



ALLARD SCHOOL OF LAW

LAW STUDENT
WELLBEING
LIBRARY

The Student Wellbeing Program



PETER A. ALLARD
SCHOOL OF LAW

THE UNIVERSITY OF BRITISH COLUMBIA

LAWYER WELLBEING

- The Good Lawyer: Seeking Quality in the Practice of Law
- Mindfulness for law students : using the power of mindful awareness to achieve balance and success in law school
- The Anxious Lawyer: An 8-Week Guide to a Joyful and Satisfying Law Practice Through Mindfulness and Meditation
- The Happy Lawyer: Making a Good Life in the Law
- The Six-Minute Solution: A Mindfulness Primer for Lawyers
- Lawyer Wellness Is NOT An Oxymoron: Why Tomorrow's Top Lawyers Must Embrace Wellness Today-And What You Need to Do to Be One of Them
- A Short & Happy Guide to Being a Law Student
- The Law School Book, 3/E: Succeeding at Law School by Allan C Hutchinson
- Should You Really Be A Lawyer?: The Guide To Smart Career Choices Before, During & After Law School
- Yoga for Lawyers: Mind-Body Techniques to Feel Better All the Time
- Beyond Smart: Lawyering with Emotional Intelligence

MEDITATION/MINDFULNESS:

- Mindfulness for law students : using the power of mindful awareness to achieve balance and success in law school
- The Anxious Lawyer: An 8-Week Guide to a Joyful and Satisfying Law Practice Through Mindfulness and Meditation
- The Six-Minute Solution: A Mindfulness Primer for Lawyers
- Mindfulness-Based Relapse Prevention for Addictive Behaviors: A Clinician's Guide
- The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors
- The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy

ANXIETY

- *The Anxious Lawyer: An 8-Week Guide to a Joyful and Satisfying Law Practice Through Mindfulness and Meditation*
- *The Social Anxiety Workbook for Work, Public & Social Life: Strategies to Decrease Shyness and Increase Confidence in Any Situation*
- *Cards for Calm: A Therapy Tool to Combat Anxiety and Negative Thinking*
- *The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy*
- *Mind Over Mood, Second Edition: Change How You Feel by Changing the Way You Think*

DEPRESSION

- The Upward Spiral Workbook
- The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness
- How to Be Happy (Or at Least Less Sad): A Creative Workbook Paperback
- Mind Over Mood, Second Edition: Change How You Feel by Changing the Way You Think

STRESS

- [The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It](#)
- [Stress Management for Lawyers: How to Increase Personal & Professional Satisfaction in the Law](#)
- [The Relaxation and Stress Reduction Workbook](#)
- [The Stress-Proof Brain: Master Your Emotional Response to Stress Using Mindfulness and Neuroplasticity](#)
- [Mindset: The New Psychology of Success](#)
- [Stress Less Cards - 50 Inspirational Mindfulness & Meditation Exercises | Helps Relieve Stress, Anxiety | Natural Relaxation, Insomnia & Sleep Aid](#)
- [Shake It Off Naturally: Reduce Stress, Anxiety, and Tension with \[TRE\]](#)
- [Trauma Releasing Exercises \(TRE\): A revolutionary new method for stress/trauma recovery](#)
- [Yoga for Lawyers: Mind-Body Techniques to Feel Better All the Time](#)

EMOTIONAL INTELLIGENCE

- Emotional Intelligence: Why It Can Matter More Than IQ
- Primal Leadership, With a New Preface by the Authors: Unleashing the Power of Emotional Intelligence
- Beyond Smart: Lawyering with Emotional Intelligence

IMPOSTER SYNDROME

- I Thought It Was Just Me (but it isn't): Making the Journey from "What Will People Think?" to "I Am Enough"
- The Imposter Syndrome Remedy A 30-day Action Plan to stop feeling like a fraud: The PAME Code to end self-sabotage, know your worth, and flourish with self-confidence at work and in life

COMMUNICATION/NETWORKING

- The Social Anxiety Workbook for Work, Public & Social Life: Strategies to Decrease Shyness and Increase Confidence in Any Situation
- How To Be An Introvert In An Extrovert World
- Crucial Conversations Tools for Talking When Stakes Are High
- Fine Art of Small Talk: Conversation Starters for Business Networking and Daily Life: Small Talk, How to Network, Always Know What to Say, How to Talk
- Living Nonviolent Communication: Practical Tools to Connect and Communicate Skillfully in Every Situation

SUBSTANCE

- The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques
- Screening, Assessment, and Treatment of Substance Use Disorders: Evidence-based practices, community and organizational setting in the era of integrated care
- The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors

GENERAL WELLBEING

- The Pocket Guide to the Polyvagal Theory: The Transformative Power of Feeling Safe
- Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead
- I Can Do It Cards
- Inside out - DVD
- Inside Out Driven by Emotions
- The Antidote: Happiness For People Who Can't Stand Positive Thinking