Mind, Body & Soul Collection

Located on Floor 1 of the James Hardiman Library

This collection consists of books, e-books and other resources recommended by health professionals that support the physical and mental well-being of students and staff. Topics covered include:

- Addictions
- Anxiety
- Bereavement
- Depression
- Mindfulness
- Phobias
- Physical Health
- Sexuality

http://library.nuigalway.ie
Bibliotherapy

The use of books for therapeutic purposes is known as bibliotherapy. Clinically it has been shown that good self-help books can be highly effective. The Mind, Body & Soul collection now includes ‘Books on Prescription’ – titles endorsed by leading mental health professionals.

Further Assistance

Self-help books cannot be a substitute for professional help. There are several services within the University that offer support and advice. Find out more by visiting the Counselling and the Health and Wellbeing web pages.

http://www.nuigalway.ie/student_services/counsellors/
http://www.nuigalway.ie/health-wellbeing/

Browse the Mind, Body & Soul Collection using the Library Catalogue

http://library.nuigalway.ie

Search the Library Catalogue for the collection.

Scroll down the list of results and select Mind, Body, Soul from the Collection option to display all titles.

For further information email library@nuigalway.ie