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### Books

1. The Hardy Executive, Health under Stress. Salvatore Maddi Ph.D & Suzanne Kobosa Ph. D
2. Developing resilience – A cognitive behavioural approach by Michael Neenan
3. Learned Optimism – How to change your mind & your life, Martin Seligman
4. Mindfulness - The 8 week meditation programme for a frantic world Book and CD's - Danny pelman and Mark Williams - very informative and accessible
5. Self-compassion - Step by Step, Kirsten Neff
6. The compassionate Mind – Paul Gilbert