

free from

PANIC ATTACKS

INSPIRATIONAL BOOKS

BOOKS THAT AREN'T SPECIFICALLY ABOUT ANXIETY

Personal Development

- The Subtle Art of not Giving a F*ck - Mark Manson
- Atomic Habits - James Clear
- The 7 Habits of Highly Effective People - Stephen R. Covey
- Working Hard, Hardly Working - Grace Beverley
- The Pathless Path - Paul Millerd
- Sapiens - Yuval Noah Harari

Nutrition

- The Proof is in the Plants - Simon Hill
- Fiber Fueled - Will Bulsiewicz
- How Not to Die - Michael Greger

Spiritual / Thought provoking

- The Power of Now - Eckhart Tolle
- A New Earth - Eckhart Tolle
- Animal Liberation - Peter Singer
- Taking Charge of Your Fertility - Toni Weschler
- Man's Search for Meaning - Viktor E. Frankl
- The Little Prince - Antoine de Saint-Exupéry