The Wellbeing Collection

A collection of self-help books, feel-good fiction and feel-good films compiled by BGU Library to help boost your mood.

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Self-help books


Self-help books (cont.)


Self-help books (cont.)


Feel-good fiction

The books below are a combination of mood-boosting suggestions from The Reading Agency’s *Reading Well* initiative and recommendations from the Library team. More can be found on the Reading Agency’s website at https://readingagency.org.uk/adults/quick-guides/reading-well


Feel-good fiction (cont.)


Feel-good fiction (cont.)


Feel-good films

DVDs are located on the first floor of the Library, at the far end of the book shelves by the Lincolnshire Collection.


Feel-good films (cont.)


Feel-good films (cont.)


Feel-good films (cont.)


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