner Child	Bantam Books New York	1992	John Bradshaw	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BF698.35.I55 Bra 1992

Self-Development - Personality - Communication Managing Relationship - Relationship	How to Get on with Anyone: Gain the Confidence and Charisma to Communicate with Any Personality	Pearson Education Limited Harlow, UK	2018	Catherine Stothart	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BF 637 C45 .Sto 2018
Self-Development - Self-Confidence - Self-Help	I Thought It Was Just Me (But It Isn't): Making the Journey From "What Will People Think?" to "I Am Enough"	Gotham Books New York	2008	Brené Brown	IMU Main (1 available) IMU BP CC (2 available) IMU Kluang CC (1 available) IMU Seremban CC (2 available)	HQ 1206 .Bro 2008
Self-Development - Living Effectively	Living The 7 Habits: Stories of Courage and Inspiration	New York : Simon & Schuster	1999	Stephen R. Covey	IMU Main (0 available) IMU BP CC (0 available) IMU Kluang CC (1 available) IMU Seremban CC (0 available)	BF 637.S4 Cov 1999
Self-Development - Positive Living	Make Today Count: The Secret of Your Success Is Determined By Your Daily Agenda	Centre Street, Hachette Book Group New York	2008	John C. Maxwell	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BF637.S8 Max 2008
Self-Development - Positive Living	Making Hope Happen: Create the Future You Want for Yourself and Others	Atria Books New York	2013	Shane J. Lopez	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (2 available)	BF 204.6 Lop 2013
Self-Development - Time-Management	Manage Your Time	London : Dorling Kindersley	1998	Tim Hindle	IMU Main (1 available) IMU BP CC (0 available) IMU Kluang CC (0 available) IMU Seremban CC (0 available)	HD69.T54.Hin1998
Self-Development - Positive Living - Self-Help	Mind Power: Change Your Thinking, Change Your Life (2nd Edition)	Pearson Harlow, England	2014	James Borg	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BF 637.S4 .Bor 2014
Self-Development - Positive Living	My Little Ikigai Journal: A Journey into the Japanese Secret to Living a Long, Happy, Purpose-Filled Life	Castle Point Books New York	2018	Amanda Kudo	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BJ 1589 .Kud 2018

Self-Development - Personality	Quiet: The Power of Introverts in a World That Can't Stop Talking	New York : Broadway Paperbacks	c2013	Susan Cain	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (0 available) IMU Seremban CC (1 available)	BF 698.35.I59 Cai 2013
Self-Development - Self-Help Mental Health - Depression General - Biography	Reasons to Stay Alive	Penguin Books New York	2015	Haig, Matt	IMU Main (1 available) IMU BP CC (2 available) IMU Kluang CC (1 available) IMU Seremban CC (2 available)	BF 637.S4 Hai 2015
Self-Development - Emotional Intelligence	Recovery of Your Inner Child: The Highly Acclaimed Method for Liberating Your Inner Child	Simon & Schuster New York	1991	Lucia Capacchione	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BF 698.35.I55 .Cap 1991
Self-Development - Self-Help - Self-Confidence - Emotional Intelligence	Resilient: How to Grow an Unshakeable Core of Calm, Strength & Happiness.	Harmony Books New York	2018	Forrest Hanson	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BJ 1589 .Man 2016
Self-Development - Self-Confidence - Self-Help	Rising Strong	Spiegel & Grau New York	2015	Brené Brown	IMU Main (1 available) IMU BP CC (2 available) IMU Kluang CC (1 available) IMU Seremban CC (2 available)	BF 637.S4 Bro 2015
Self-Development - Self-Confidence	Self-Compassion: The Proven Power of Being Kind to Yourself	William Morrow New York	2015	Kristin Neff	IMU Main (1 available) IMU BP CC (2 available) IMU Kluang CC (1 available) IMU Seremban CC (2 available)	BF 575.S37 Nef 2015
Self-Development - Positive Living - Self-Help	Solve For Happy: Engineering Your Path to Joy	North Star Way New York	2018	Mo Gawdat	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BF 575.H27 Gaw 2018
Self-Development - Living Effectively	The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change	Great Britain : Simon & Schuster	2013	Stephen R. Covey	IMU Main (2 available) IMU BP CC (2 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BF 637.S8 Cov 2013

Self-Development - Leadership	The 7 Laws of Learning: Why Great Leaders are Also Great Teachers	Springville, Utah: Bonneville Books	2011	Richard L. Godfrey, Hyrum W. Smith & Gerreld L. Pulisper	IMU Main (1 available) IMU BP CC (2 available) IMU Kluang CC (0 available) IMU Seremban CC (0 available)	LB 1025.3 God 2011
Self Development - Living Effectively - Leadership	The 8th Habit: From Effectiveness to Greatness	Free Press New York	2004	Steven R Covey	IMU Main (4 available) IMU BP CC (2 available) IMU Kluang CC (1 available) IMU Seremban CC (0 available)	BF 637.S4 Cov 2004
Self-Development - Emotional Intelligence	The Anger Management Sourcebook	Contemporary Books Chicago	2002	Glenn Schiraldi	IMU Main (1 available) IMU BP CC (2 available) IMU Kluang CC (1 available) IMU Seremban CC (2 available)	BF575.A5 Sch 2002
Self-Development - Positive Living	The Body is No an Apology: The Power of Radial Self-Love	Berrett-Koehler Publishers Oakland	2018	Sonya Renee Taylor	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BJ 1589 .Kud 2018
Self-Development - Self-Help	The Chimp Paradox: The Mind Management Program to Help You Achieve Success, Confidence, and Happiness	Jeremy P. Tarcher/Penguin New York	2013	Steve Peter	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BF 632 .Pet 2013
Self-Development - Self-Confidence	The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt	Boston : Trumpeter	2011	Russ Harris	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (0 available) IMU Seremban CC (0 available)	BF 575.S39 Har 2011
Self-Development - Self-Help	The Creative Journal: The Art of Finding Yourself: 35th Anniversary Edition	Ohio University Press	2015	Lucia Capacchione	ProQuest Ebook	Click to access ProQuest Ebook
Self-Development - Emotional Intelligence	The Dance of Fear: Rising Above Anxiety, Fear, and Shame to Be Your Best and Bravest Self	New York : HarperCollins Publishers	2004	Lerner, Harriet Goldhor	IMU Main (2 available) IMU BP CC (0 available) IMU Kluang CC (0 available) IMU Seremban CC (0 available)	BF 575.F2 Ler 2004
Self-Development - Living Effectively	The Don't Sweat The Small Stuff Workbook: Simple Ways to Keep The Little Things from Taking Over Your Life	New York : Hyperion	c1998	Richard Carlson	IMU Main (2 available) IMU BP CC (2 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BF 637.B4 Car 1998

Self-Development - Self-Help General - Psychology	The Emotionally Absent Mother – A Guide to Self-Healing and Getting the Love You Missed	Experiment New York	2010	Jasmin Lee Cori	IMU Main (1 available) IMU BP CC (2 available) IMU Kluang CC (0 available) IMU Seremban CC (2 available)	HQ 759 .Cor 2010
Self-Development - Self-Help - Emotional Intelligence	The Fear and Anxiety Solution: A Breakthrough Process For Healing and Empowerment with Your Subconscious Mind	Sounds True Boulder, Colo	2012	Friedemann Schaub	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BF 637.S4 Sch 2012
Self Development - Self-Confidence	The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are	Hazelden Center City, Minn	2010	Brené Brown	IMU Main (1 available) IMU BP CC (2 available) IMU Kluang CC (1 available) IMU Seremban CC (2 available)	BF 697 .Bro 2010
Self-Development - Self-Help Mental Health	The Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce, and Other Losses Including Health, Career, and Faith	Collins Living New York	2009	John W. James	IMU Main (2 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (2 available)	BF 575.G7 Jam 2009
Self-Development - Self-Help	The Happiness Trap: How To Stop Struggling and Start Living	Boston : Trumpeter	2008	Russ Harris	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (0 available) IMU Seremban CC (1 available)	BF 575.H27 Har 2008
Self-Development - Self-Help - Personality Managing Stress - Stress Management	The Highly Sensitive Person: How to Thrive When The World Overwhelms You	Harmony Books New York	2016	Elaine N Aron	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BF 698.35.S47 Aro 2016
Self-Development - Positive Living - Living Effectively - Self-Confidence	The Magic of Thinking Big	Magdalene Press United States	2015	David J. Schwartz	IMU Main (0 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BF 637.Sch 2015
Self-Development - Emotional Intelligence Managing Stress - Wellness	The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions	Guilford Press New York	2009	Christopher K. Germer	IMU Main (1 available) IMU BP CC (2 available) IMU Kluang CC (1 available) IMU Seremban CC (2 available)	BF 531 .Ger 2009

Self-Development - Positive Living	The Power of Fun: Why Fun is The Key to a Happy and Healthy Life	London : Penguin Books	2021	Price, Catherine	IMU Main (3 available) IMU BP CC (0 available) IMU Kluang CC (0 available) IMU Seremban CC (0 available)	BF 575.H27 .Pri 2021
Self-Development - Self-Help	The Power of Your Other Hand: Unlock Creativity and Inner Wisdom through the Right Side of Your Brain	Newburyport, MA : Conari Press	2019	Capacchione, Lucia	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BF 637.S4 .Cap 2019
Self-Development - Self-Help	The Reality Slap: Finding Peace and Fulfillment When Life Hurts	Oakland, CA : New Harbinger Publications	c2012	Russ Harris	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (0 available) IMU Seremban CC (0 available)	BF 632 .Har 2012
Self-Development - Self-Help	The REBT Super-Activity Guide: 52 Weeks of REBT for Clients, Groups, Students, and You!	Createspace Independent Publishing Platform	2009	Pamela D. Garcy Ph.D	IMU Main (0 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (0 available)	WM 425 .Gar 2009
Self-Development - Self-Confidence	The Self Esteem Coach: 10 Days to A Confident New You	Watkins Publishing London	2012	Lynda Field	IMU Main (2 available) IMU BP CC (0 available) IMU Kluang CC (1 available) IMU Seremban CC (0 available)	BF697.5.S46 Fie 2012
Self-Development - Living Effectively	The Strength in Our Scars	Thought Catalog Books San Francisco	2018	Bianca Sparacino	IMU Main (0 available) IMU BP CC (0 available) IMU Kluang CC (1 available) IMU Seremban CC (0 available)	BF 698.35 .Spa 2018
Self-Development - Self-Help - Self-Actualization	The Subtle Art of Not Giving a F*ck: A Counterintuitive Approach to Living a Good Life	HarperColling Publishers New York	2016	Mark Manson	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BJ 1589 .Man 2016
Self-Development - Positive Living	Timmy Failure: Mistakes Were Made	Somerville, Mass. : Candlewick Press	2013	Stephan Pastis	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (0 available)	PZ7.P269422 Pas 2013
Self-Development - Positive Living - Self-Help	What About the Big Stuff? Finding Strength And Moving Forward When The Stakes Are High	Hyperion New York	2002	Richard Carlson	IMU Main (2 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	BF 637.L53 Car 2002

Self-Development - Self-Help	What I Wish I Knew When I was 20: A Crash Course on Making Your Place in the World	HarperOne New York	2010	Tina Seelig	IMU Main (0 available) IMU BP CC (1 available) IMU Kluang CC (1 available) IMU Seremban CC (1 available)	LC 1037.5 .See 2019
Self-Development - Living Effectively - Positive Living	When Bad Things Happen to Good People	New York : Pan Book	2002	Harold S. Kushner	IMU Main (1 available) IMU BP CC (1 available) IMU Kluang CC (0 available) IMU Seremban CC (1 available)	BM 645.P7 Kus 2002
Self-Development - Emotional Intelligence - Personality	Working With Emotional Intelligence	Bantam Books New York	1998	Daniel Goleman	IMU Main (1 available) IMU BP CC (0 available) IMU Kluang CC (0 available) IMU Seremban CC (0 available) Tan Sri Abu Bakar Office (1 available)	IMU Main: D38.2 Gol 1998 Tan Sri Abu Bakar Office: HD38.2 Gol 1998
Self-Development - Self-Help	You Can Heal Your Life	Hay House Inc Sant Monica, CA, USA	2004	Louise L. Hay	IMU Main (2 available) IMU BP CC (2 available) IMU Kluang CC (1 available) IMU Seremban CC (0 available)	BF 637 .S4 Hay 2004