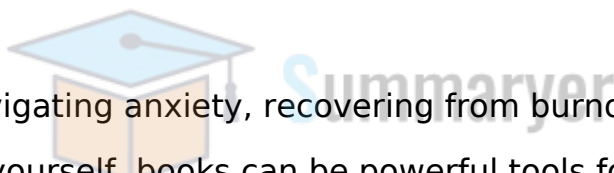


Best Books for Improving Mental Health: 10 Must-Reads for Healing, Growth & Resilience



Whether you're navigating anxiety, recovering from burnout, or simply looking to better understand yourself, books can be powerful tools for healing and growth. Below is a curated list of the **best books for improving mental health**, covering everything from mindfulness to trauma recovery to building emotional resilience.

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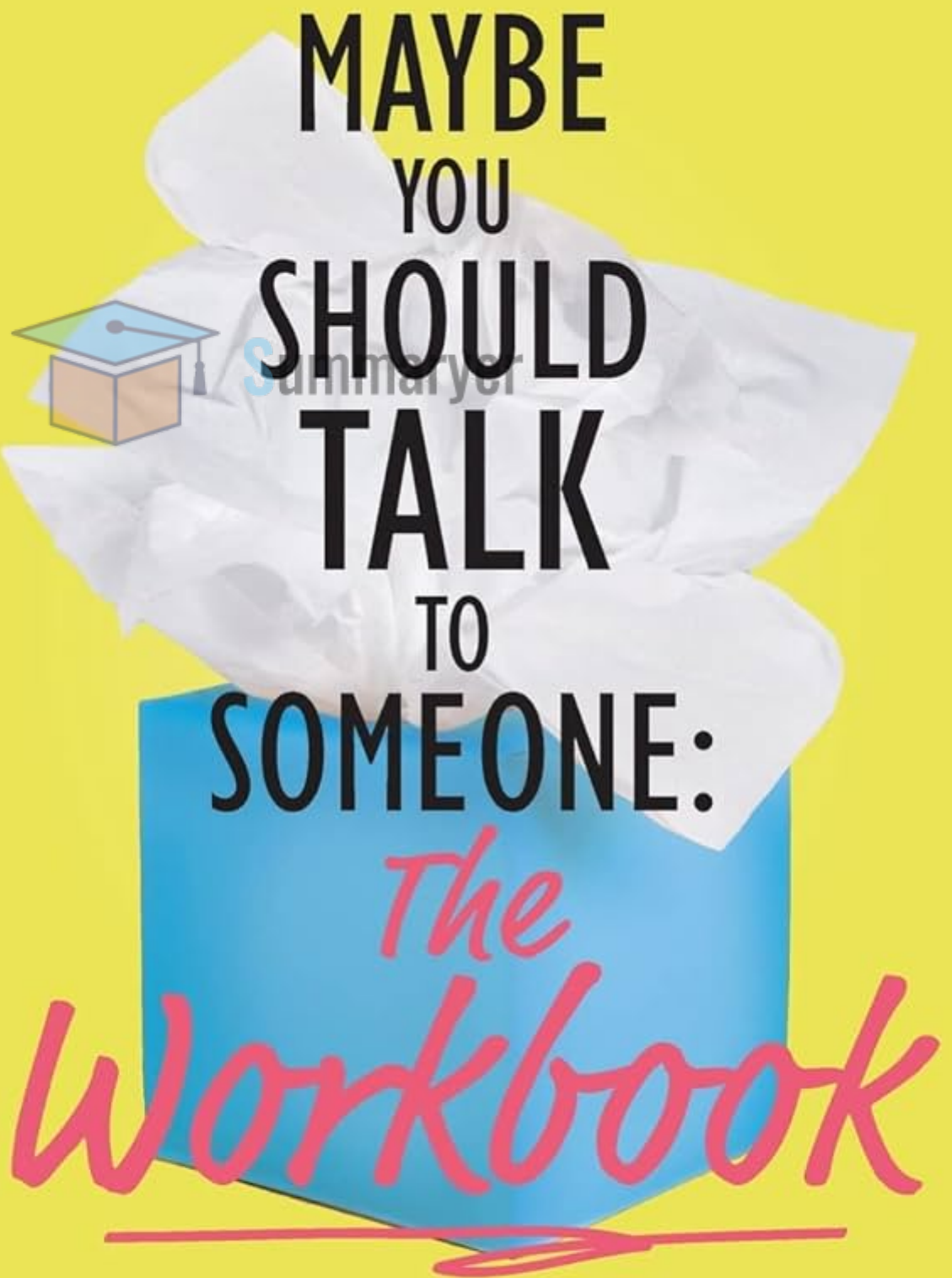


1. *The Body Keeps the Score* by Bessel van der Kolk

□ **Topic:** Trauma, PTSD, Somatic Healing

A landmark in trauma recovery, this book explains how trauma physically reshapes the brain and body—and how we can use body-based therapies (like yoga, EMDR, and mindfulness) to recover. It's heavy but life-changing.

From the NEW YORK TIMES Bestseller



**MAYBE
YOU
SHOULD
TALK
TO
SOMEONE:**
*The
Workbook*

A Toolkit for Editing Your Story and Changing Your Life

Lori Gottlieb

2. *Maybe You Should Talk to Someone* by Lori Gottlieb

☐ **Topic:** Therapy, Self-Awareness, Humor

Written by a therapist about her own experience *in* therapy, this memoir is raw, insightful, and unexpectedly funny. Perfect for anyone curious about what really happens in therapy—and in our minds.

The International Bestseller

'This amazing book
will change your life'

ELTON JOHN



'Wonderful'

HILLARY CLINTON

Lost Connections

Why You're Depressed
and How to Find Hope

'Brilliant, stimulating, radical'

MATT HAIG



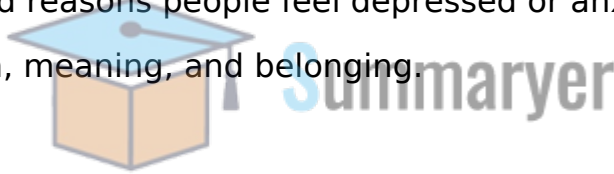
JOHANN HARI

BLOOMSBURY

3. *Lost Connections* by Johann Hari

☐ **Topic:** Depression, Root Causes, Connection

This book challenges the traditional “chemical imbalance” narrative and explores 9 disconnection-based reasons people feel depressed or anxious—plus solutions rooted in social connection, meaning, and belonging.



1 *NEW YORK*



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4. *Atomic Habits* by James Clear

☐ **Topic:** Habit Change, Motivation, Structure

Not strictly a “mental health” book, but building better habits is foundational to mental well-being. Learn how to create small, sustainable changes that rewire your life—and your mood.



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5. *Radical Acceptance* by Tara Brach

☐ **Topic:** Mindfulness, Self-Compassion

If you struggle with harsh self-judgment or never feeling “enough,” this book offers a beautiful blend of Buddhist wisdom and psychological insight to help you let go of shame and embrace yourself.

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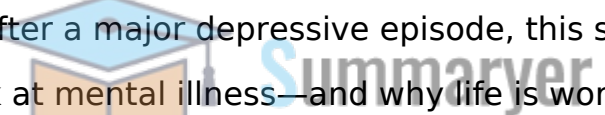
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6. *Reasons to Stay Alive* by Matt Haig

☐ **Topic:** Depression, Survival, Hope

Written during and after a major depressive episode, this short and poetic memoir offers an honest look at mental illness—and why life is worth sticking around for.



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"This book is a gift! I've been
game changer." —B

#1 New York T

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7. *Burnout: The Secret to Unlocking the Stress Cycle* by Emily & Amelia Nagoski

☐ **Topic:** Stress, Exhaustion, Feminine Burnout

Especially relevant for women, this book dives into the science of why stress gets “stuck” in the body—and how to release it through physical and emotional practices.

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8. *Quiet: The Power of Introverts in a World That Can't Stop Talking* by Susan Cain

☐ **Topic:** Introversion, Energy, Identity

For those who've ever felt "too quiet" or misunderstood, this book celebrates the strength of quiet minds and teaches how to honor your natural energy without shame.

OVER ONE MILLION COPIES SOLD

The HAPPINESS TRAP



Summary

Second Edition
Over 50% new
material

How to Stop Struggling and Start Living

A guide to ACT: the mindfulness-based program for reducing stress and anxiety, overcoming depression, developing self-compassion, and creating a rich and meaningful life

RUSS HARRIS

9. *The Happiness Trap* by Russ Harris

☐ **Topic:** ACT Therapy, Acceptance, Realistic Joy

Based on Acceptance and Commitment Therapy (ACT), this book shows why chasing happiness can make us miserable—and how to build a more meaningful life by learning to live with discomfort.



Summaryer

**‘Some books shake you
others steal your heart
the exact same time**



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10. *Untamed* by Glennon Doyle

☐ **Topic:** Identity, Feminism, Liberation

More personal and fiery, this memoir invites you to break out of societal expectations and live a mentally freer, more authentic life—whatever that looks like for you.



☐ **Bonus: Journaling Companions & Workbooks**

- *The Self-Love Workbook* by Shainna Ali
- *Mind Over Mood* by Dennis Greenberger & Christine A. Padesky
- *The Anxiety and Phobia Workbook* by Edmund Bourne

These interactive books are perfect for working through specific challenges in a structured, practical way.

Final Thoughts

Mental health isn't a one-size-fits-all journey—but books can offer profound support, insight, and validation along the way. Whether you're in therapy, exploring on your own, or just starting to tune in to your emotions, these reads can help you feel a little more seen, and a lot less alone.

