

Attleboro's 1ABC Community Read Presents:

Stress Less, Read More!

Titles connected to the work of
Manet Community Health Center



Where to Start: A Survival Guide to Anxiety, Depression, and Other Mental Health Challenges YA 618.9289 WHER 2023

You Are Not Alone: The NAMI Guide to Navigating Mental Health With Advice from Experts and Wisdom from Real People and Families

by Ken Duckworth 616.89 DUC 2022

Clean Slate: A Cookbook and Guide: Reset Your Health, Detox Your Body, and Feel Your Best 613.2 CLEA 2014

Talking About Mental Health

by Louise Spilsbury J 362.19689 SPI (Available in SAILS catalog)

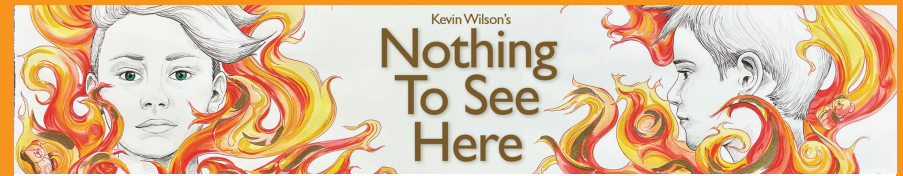
A Practical Approach to Becoming a Healthcare Professional

by Sandra Dimeo CC 610.737 DIM 2012

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