

BROTHERS
'N'
BOOKS

TELL
YOUR
STORY

READING LIST

Thank you for supporting the Charity

Instructions -

1. Print page 3 in colour
2. Use A4 or A3 Size from downloads
3. Laminate and Blu tac
4. Send us a picture!

Disclaimer -

The following book recommendations are provided to give the reader a starting through to intermediate level of knowledge on the provided topic in order to increase perspective, knowledge, and mindfulness.

They do not replace or substitute the requirement to seek professional assistance on the matters they discuss, instead, they exist for use in conjunction with seeking further support from family, friends, healthcare providers, or colleagues.

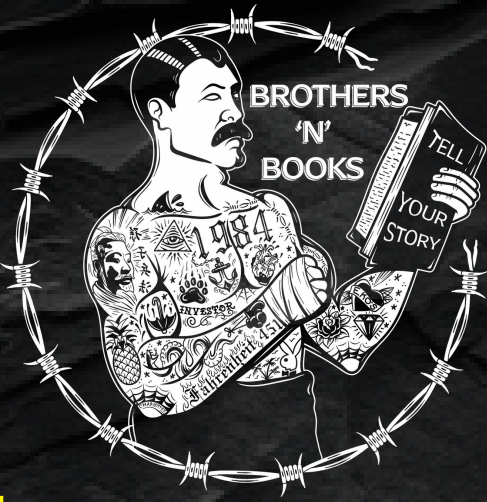
If you or someone you know require support, please call any of the emergency service hotlines aimed at providing immediate care and support, such as Lifeline or Open Arms (for service personnel).

About Bibliotherapy -

Bibliotherapy has long been known to provide immediate benefit to the reader, as they are forced to exist in the present. Anxiety is when you exist in the future, depression is when you exist in the past. Through reading, we come to exist in the present.

Our mind may wander forwards and backwards, similar to when we begin to meditate, however just like meditation once our mind releases and lets go, we can begin to focus. Before you begin reading any of the below books, set your environment with the intention of living in the now. Remove any distractions, complete any tasks, and know that your reading journey may be one of the most important steps you take in your life to address your obstacles, anxieties and discontent.

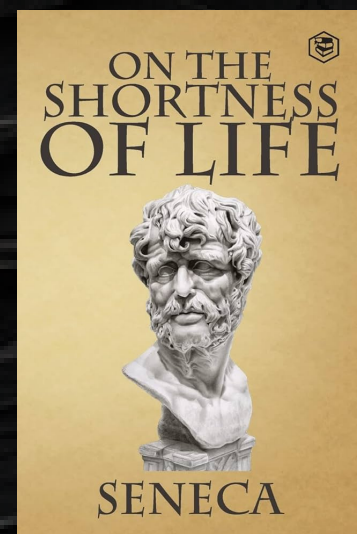
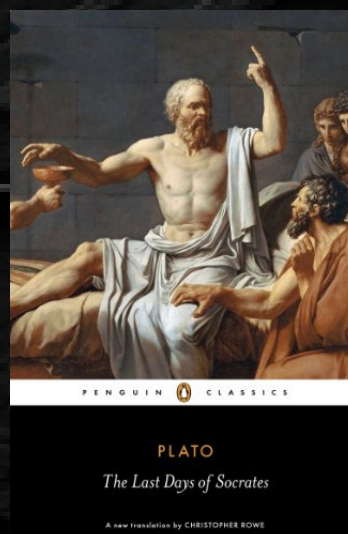
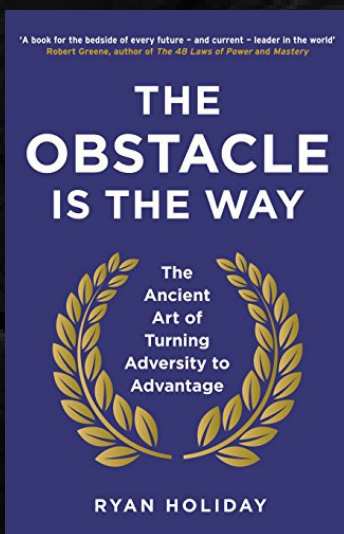
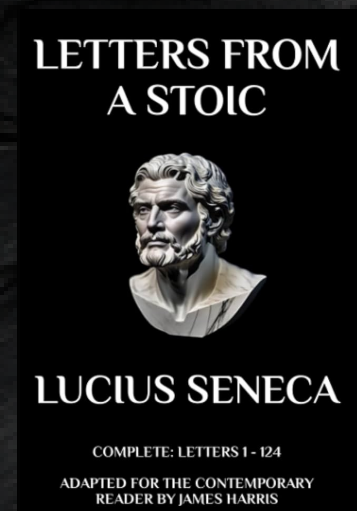
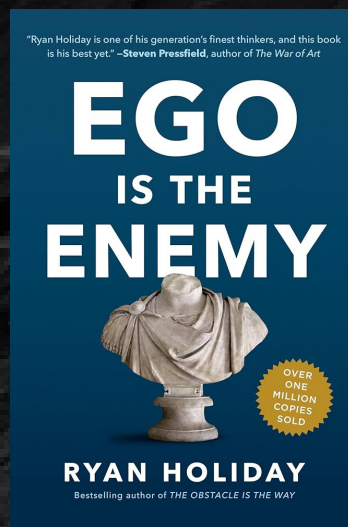
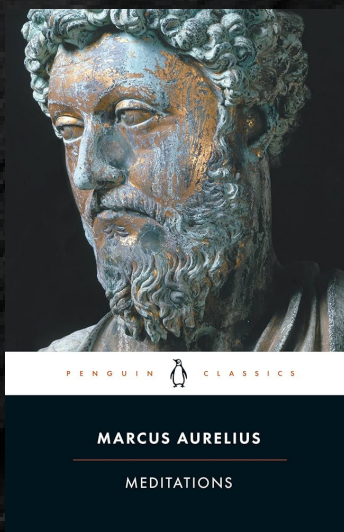
Good luck and remember -
knowledge dispels fear.



Best Books for STOICS

"I cannot escape death, but at least I can escape the fear of it."

- Epictetus



Brothers and Books is Australia's
leading bibliotherapy charity

Website: www.brothersnbooks.com

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Scan me for more great reads!

