***PSY1809: The Science of Stress***

***Book Recommendations for Section Material***

**Self-Monitoring/ Behavior Change**

* *Self-Tracking* – Gina Neff & Dawn Nafus ([Find it here](https://mitpress.mit.edu/books/self-tracking))
* *Small Move, Big Change* – Caroline Arnold ([Find it here](https://www.amazon.com/Small-Move-Big-Change-Microresolutions/dp/0670015342))
* *Switch: How to Change Things When Change is Hard* – Chip & Dan Heath ([Find it here](https://www.amazon.com/Switch-Change-Things-When-Hard/dp/0385528752))
* *The Brain That Changes Itself* – Norman Doidge, MD ([Find it here](https://www.amazon.com/Brain-That-Changes-Itself-Frontiers/dp/0143113100))

**Take a Deep Breath – Relaxation**

* *How to Relax* – Thich Nhat Hanh ([Find it here](https://www.amazon.com/Relax-Mindfulness-Essentials-Thich-Nhat/dp/1941529089))
* *The Healing Power of the Breath* – Richard P Brown, MD ([Find it here](https://www.amazon.com/Healing-Power-Breath-Techniques-Concentration/dp/1590309022))
* *The Relaxation & Stress Reduction Workbook* – Martha Davis, PhD ([Find it here](https://www.amazon.com/Relaxation-Reduction-Workbook-Harbinger-Self-Help/dp/1572245492))
* *Relaxation for Dummies* – Shamash Alidina, MEng/ MA (Ed) ([Find it here](https://www.amazon.com/Relaxation-Dummies-Book-Shamash-Alidina/dp/111999909X))

**Think Again – Cognitive Reappraisal**

* *Cognitive Behavioral Therapy Made Simple: 10 Strategies for Managing Anxiety, Depression, Anger, Panic, and Worry* – Seth J Gillihan, PhD ([Find it here](https://www.amazon.com/Cognitive-Behavioral-Therapy-Made-Simple/dp/1939754852))
* *Change Your Thinking: Overcome Stress, Anxiety, and Depression, and Improve Your Life with CBT* – Sarah Edelman, PhD ([Find it here](https://www.amazon.com/Change-Your-Thinking-Overcome-Depression/dp/1600940528))
* *Mind Over Mood*: *Change How You Feel by Changing the Way You Think –* Dennis Greenberger, PhD ([Find it here](https://www.amazon.com/Mind-Over-Mood-Second-Changing/dp/1462520421))
* *The Feeling Good Handbook* ***–***David Burns ([Find it here](https://www.amazon.com/Feeling-Good-Handbook-David-Burns/dp/0452281326))

**Get Your Zzz’s – Sleep**

* *Sleep Smarter: 21 Essential Strategies to Sleep Your Way to a Better Body, Better Health, and Bigger Success* – Shawn Stevenson ([Find it here](https://www.amazon.com/Sleep-Smarter-Essential-Strategies-Success-ebook/dp/B019G14UQI))
* *Why We Sleep: Unlocking the Power of Sleep and Dreams* – Matthew Walker PhD ([Find it here](https://www.amazon.com/Why-We-Sleep-Unlocking-Dreams/dp/1501144316))
* *The Nocturnal Brain: Nightmares, Neuroscience, and the Secret World of Sleep* – Guy Leschziner, PhD ([Find it here](https://www.amazon.com/Nocturnal-Brain-Nightmares-Neuroscience-Secret/dp/1250202701))

**Get Moving – Physical Exercise**

* *The Revolutionary New Science of Exercise and the Brain* – John Ratey, MD ([Find it here](https://www.amazon.com/Spark-Revolutionary-Science-Exercise-Brain/dp/0316113514))

**Behavioral Activation**

* *Man’s Search for Meaning* – Victor Frankl ([Find it here](https://www.amazon.com/Mans-Search-Meaning-Viktor-Frankl/dp/080701429X))
* *The Book of Joy: Lasting Happiness in a Changing World* – Dalai Lama & Desmond Tutu ([Find it here](https://www.amazon.com/Book-Joy-Lasting-Happiness-Changing/dp/0399185046))
* *Overcoming Depression One Step at a Time: The New Behavioral Activation Approach to getting your Life Back* ([Find it here](https://www.amazon.com/Overcoming-Depression-One-Step-Time/dp/1572243678/ref%3Dsr_1_5?dchild=1&keywords=behavioral+activation&qid=1589396003&sr=8-5))

**Mindfulness – Be Present**

* *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life* – Jon Kabat-Zinn ([Find it here](https://www.amazon.com/Wherever-You-There-Are-Mindfulness/dp/1401307787))
* *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness* – Jon Kabat-Zinn ([Find it here](https://www.amazon.com/Full-Catastrophe-Living-Revised-Illness/dp/0345536932))
* *Mindfulness for Beginners: Reclaiming the Present Moment and Your Life* – Jon Kabat-Zinn ([Find it here](https://www.amazon.com/Mindfulness-Beginners-Reclaiming-Present-Moment/dp/1622036670))
* *The Miracle of Mindfulness: An Introduction to the Practice of Meditation* – Thich Nhat Hanh (Find it here)

**Mindfulness – Acceptance & Non-judgment**

* *Worry Less, Live More: The Mindful Way through Anxiety Workbook* – Sue Orsillo & Liz Roemer ([Find it here](https://www.amazon.com/Worry-Less-Live-More-Workbook-ebook/dp/B01DUK1L7W/ref%3Dsr_1_fkmr0_1?dchild=1&keywords=sue+orsillo&qid=1588003077&s=books&sr=1-1-fkmr0))
* *Radical Acceptance: Embracing Your Life with the Heart of a Buddha* – Tara Brach ([Find it here](https://www.amazon.com/Radical-Acceptance-Embracing-Heart-Buddha/dp/0553380990))
* *The Gifts of Imperfection: Let Go of Who You Think You’re Supposed to Be and Embrace Who You Are* – Brene Brown ([Find it here](https://www.amazon.com/Gifts-Imperfection-Think-Supposed-Embrace/dp/159285849X))
* *The Untethered Soul*: *The Journey Beyond Yourself* – Michael Singer ([Find it here](https://www.amazon.com/Untethered-Soul-Journey-Beyond-Yourself/dp/1572245379))

**Be Kind to Yourself – Self-Compassion**

* *Self-Compassion: The Proven Power of Being Kind to Yourself* – Kristin Neff, PhD ([Find it here](https://www.amazon.com/Self-Compassion-Proven-Power-Being-Yourself/dp/0061733520))
* *The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive* – Kristen Neff, PhD ([Find it here](https://www.amazon.com/Mindful-Self-Compassion-Workbook-Yourself-Strength/dp/1462526780/ref%3Dtmm_pap_swatch_0?_encoding=UTF8&qid=1587604848&sr=1-4))
* *The Mindful Path to Self*-*Compassion: Freeing Yourself from Destructive Thoughts and Emotions* – Christopher Germer, PhD ([Find it here](https://www.amazon.com/Mindful-Path-Self-Compassion-Yourself-Destructive/dp/1593859759))