



Read@Work

Well-Being Resource List

“

*Reading gives us someplace to go
when we have to stay where we are.*

”

- Mason Cooley

We are living in exceptional times.

Read-lax. In this special edition of the Read@Work e-newsletter, we have compiled a list of e-books, articles and videos to tide you through this circuit breaker period. We hope these resources will offer some respite from the news, and provide you with tips to stay sane in this seemingly crazy world.



The Art of Not Falling Apart

by Christina Patterson
Call no.: English 070.92 PAT

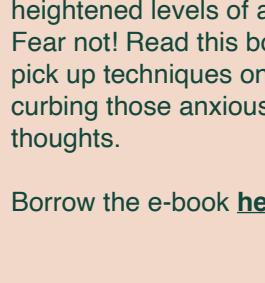
London: Atlantic Books, 2019

Life is an adventure. As we navigate a new normal, learn the ways others have dealt with the unexpected and come out of it with a new perspective on life.

Borrow the e-book [here](#).

The Worry Trick

by David A Carbonell
Call no.: English 152.46 CAR



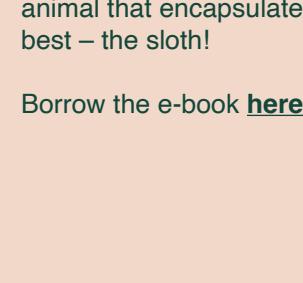
Oakland, CA: New Harbinger Publications, Inc., 2016.

With a global pandemic in the works, it is inevitable that we are all experiencing heightened levels of anxiety. Fear not! Read this book to pick up techniques on curbing those anxious thoughts.

Borrow the e-book [here](#).

A Sloth's Guide to Mindfulness

by Ton Mak
Call no.: English 158.12 MAK



San Francisco: Chronicle Books, 2018.

Packed with cute illustrations, learn about mindfulness through the animal that encapsulates it best – the sloth!

Borrow the e-book [here](#).

I Spent a Year in Space, and I Have Tips on Isolation to Share

by Chelsea Gohd

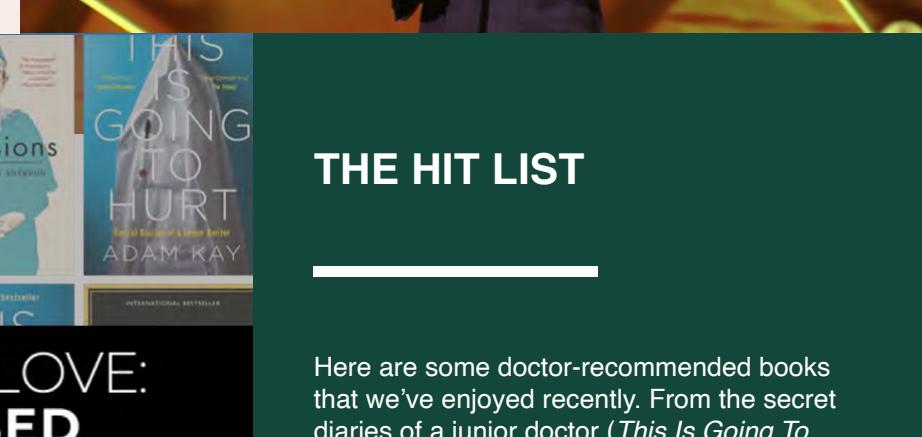


Cooped up at home? Among all professions, we think the astronauts would know best what isolation entails, and how to cope with it.

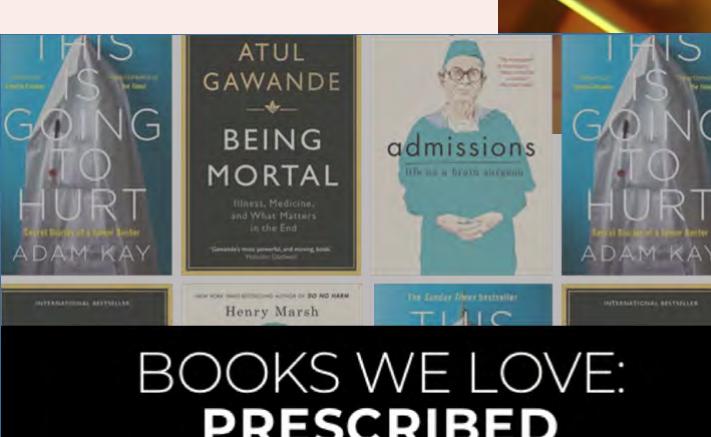
Read the article [here](#).

WATCH THIS!

How to Make Stress Your Friend by Kelly McGonigal



THE HIT LIST



BOOKS WE LOVE: PRESCRIBED READING



DID YOU KNOW?

Here are some doctor-recommended books that we've enjoyed recently. From the secret diaries of a junior doctor (*This Is Going To Hurt*) to the reflections of a seasoned neurosurgeon (*Admissions*) and a practising surgeon (*Being Mortal*), delve into the heart-stopping, blood-curdling action that define the lives of doctors today.

Borrow the e-books [here](#).



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