Coping

Books to help you stay calm and protect your mental health during tough times.

- **Nervous Energy**: Harness the Power of Your Anxiety
  - Dr. Chloe Carmichael

- **The World Beyond Your Head**: On Becoming an Individual in an Age of Distraction
  - Matthew B. Crawford

- **The Hot Young Widows Club**: Lessons on Survival from the Front Lines of Grief
  - Nora McInerny

- **The Enchanted Hour**: The Miraculous Power of Reading Aloud in the Age of Distraction
  - Meghan Cox Gurdon

- **The Anxiety First Aid Kit**: Quick Tools for Extreme, Uncertain Times

- **The Art of the Wasted Day**: Why You Can't Pay Attention—and How to Think Deeply Again
  - Patricia Hampl

- **Stolen Focus**: Finding Presence and Productivity in Anxious Times
  - Johann Hari

- **How to Calm Your Mind**: Finding Presence and Productivity in Anxious Times
  - Chris Bailey

- **SLOW**: Simple Living for a Frantic World
  - Brooke McAlary