

Book Recommendations for Emotional Wellbeing and Chronic Illness

The Happiness Trap: How to Stop Struggling and Start Living

By Russ Harris

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness

By Jon Kabat-Zinn

Man's Search for Meaning

By Viktor Frankl

Reality Slap: Finding Peace and Fulfillment When Life Hurts

By Russ Harris

A Liberated Mind: How to Pivot Toward What Matters

By Steven Hayes

Get Out of Your Mind and into Your Life: Acceptance and Commitment Therapy

By Steven Hayes

Calming the Emotional Storm: Using Dialectical Behavior Therapy Skills to Manage Your Emotions and Balance Your Life

By Sheri Van Dijk

Flourish

By Martin Seligman

The Anxiety and Worry Workbook: The Cognitive Behavioral Solution

By David A. Clark and Aaron T. Beck