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


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

Thank you to this year’s Attleboro 1ABC Community Read Sponsors:

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