

Books that make you feel good about life

They are tried and true books which the readers have chosen because they make the reader feel good about life. The Australian Library and Information Association (ALIA) issued the results of a two-month search (August-September 2016) for mood-boosting titles on [World Mental Health Day](#).

The list of 252 books has been produced from 320 respondents following a call to ALIA Members for the books that can escape into to lift your mood. This list will be used to support the [Books on Prescription](#) program, which is being trialled in libraries in Central and Far Western New South Wales.

Fiction: 152 nominated books

Book	Author	Comment
1984	George Orwell	Ignorance is Strength
44 Scotland St Series	Alexander McCall Smith	The most optimistic books I have ever read
...Und sue fand heim! (and they took home)	Othmar Franz Lang	Read in its French translation (Fille de Medecin), a wonderful heartfelt novel for young readers which I keep enjoying re-reading twenty-odd years later.
A Common Prayer	Leunig	NOT a prayer book, rather more meditations on all sorts of things. Very inspiring because covers such a wide range of incidents, events, happenings. To quote--'We struggle...we despair...We wait quietly...A small shy truth arrives....and is born within us...We are nourished...We rise up.' It is actually much longer but I have picked what to me are the salient points.
A Company of Swans	Eva Ibbotson	
A Court of Thorn and Roses	Sarah J. Maas	

A Knight of the Seven Kingdoms (The Tales of Dunk and Egg, #1-3)	George R. R. Martin	A side story from Game of Thrones, with much to be joyful about
A Man Called Ove	Fredrik Backman	A beautiful book about finding love and nurturing without giving up your true self. I found myself longing for an Ove in my life and looking at the human beneath the behaviour in those around me.
A Promise of Fire	Amanda Bouchet	Great mix of fantasy and romance
A short history of tractors in Ukraininan	Marina Lewycka	
A tree grows in Brooklyn	Betty Smith	A family getting on with life despite deprivation
Alice's Adventures in Wonderland	Lewis Carroll	'Curiouser and curiouser'
Anne of Green Gables	Lucy Maude Montgomery	Anne was so resilient and determined as well as creative and a dreamer of dreams. A real bosom buddy for anyone who opened the cover and entered into the story.
Asterix and Cleopatra	René Goscinny and Albert Uderzo	I love how this story makes me laugh.
Before I Fall	Lauren Oliver	Consequences of your actions or remarks and how a person can create positive changes in their lives as well benefit others.
Bertie Plays the Blurs	Alexander McCall Smith	Surviving the horror of an overbearing helicopter mother Vegie comes out the winner every time and only 7!
Billy and Me	Giovanna Fletcher	Giovanna's books are heartwarming. Her debut novel is about young, shy girl, who lives with her mother in small town. Something terrible happened to them in the past, but slowly they're starting to overcome it. It's story about love and family. QUOTES: 1. 'Love makes life worth living, not money' 2. 'I wish I could bottle the feelings of love inside me and save them for a rainy day – to remind myself of their magnitude in those

		moments of doubt.' 3.'I had become awkward and tried my best to avoid everyone. I hated attention, people asking me questions or putting me in the spotlight; I preferred to blend into the background unnoticed. I felt safer that way'
Blue Whale Blues	Peter Carnavas	The best picture book for lifting your spirits :)
Book of Lost Threads	Tess Evans	It reminds me what it means to be Australian. It is a book about looking after one another, regardless of age, culture or gender diversity.
Chocolat	Joanne Harris	<ol style="list-style-type: none"> 1. No better mix of romance, chocolate, French village life, and a hint of magic! 2. Magic and chocolate - what better way to boost your mood? Harris' descriptions will immerse you in this sweet and spicy world. The plot is simple yet elegant, displacement and community, love and envy, magic and best of all, chocolate. 3. An engrossing tale full of fascinating characters, drama, a little magic and of course, descriptions of chocolate!
Clancy the Courageous Cow	Lachie Hume	A beautiful reminder that we are all important, and that we all have a place in our community.
Cloud Atlas	David Mitchell	
Cranford	Elizabeth Gaskell	A book with a wonderfully understated sense of humour, about the minutiae of life and the support of friends. Never fails to bring a smile to my face :)
Diary of a Nobody	Authors: George Grossmith, Weedon Grossmith	It always makes me giggle - a great portrait of middle class absurdity.
Doomsday Book	Connie Willis	
Door into Summer	Robert Heinlein	oldie but a goodie

East of Eden	John Steinbeck	
Elena's Dance	Lyn Lawrence	A children's picture book that makes children, like Elena the Elephant, see that making mistakes and looking silly, being embarrassed and rejected by others can open up all types of new adventures and experience. Out of a very embarrassing mishap, Elena discovers her new talents and makes new friends.
Elephant and Piggie series	Mo Willems	Tales of the two friends' everyday adventures never fail to make me chuckle.
Emma	Jane Austen	
Fangirl	Rainbow Rowell	'Because I'm the kind of girl who fantasizes about being trapped in a library overnight.'
Finn Family Moomintroll	Tove Jansson	1. There is not nearly enough delight in our sad and serious world, let alone enchantment, and this lovely book provides both in a sweet treat that transports the reader to a gentle and magical place. Here, eggshells dropped into the Hobgoblin's top hat transform into clouds on which Moomintroll, Sniff and Snufkin float about the garden. This book was one of my childhood support systems and inspired me to dream of faraway lands filled with fun and laughter, tinged with the thrill of mysteries, where I could visit and then return filled with joy, a little wilder, and with curiosity awakened to explore these wonderful landscapes on my next foray. Very little made sense there, reflecting that other parallel world, but it didn't make sense in a way that was somehow sensible, had its own elegant logic, and left me yearning to escape there again and meet the comfortingly odd characters who felt like old friends from the moment I met them. This wonderful book does what it says on the tin of literature and good reading: it helps us be a bit better, kinder, wiser, happier and feel cleverer after we have read it than we did before.

		2. A gorgeous eccentric world, gentle and funny adventures
Fly Away Peter	David Malouf	'There was still everything to do – one saw that at a glance. But Ashley saw things differently from his father and grandfather. They had always had in mind a picture they had brought from 'home', orderly fields divided by hedgerows, to which the present landscape, by planning and shaping, might one day be made to approximate. But for Ashley this was the first landscape he had known and he did not impose that other, greener one upon it; it was itself.'
Fool Moon	Jim Butcher	'There's more magic in a baby's first giggle than in any firestorm a wizard can conjure up, and don't let anyone tell you any different.'
Forest of memory	Kowal, Mary Robinette	A wonderfully unsettling read, that makes daily life feel really good
Fried green tomatoes at the Whistle Stop Cafe	Fannie Flagg	<ol style="list-style-type: none"> 1. Relevant in any era and especially in the U.S.A. in 2016 .My father was an American who served in the 2nd World War, married and stayed in Australia until his death in 2008. He would be horrified by what is happening there at the moment!! 2. Though this book deals with tragedy, it is ultimately uplifting and it has never failed to give me joy.
Frog in Love	Max Velthuijs	Love knows no boundaries.
Gang of Four	Liz Byrski	Great book
Ghost Talkers	Mary Kowal Robinson	This is a book about hope, with sections of amazing joy and resilience. It is also an amazing work of science fiction.
Gilead	Marilynne Robinson	

Girls' Night In 10th Anniversary Collection (Penguin)	Jessica Adams	Great Australian and international authors fundraising for the War Child charity! Thank you.
Good Omens, Or. The Nice and Accurate Prophecies of Agnes Nutter, Witch	Terry Pratchett and Neil Gaiman	A book that makes me laugh every time I read it. Plus, under all the laughs, a lovely meditation on the nature of humanity, destiny and free will. 'Most books on witchcraft will tell you that witches work naked. This is because most books on witchcraft are written by men.'
Grave Peril	Jim Butcher	'I still can't believe,' Michael said, sotto voce, 'that you came to the Vampires' Masquerade Ball dressed as a vampire.'
Green Eggs and Ham	Dr Suess	Because it makes my children laugh (and I can usually get them to try a new food if I start quoting it!)
Guards Guards	Pratchett	I love the characters. Despite their underappreciated state, when the going gets tough they step up!
Half-Pint	Liz Braid	Children's chapter book about ponies and learning to ride. It's about the normal problems of life and how to overcome them.
Haroun and the Sea of Stories	Salman Rushdie	
Harp in the South	Ruth Park	Love and unity in hard times
Harry Potter series	J. K. Rowling	<ol style="list-style-type: none"> 1. a perfect mood lift read 2. Re-reading this series is like meeting a friend for coffee that I haven't seen in a year, nothing has changed and we're still super close, but we don't see each other enough. So I smile, enjoy every second, and make the most of the time we have together. 3. This magical book takes me back to my childhood and is an instant feel-good story. I love the way J.K Rowling sucks you

		into Harry's journey, making you lose track of your time and place! Perfect escape.
Hawkeye series	Matt Fraction	Amazing, joyful and about how a character keeps getting up from the tough stuff dealt with
Hitchhikers Guide to the Galaxy	Douglas Adams	Despite the world-ending scenario the book is fun, comical and features a variety of characters dealing with life in their own ways.
Hogfather	Terry Pratchett	I could've listed most of Terry Pratchett's books here but Hogfather stands out. Like this quote from when Death decides to rescue the Little Match Girl instead of letting her die. 'The Hogfather gives presents. There's no better present than a future.'
I Am The Messenger	Markus Zusak	<ol style="list-style-type: none"> 1. 'Maybe everyone can live beyond what they're capable of.' 2. 'Sometimes people are beautiful. Not in looks. Not in what they say. Just in what they are.'
If nobody speaks of remarkable things	Jon McGregor	
Ice station	Matthew Reilly	Matthew Reilly is always a mood lifter.
Jasper Jones	Craig Silvey	'Life might be easier if you give in a little, but it's better if you hold onto something so hard you can't give it up.'
Jeeves in the Offing	P. G. Wodehouse	Any book at all by Wodehouse has me laughing in no time.
Kosci	Liz Braid	Children's chapter book about ponies and learning to ride. It's about the normal problems of life and how to overcome them.
Life of Pi	Yann Martel	'Just beyond the ticket booth Father had painted on a wall in bright red letters the question: DO YOU KNOW WHICH IS THE MOST DANGEROUS ANIMAL IN THE ZOO? An arrow pointed to a small curtain. There were so many eager, curious hands that

		pulled at the curtain that we had to replace it regularly. Behind it was a mirror.'
Little house on the prairie - series	Laura Ingalls Wilder	History and pioneering in the mid west of America
Little Women	Louisa May Alcott	
Looking for Alibrandi	Melina Marchetta	Such a good book
Lost and found	Brooke Davis	<ol style="list-style-type: none"> 1. Seven year old Millie, cantankerous 82 year old Agatha Pantha and Karl set out to find Millie's mother. In this heart warming book this unlikely trio show us that the young can be wise, that old age is not the same as death, and that breaking the rules once in a while might just be the key to a happy life. 2. A quirky book about love, death and abandonment. Mood boosting because it embraces the notion that it's never too late. Just lovely, made my heart warm. 3. This is an offbeat and very funny story about 3 lonely people finding each other
Matilda	Roald Dahl	If you are good life is good
Me Before You	Jojo Moyes	'You only get one life. It's actually your duty to live it as fully as possible.'
Men at Arms	Terry Pratchett	Social commentary without nastiness. What a wonderful observer of people.
Middlemarch	George Eliot	This is a great book for showing you that everyone is flawed, makes mistakes and can choose to learn and grow (or not).
Moonlight Express	Geoff Barlow	A mystery/adventure story that still gives you time to smell the eucalypts, appreciate the selfless actions of a wonderful heroine and the generosity of Aussie bush battlers

Mort	Terry Pratchett	Makes you feel comfortable about dying
Mr Pettigrew's Last Stand	Helen Simonson	Funny and dry, warm and poignant, this book just made me smile.
Mr Wigg	Inga Simpson	<ol style="list-style-type: none"> 1. A timely statement of the deep beauty of a quiet life. 2. Loved this story
Mr. Penumbra's 24-Hour Bookstore	Robin Sloan	'The right book exactly, at exactly the right time.'
My Brilliant Career	Stella Maria Sarah Miles Franklin	She was a close relation and inspiration for everything I do, everything I am and how I want to be in this world. She lived a courageous life at a time when women were expected to marry, birth and retire in quick succession. She boldly rode horses the blokes did, refused to cook and clean, instead reading and writing herself into history.
Neon Genesis Evangelion	Hideaki Anno	It depresses you but also tells you that there are people out there that truly love you and that running away isn't always the answer. Plus the monster fights and tokusatsu tributes are epic.
Night Angel trilogy	Brent Weeks	Life is tough, and people respond in different ways, and there can be joy - anything by Brent Weeks is a mood boost
Notwithstanding	Louis de Bernières	
Oh the Places You'll Go	Dr Seuss	There is just something about this book that always picks me up when I'm feeling down. Given to me by parents, it was meant to be a high school graduation present but I didn't get it till a few years later after my mum hid it a little too well and forgot all about it! None the less, it is still a meaningful and inspiring read to me :)
One Day	David Nicholls	<ol style="list-style-type: none"> 1. 'This is where it all begins. Everything starts here, today.' 2. 'Whatever happens tomorrow, we had today; and I'll always remember it'

One for the money	Janet Evanovich	It made me laugh out loud on numerous occasions as I was reading it
Persuasion	Jane Austen	<ol style="list-style-type: none"> 1. A book about things coming right in the end. Wonderfully uplifting! 2. Sometimes life presents you with a second chance 3. Hopeful
Pippi Longstocking	Astrid Lindgren	Don't you worry about me. I'll always come out on top.
Piranhas don't eat bananas	Aaron Blabey	Quirky illustrations and read-together text
Pollyanna	Eleanor Porter	Unforgettable
Poor Man's Orange	Ruth Park	Love and unity in hard times
Possession	A.S. Byatt	A loooooong book, beautifully written, about love and passion, set amidst an environment of academic avarice and the consuming need to possess things and people. Such a lovely read - and when you're happily in that literary world and don't want to leave it, a loooooong book is a wonderful thing!
Possum Magic	Mem Fox	The determination of Grandma Poss to enhance Hush's life is done with love and kindness.
Pride and Prescience: Or, A Truth Universally Acknowledged (Mr. & Mrs. Darcy Mysteries, #1)	Carrie Bebris	You have read the classic, this moves the story on, with an entertaining edge
Saint Maybe	Anne Tyler	I love and have frequently revisited this gentle book, an overview of one man's life, the finding of redemption rather than despair in life's overwhelmingly familiar routine. It's absolutely beautiful.
Sevенеves	Neal Stephenson	A wonderfully unsettling read, that is a big mood boost

Shopaholic for the stars	Sophie Kinsella	I have loved all the shopaholic books I have read, they make me laugh so much.
Simon vs. the Homo Sapiens Agenda	Becky Albertalli	'People really are like house with vast rooms and tiny windows. And maybe it's a good thing, the way we never stop surprising each other.'
Snugglepot and Cuddlepie	May Gibbs	May Gibbs book warns Australian children of some of the dangers of the bush, but also teaches them to respect and admire it. When the Nuts finally see a Human they learn that they're not all bad and as the Old Kookaburra says, if not for the bad things in this world, there would not be good either. I enjoyed every moment of this book. I guess it speaks to the kid in me.
Soul Music	Terry Pratchett	A wonderful #uplift read
Special	Lyn Lawrence	This children's picture book is a heartwarming story of love and companionship...the very things that children with disabilities need. The book lifts the spirit of Joshua who faces isolation and exclusion. Through a very special friend and his dogs, Joshua finds acceptance and friendship.
Sprout Mask Replica	Robert Rankin	Anything by this guy always cheers me up
Starbook	Ben Okri	
Stephanie Plum series	Janet Evanovich	So many laugh out loud moments! Everyone can do with a laugh!
Storm Front	Jim Butcher	'I don't want to live in a world where the strong rule and the weak cower. I'd rather make a place where things are a little quieter. Where trolls stay the hell under their bridges and where elves don't come swooping out to snatch children from their cradles. Where vampires respect the limits, and where the

		faeries mind their p's and q's. My name is Harry Blackstone Copperfield Dresden. Conjure by it at your own risk. When things get strange, when what goes bump in the night flicks on the lights, when no one else can help you, give me a call. I'm in the book.'
The Golden Age	Joan London	Beautiful story
The 100 year-old man who jumped out the window and disappeared	Jonas Jonasson	Lovely and uplifting read
The Aeronaut's Windlass	Jim Butcher	An impressive work of steampunk which celebrates diversity and friendship.
The Alphabet Sisters	Monica McInerney	Gets you from the start
The Amazing Maurice and his Educated rodents	Terry Pratchett	A perfect mood lift read which includes a talking cat and talking rats
The Ancient Future	Traci Harding	Every time I open this book it is like finding old friends. I just sigh with relief and joy.
The Anti Cool Girl	Rosie Waterland	
The Catcher in the Rye	J D Salinger	
The Code of the Woosters	PG Woodhouse	
The Color Purple	Alice Walker	Just as relevant today as when it was written. All women and most men (I hope) can not only empathise with the main character Cecilie, but rejoice with her as she overcomes her past demons and finds love and acceptance within the family she thought had abandoned her
The Cormoran Strike series	Robert Galbraith	An excellent mood boosting series.
The Dalai Lama's Cat	David Mitchie	How to be happy and peaceful from the Dalai Lama's cat's

		perspective - inspirational fiction.
The Dressmaker	Rosalie Ham	I have not laughed so hard reading a book, and cried in parts but overall it is hilarious!
The Eyre Affair	Jasper Fford	Taking English literature completely unseriously. A thoroughly silly, laugh out loud read.
The Fault In Our Stars	John Green	
The Fireman	Joe Hill	This is a book about hope, with sections of amazing joy and resilience. It is also an amazing work of science fiction.
The Four Agreements	Don Miguel Ruiz	
The Giraffe and the Pelly and Me	Roald Dahl	A general fun and lovely story of helping others
The Goblin Emperor	Katherine Addison	This is a book which challenges assumptions, investigates diversity and is an entertaining read - definitely a mood lifter
The Graveyard Book	Neil Gaiman	'Face your life, its pain, its pleasure, leave no path untaken.'
The Guernsey Literary & Potato Peel Society	Annie Barrows and Mary Ann Shaffer	<ol style="list-style-type: none"> 1. It is not only joyous and uplifting, it is easy to read due to short sections, so great for people struggling with concentration who feel unable to manage complex or long chapters. 2. It just makes you smile
The House at Pooh Corner	A A Milne	Happy memories, friendship, a brave Piglet, (even though he is very small) and a reminder that everything good has its time, but is never forgotten.
The Humans	Matt Haig	'Advice for a human - 91. You are lucky to be alive. Inhale and take in life's wonders. Never take so much as a single petal of a flower for granted.'

The Italians at Cleats Corner Store	Jo Ricciono	Heartwarming book
The Kite Runner	Khaled Hosseini	Has stayed with me since I read it, haunting quality
The Little Prince	Antoine de Saint-Exupéry	<ol style="list-style-type: none"> 1. 'And now here is my secret, a very simple secret: It is only with the heart that one can see rightly; what is essential is invisible to the eye.' 2. It's a philosophy about life and love in an enchanting story book apparently for kids
The Lord of the Rings	J.R.R. Tolkien	<ol style="list-style-type: none"> 1. Hobbits, dwarves, elves, wizards - escapism doesn't get much better than this! 2. All that is gold does not glitter, Not all those who wander are lost; The old that is strong does not wither, Deep roots are not reached by the frost. From the ashes a fire shall be woken, A light from the shadows shall spring; Renewed shall be blade that was broken, The crownless again shall be king.
The Messenger	Markus Zusak	Amazingly uplifting, focusing on an enchanting story of helping yourself by helping others.
The Night Circus	Erin Morgenstern	<ol style="list-style-type: none"> 1. I love this book - the magic in it feels so real that you so badly want to go to one of the circus performances! The characters are also really compelling and you get so caught up in the entwining of their lives. It's a beautiful book that is well crafted and it made me feel like ... magic is possible. 2. 'The circus arrives without warning. No announcements precede it. It is simply there, when yesterday it was not.'
The No. 1 Ladies Detective Agency series	Alexander McCall	<ol style="list-style-type: none"> 1. There is a simple joyfulness and understated humour that

	Smith	<p>makes you feel good</p> <ol style="list-style-type: none"> 2. The author has a wonderful way of showing what is most beautiful and important in life 3. If I'm feeling low, I can dip into these books and feel the world isn't all bad.
The Ocean at the End of the Lane	Neil Gaiman	This is a tale of wonder and peace
The Pajama Girls of Lambert Square	Rosina Lippi	This book will leave you wanting to know more about Julia Darrow
The Piper's Son	Melina Marchetta	Melina Marchetta's books are so full of hope and possibility. She shows that people can make mistakes and be at their worst, but that there is always the hope of redemption and forgiveness.
The Power Of One	Bryce Courtenay	Despite every hardship the protagonist faces, he comes out on top in the end, and you can't help but feel good at the end.
The Richest Man in Babylon	George S. Clason	
The Rosie Project	Graeme Simsion	<ol style="list-style-type: none"> 1. I bought this book for three other people! 2. The main character Don reminded me so much of Sheldon from Big Bang Theory. Made me laugh out loud many times. 3. Quote: 'Humans often fail to see what is close to them and obvious to others.'
The Secret Garden	Frances Hodgson Burnett	'If you look the right way, you can see that the whole world is a garden.'
The Stormlight Archive series	Brandon Sanderson	This is a wonderful series, two books are available in a series of ten planned titles, giving many years of wonderful anticipation
The Tea Chest	Josephine Moon	Charming

The Tintin books	Herge	Great stories, wonderful pictures, beautiful relaxation since childhood, and perfect medicine when you're down with a bug or a feeling of blue
The Underwater Fancy Dress Parade	Davina Bell	Even though it's a picture book for early childhood to middle primary, it's a really nice feel-good story about addressing social anxiety and being okay with yourself.
The unlikely pilgrimage of Harold Fry	Rachel Joyce	Harold takes a journey that is not planned but that changes his life in many unexpected ways. Having read this book, Harold lives on in a little corner of my heart and continues to effect me in the most gentle yet powerful way. He reminds me to have the courage to not worry about the what ifs, but to just take that first step.
The Watchmaker of Filigree Street	Natasha Pulley	This is a tale of wonder
The Wife's Tale	Christine Wells	A great split timeline novel
The Wind in the Willows	Kenneth Graham	A celebration of life and a meditation on the best life.
The Wrong Girl	Zoe Foster	Hilarious chic-lit that you can't put down!
Tiffany Aching series	Terry Pratchett	A lovely series about being different
To Kill A Mockingbird	Harper Lee	A book about what is right and fair. Very uplifting.
To Say Nothing of the Dog	Connie Willis	
Twenties Girl	Sophie Kinsella	A funny, heartwarming novel about appreciating art, life and older people.
Veronika Decides To Die	Paulo Coelho	
We're going on a bear hunt	Michael Rosen	This book is my grandson's favourite at the moment and we love playing it together.

What Alice Forgot	Liane Moriarty	When you lose your memory, you get to question all the things that have happened in your life
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Non Fiction: 100 nominated books

Book	Author	Comment
100 Things	Sebastian Terry	We all joke about having things on our 'bucket list' - this man shares his journey of going out and making these things reality. This book shares some of these amazing stories, and encourages each of us to harness the passion to go out and seize the day and squeeze all you can from life. It is inspiring!
A Different Kind of Daughter	Maria Toorpakai	
A Fortunate Life	A.B. Facey	<ul style="list-style-type: none"> • A positive outlook on a life that another would consider unfortunate! Inspiring and puts one's own misfortunes into perspective. • Title ironic, makes you feel like you can try harder!! • A true classic of Australian literature, his simply written autobiography is an inspiration. It is the story of a life lived to the full – the extraordinary journey of an ordinary man. Born in 1894, Facey lived the rough frontier life of a sheep farmer, survived the gore of Gallipoli, raised a family through the Depression and spent sixty years with his beloved wife, Evelyn. Despite enduring hardships we can barely imagine today, Facey always saw his life as a 'fortunate' one. • Despite the horror the author endured in his childhood, he can make you feel humbled by his gentle acceptance of the good and bad.
A Street Cat Named Bob	James Bowen	This easy to read book tells the story of how caring for an animal changed one person's attitude to himself and the attitudes of those around him

A Table In The Orchard	Michelle Crawford	A beautiful look at life and food in Tasmania.
All Creatures Great and Small	James Herriot	NB - this person nominated ALL the books by James Herriot
An Eagle Named Freedom	Jeff Guidry	Out of competition, I write from Germany. But a wonderful true story between human being and a bird. Life often tells the best stories.
Bible		<ul style="list-style-type: none"> • 'A lamp unto my feet and a light unto my path' • The handbook for living life in its fullest form. • The Bible never ceases to amaze me in its power to transform and uplift my life. I think it's best summarised in John 1:1. • Particularly the Gospels and the Psalms
Bible (The Message Version)	God - translated by Eugene Peterson	Every part of Scripture is God-breathed and useful one way or another—showing us truth, exposing our rebellion, correcting our mistakes, training us to live God's way. Through the Word we are put together and shaped up for the tasks God has for us. 2Timothy 3:16-17
Big magic : Creative Living Beyond Fear	Elizabeth Gilbert	A wonderfully encouraging book that helps overcome obstacles to being creative.
Breakfast, School Run, Chemo	Julia Watson	Real, heart wrenching, up lifting and helping others avoid the same hell
Breaking The Habit of Being Yourself	Dr. Joe Dispenza	
Caring for a loved one with dementia: a mindfulness-based guide for reducing stress and making the best of your journey together	Marguerite Manteau-Rao	This book acknowledges and supports the carer through the dementia journey. Simple and straightforward strategies to make sure that both you and the person with dementia share the best possible moments.
Change your thinking	Sarah Edelman	Life-changing, simple, practical advice - using cognitive behavioural therapy to

		change thinking patterns
Change your Thoughts: Change Your Life	Wayne Dyer	
Chicken Soup for the Soul	Jack Canfield, Mark Victor Hansen	The chicken soup books never fail to lift my spirits and give me new hope.
Christian the lion : based on the true story of Anthony (Ace) Bourke, John Rendall, and Christian the Lion	Anthony Bourke	A wonderful story of human and lion interaction, love and acceptance
Dear Fatty	Dawn French	This book will make you laugh and cry all at the same time!
Driving over lemons	Chris Stewart	The beginning of the story of an English couple who bought a run down farm in Andalusia.
Emotional Agility	Susan David	
Error Australis	Ben Pobjie	Australian history was never like this in school. Ben Pobjie has cut through the boring bits, and shone a spotlight on Australia's humorous (sometimes ridiculous) history. His incisive descriptions of our politicians (right up to the present day) are brutally frank, and bound to bring a smile to anyone's face. Many laugh out loud moments.
Essential: Essays by The Minimalists	Millburn & Nicodemus	Short stories of how to live life as minimal as possible and focus on important things
Eucalypt : a tanka journal	George, Beverley (editor)	Full of life-sustaining and life-reflecting tanka poems in every issue
Everything that remains	Millburn & Nicodemus	The touching, surprising story of what happened when one young man let go of everything and began living more deliberately.

Feel the fear and do it anyway	Susan Jeffers	This book had an amazing impact on my life
Feng Shaun: Discover Inner Peace with Shaun the Sheep	Wallace & Gromit,	This makes me smile and laugh every time and the advice is sensible too
Finding A Way	Graeme Innes	The wonderfully uplifting life story of Human Rights Disability Commissioner, Graeme Innes, who despite being born blind was brought up to believe he could do or be anything he wanted.
Five people you meet in heaven	Mitch Albom	Thought provoking rules to live a good life by
Forgiveness and Other Acts of Love	Stephanie Dowrick	Helped me in a bleak time.
Gemstones : collaborative tanka	Benjamin, Anne	tanka poetry sequences from Australia and OS
Going Postal	Nathan Millward	'The moment when you realise you've drifted away from the safe shore is terrifying and truly liberating in its brutal extreme. It suddenly hits you: you're on a motorbike with every single thing you own in boxes on the back, and you don't know where you're going to sleep that night or where you're going to eat or where you're going to get fuel. You don't know who you're going to call if you break down; every kilometre you cover takes you one stroke deeper into the unknown.'
Greek Cafés & Milk Bars of Australia	Effy Alexakis and Leonard Janiszewski	Both modern and nostalgic this is an uplifting exploration of history and culture
H is for Hawk	Helen MacDonald	A just beautiful book about the author's grief for her dead father, and the goshawk she trains as she copes with his loss.
Hyberbole and a Half	Allie Brosh	Honest and very funny account of a woman living with depression and anxiety.

I am Malala	Malala Yousafzai	
I know why the Caged Bird Sings	Maya Angelou	
Illusions : the Adventures of a Reluctant Messiah	Richard Bach	A gentle tale about flying joy flights, walking through walls, and spirituality.
Influence – the Psychology of Persuasion	Robert Cialdini	
Inside Black Australia: An Anthology of Aboriginal Poetry	Kevin Gilber	From a poem by Maureen Watson; 'Cause I like what I see, when I look at me, And I don't have to be, what I used to be, I can be whatever I choose to be.'
Jonathan Livingston Seagull	Richard Bach	
Last Days of the Bus Club	Stewart, Chris	Laugh out loud. The continuing saga of Chris and his wife's adventures in Spain
Lean In	Sheryl Sandberg	
Leaving Alexandria	Richard Holloway	Just one thought provoking idea is enough to make me love this book - that the opposite of faith is not doubt but certainty.
Life Is So Good	George Dawson	'People forget that a picture ain't made from just one color. Life ain't all good or all bad. It's full of everything.'
Love 2.0	Barbara Fredrickson	More than happiness, love holds the key to improving our mental and physical health. This brings together the latest research in psychology to show how.
Living, Loving and Learning	Leo Buscaglia	Changes my life as a young adult
Love in the Age of Drought	Fiona Higgins	City meets country, boy meets girl, a true love story.
Maggie and Me	Damian Barr	

Man's Search for Meaning	Victor Frankl	
Meditations	Marcus Aurelius	I discovered this whilst doing my Ph.D. and Aurelius' aphorisms are more effective than mood altering substances; take two in the morning, and let them digest throughout the day.
My Family and Other Animals	Gerald Durrell	<ul style="list-style-type: none"> • Funny and heartwarming account of a boy's idyllic childhood on Corfu • Laugh out loud funny even after all these years. Read it before the TV show hits
My First Summer in the Sierra	John Muir	The classic book of praises to the joys that the natural world can bring our lives.
No baggage : A Tale of Love & Wandering	Clara Bensen	Travel with Clara, who has recently recovered from a 'quarter life meltdown', as she travels with no baggage and no hotel reservations, and not only survives, but thrives. A very thought-provoking read.
Not just jam	Matthew Evans	This is a book of optimism
Opening the Door of Your Heart	Ajahn Brahm	
Parrot in a Pepper Tree	Chris Stewart	The further adventures of Chris and his wife on their 'farm' in Andalusia.
Penguin Bloom, the odd little bird who saved a family	Cameron Bloom	<ul style="list-style-type: none"> • It touches your heart in so many ways..unforgettable ! • A heartfelt, magical tale of heartbreak, family and the magic of feather friend • Just incredible, it's a must read, beautiful photography, inspiring words • Simple but beautiful for all ages • Honest, raw and beautiful • Because I love it • Quoting from the book: 'This plucky little magpie reminds us all that, no matter how lost, fragile or damaged we feel, accepting the love of others and loving them in return will help to make us whole' • From tragedy to new life..amazing story to inspire life
Pleasure: An Almanac for the Heart	Nikki Gemmell	Full of quotes and advice that makes you smile and feel warm inside.

Portrait of a Year	Ninette Dutton	A book that captures the feeling that all is right with the world. Even when it isn't.
Psalms		The Lord is my shepherd; I shall not want'
Reach for the Sky	Douglas Bader and Paul Brickhill	Never give up
Riding the Bus with My Sister: A True Life Journey	Rachel Simon	Quote 1 - 'Ah, look at that sunrise!' Tim says at the first stoplight, lifting his arms toward the windshield. 'Four billion sunrises, over the dinosaurs, the pharaohs, and now ours today. And no one's ever the same. Isn't it just the most remarkable thing? Each day is fresh and unique, yet each is also a link to every dawn all the way back to the Precambrian.' Quote 2 - 'Happiness, I have grasped, is a destination, like Strawberry Fields. Once you find the way in, there you are, and you'll never feel low again.'
Still Life with Teapot	Brigid Lowry	'The good thing about being my age is that if you haven't grown up already, you don't have to.'
Super Food Family Classics	Jamie Oliver	Food that is fun to make and great for you - a real mood lifter
The Alchemist	Paulo Coelho	Quote: 'There is only one thing that makes a dream impossible to achieve: the fear of failure.'
The Almond Blossom Appreciation Society	Stewart, Chris	Further hilarious adventures of Chris Stewart and his long suffering wife on their farm in Spain.
The Big Tiny: A Built-It-Myself Memoir	Dee Williams	Dee's sense of humour and willingness to change for the better was inspiring.
The Biology of Belief	Bruce Lipton	
The Boy in the Dress	David Walliams	Books shows that it is ok to be different.
The Communist Manifesto	Karl Marx and Fredrich Engels	'In short, the Communists everywhere support every revolutionary movement against the existing social and political order of things. ... The Communists disdain to conceal their views and aims. They openly declare that their ends can

		be attained only by the forcible overthrow of all existing social conditions. Let the ruling classes tremble at a Communistic revolution. The proletarians have nothing to lose but their chains. They have a world to win.'
The Dalai Lama's Book of Wisdom	Dalai Lama XIV	I love this book. It gives me great inspiration
The Good Life	Hugh Mackay	
The Happiest Refugee	Ahn Do	Inspirational and uplifting
The Happiness Trap: Stop Struggling, Start Living	Russ Harris	<ul style="list-style-type: none"> • It is an interesting book • An alternative to cognitive behavioural therapy, based on mindfulness, acceptance and commitment
The Inside-Out Revolution	Michael Neill	There's nothing for you to learn, remember, practice or do. // When people see something fundamental about the nature of their experience, their relationship to that experience shifts. // What if every man, woman, and child you meet has the seeds within them to become who they truly are? What if that includes you?
The Invention of Nature: The Adventures of Alexander von Humboldt, the Lost Hero of Science	Andrea Wulf	a wonderful tale of scientific discovery
The Joy of Leaving Your Sh*t All Over the Place: The Art of Being Messy	Jennifer McCartney	Title alone is an instant relaxant.
The Miracle Morning: the 6 habits that will transform your life before 8am	Hal Elrod	This is an inspiring book that encourages you to live your best life and gives you the tools to do so. The six habits (called Life S.A.V.E.R.S) are all great for mental well-being: Silence (prayer or meditation), Affirmations, Visualisation, Exercise, Reading (personal development books) and Scribing (keeping a journal).
The Monk who Sold his Ferrari	Robin Sharma	

The One Minute Manager Meets the Monkey	Ken Blanchard	
The Power of Habit	Charles Duhigg	A book that is helpful, informative without needing a doctorate to read it.
The Phrophet	Kahlil Gibran	Absolute beauty in language and powerful reminders
The Secret	Rhonda Byrne	Mood-boosting with the potential to change
The Story of a Life	Konstantin Paustovsky	A memoir of a man living in Russia in turbulent times yet despite the sadness, poverty and violence he maintains his grace, kindness and wonder.
The Tao of Pooh	Benjamin Hoff	Simply beautiful and uplifting
The Third Space	Dr Adam Fraser	'I do the full thing - reflect, rest and reset - every time I transition between something significant: between home and work, between meetings, between major tasks, between important interactions with people and finally as I transition home. However regardless of what I am doing, every time I start something new I always ask myself 'how am I showing up?' If you regularly practice this technique you will be more productive, resilient, focussed, have greater self-awareness of your behaviour, be less stressed and have better relationships.
The Unlikely Voyage of Jack de Crow: A Mirror Odyssey from North Wales to the Black Sea	A.J. Mackinnon	Sandy MacKinnon is a Swallows and Amazons and Narnia loving man with a disregard for planning and safety, which took him, and therefore his readers, on an extraordinary journey from Wales to the Black Sea in a dinghy called Jack de Crow. This is a a rollicking, raucous, hilarious, unpredictable adventure of a travel memoir, with an old-fashioned, classic literature feel.
The Wood for the Trees: The Long View of Nature from a Small Wood	Richard Fortey	A wonderful book about a wood, focusing on history, landscape and people.
The World's Strongest Librarian	Joshua Hanagarne	

The Worst Journey in the World	Apsley Cherry Gerard	Apsley Cherry Gerard was the youngest member of Scott's fatal expedition to the South Pole. He suffered intense hardship and was one of the few survivors, and yet this memoir is a beautiful read because he focused on the beauty, good moments, and the valor of his friends in the face of real hardship. Reading it changed the way I react to things in my own life.
This is Gail	Juliette O'Brien	
Trust your Vibes	Sonia Choquette	
Tuesdays With Morrie	Mitch Albom	Makes you appreciate the important things in your life, it's all about people
Ugly	Robert Hoge	<ul style="list-style-type: none"> • Just a wonderful memoir about dealing with depression • Inspirational true life story
Unbowed	Wangarai Maathai	A woman of conviction, courage and compassion in spite of all against her. And it all started quite simply- for all of life's woes, plant a tree.
Underwater dogs	Seth Casteel	A picture book for all ages, with underwater photographs of dogs, cheesy and a mood boost
When Everything Falls Apart: Heart Advice for Difficult Times	Pema Chodron	
Wild	Cheryl Strayed	Great book about a woman who used walking the Pacific Crest Trail to sort out her life.
Yassmin's Story	Yassmin Abdel-Magied	Reading about a young woman who was born in Sudan and grew up Muslim in Brisbane while lifting weights, racing cars and studying engineering and working on oil rigs is empowering and a reminder that women can do anything, AND WE SHOULD.
Year of Yes: How to Dance It Out, Stand In the Sun and Be Your Own Person	Shonda Rhimes	This book was exactly what I needed at exactly this time. I listened to the audio version and am glad of it, because Shonda herself is fabulous to listen to, and her words are all the more powerful for being in her voice, but I almost wish I had

		read the print book so I could highlight all the amazing bits that completely spoke to me. Highly recommended.
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