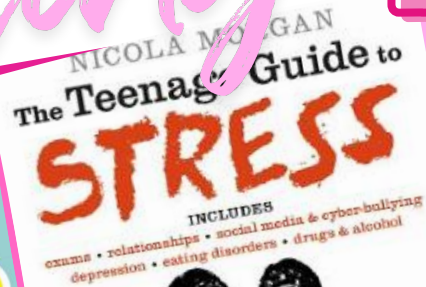
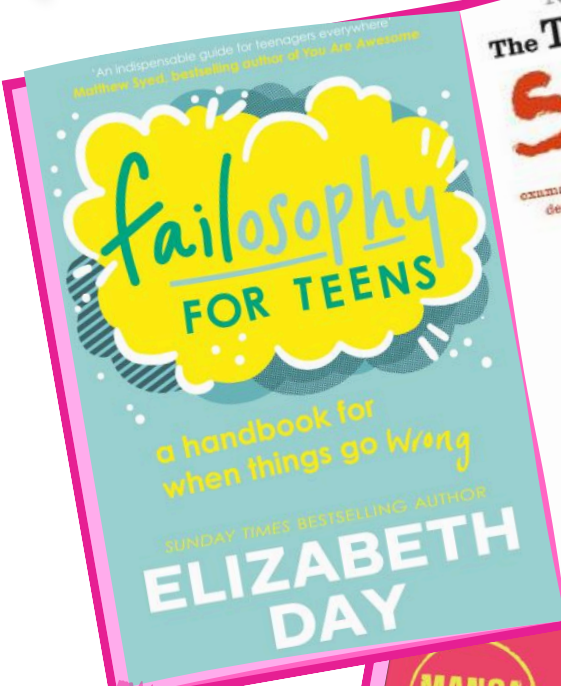


# Psychology

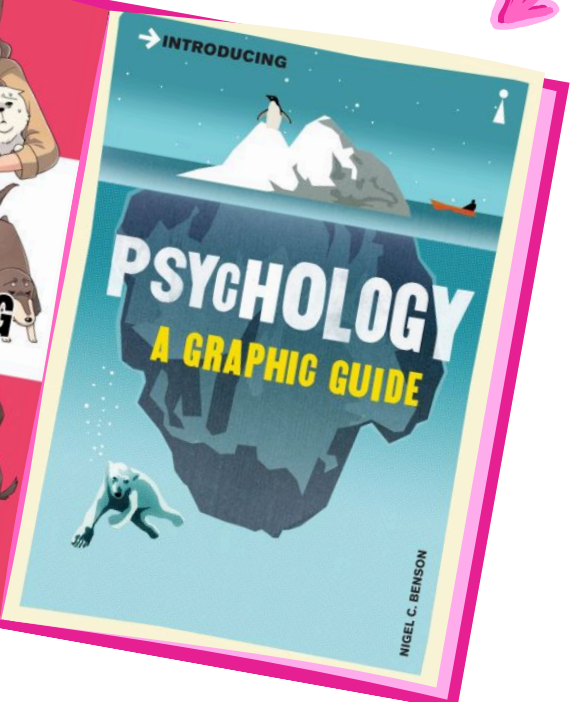
## Reading LIST



You can borrow these books from the library!



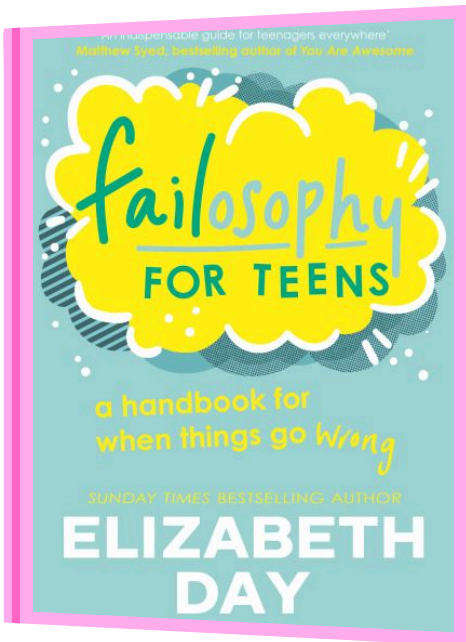
More books



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# Psychology

## Reading LIST



*A guide to being happier, healthier and succeeding better.*

*Failosophy For Teens* is a guide to those moments when life doesn't go to plan. Using personal experience and stories shared by guests on her podcast, "How to Fail", Elizabeth's book is full of advice.



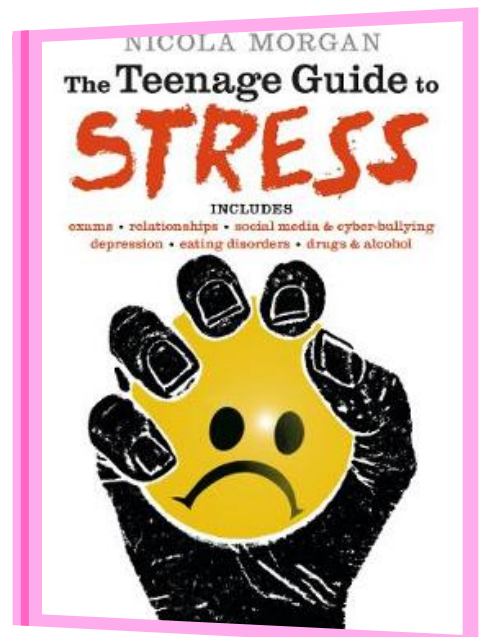
SCAN ME

Being a teenager can be incredibly stressful. *The Teenage Guide to Stress* examines all these problems and more, with great strategies for beating them.

*Includes: exams, relationships, social media & cyber-bullying, depression, eating disorders, drugs & alcohol.*



SCAN ME



# Psychology

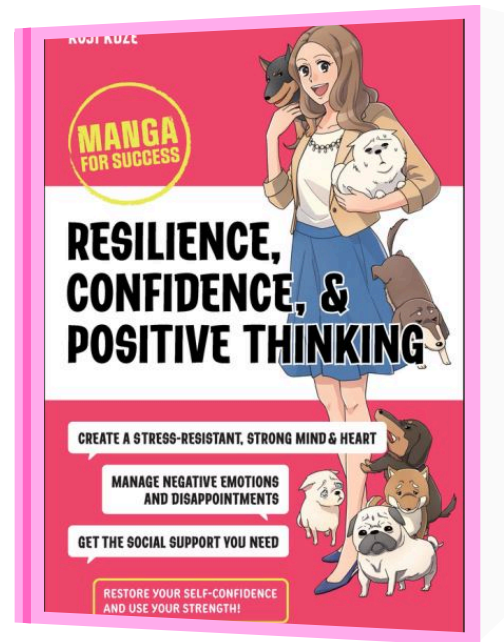
## Reading LIST

*Strengthen your confidence, positivity, and resilience with Manga for Success!*

Understand the principles of positive psychology and resilience, and learn how they can easily be applied in your life. Learn how to watch out for emotional vampires, build your self-empowerment, control negative emotions, while building a strong mind and heart.

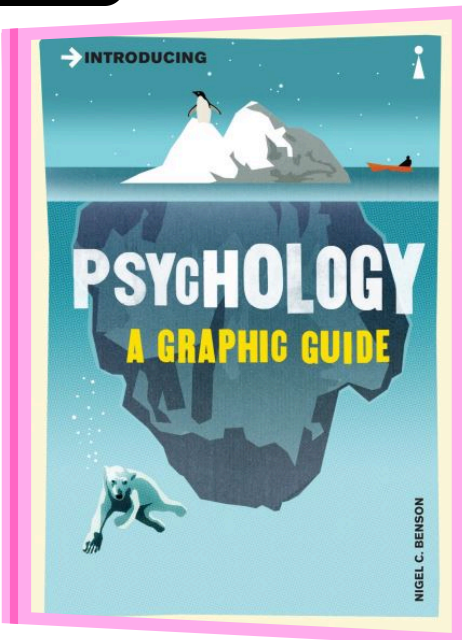


SCAN ME



*Examines the main theories within the field of psychology.*

What is psychology? When did it begin? Where did it come from? How does psychology compare with related subjects such as psychiatry and psychotherapy? To what extent is it scientific? *Introducing Psychology* answers all these questions and more.



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