

Books

(Each list in no particular order)

Read by the Beach (Easy going books)

- One Flew Over the Cuckoo's nest by Ken Kesey
- The Curious Incident of the Dog in the Night-time by Mark Haddon
- A Boy Called It by David Peltzer (there are 3 in this series, this is the first)*
- Tricks of the Mind by Derren Brown
- Damaged by Cathy Glass*
- Why We Sleep by Matthew Walker
- As Nature Made Him: The Boy Who Was Raised as a Girl by John Colapinto
- Prozac Nation: Young and Depressed in America - A Memoir by Elizabeth Wurtzel
- Martian in the Playground by Clare Sainsbury
- The Psychopath Test by Jon Ronson
- The Rosie Project & The Rosie Effect by Graeme Simsion
- Elephants on Acid and other Bizarre Experiments by Alex Boese
- Time Warped and Emotional Rollercoaster by Claudia Hammond
- Why Your Parents Are Driving You Up the Wall and What To Do About It: the book every teenager needs to read by Dean Burnett
- The Midnight Library by Matt Haig
- Forever Today: A Memoir Of Love And Amnesia Paperback by Deborah Wearing
- Love Anthony by Lisa Genova
- Left Neglected by Lisa Genova
- The Octopus Man by Jasper Gibson

Factual books aimed at non-psychologists (moderate amount of focus needed)

- The Man Who Mistook His Wife for a Hat by Oliver Sacks
- Predictably Irrational: The Hidden Forces that Shape Our Decisions by Dan Ariely
- The Jigsaw Man by Paul Britton*
- Criminal Shadows: inside the mind of a serial killer by David Canter
- Send in the Idiots: Stories from the Other Side of Autism by Kamran Nazeer
- The Unthinkable: Who Survives When Disaster Strikes - and Why by Amanda Ripley
- Bad Science by Ben Goldacre
- The Language Instinct by Stephen Pinker
- Blink: the power of thinking without thinking by Michael Gladwell
- Authentic Happiness by Martin E.P. Seligman
- Opening Skinners Box by Lauren Slater
- The Lucifer Effect by Philip Zimbardo
- Blame My Brain: the Amazing Teenage Brain Revealed by Nicola Morgan
- The Ministry of Thin: How Our Obsession with Weight Loss Got Out of Control by Emma Woolf
- The Chimp Paradox: The Mind Management Programme to Help You Achieve Success, Confidence and Happiness Programme by Professor Steve Peters

- Inventing ourselves: the secret life of the teenage brain by Sarah Jayne Blakemore
- A Mindfulness Guide for the Frazzled by Ruby Wax
- The Gift: 12 Lessons to Save Your Life Edith Eger
- The Human Mind: And How to Make the Most of It by Professor Lord Robert Winston
- How to Build a Healthy Brain: Reduce Stress, Anxiety and Depression and Future-Proof Your by Kimberley Wilson
- Watching the English by Kate Fox
- The Compassionate Mind by Paul Gilbert

Challenging books for those who want to stretch themselves (academic books)

- Delusions of Gender by Cordelia Fine
- Thinking Fast and Slow by Daniel Kahneman
- Nudge: Improving Decisions About Health, Wealth and Happiness by Richard H Thaler and Cass R Sunstein
- Freakonomics: A Rogue Economist Explores the Hidden Side of Everything by Steven D. Levitt and Stephen J. Dubner
- Flow: The classic work on how to achieve happiness by Mihaly Csikszentmihalyi
- Memory and Forgetting by John Henderson
- How Emotions Are Made: The Secret Life of the Brain Lisa Feldman Barrett
- Seven and a Half Lessons About the Brain by Lisa Feldman Barrett
- Humankind: A Hopeful History Rutger Bregman
- Emotional Intelligence, 10th Edition Daniel Goleman
- The Collected Schizophrenias by Esmé Weijun Wang
- Behave by Robert M. Sapolsky
- Brainwashed: The Seductive Appeal of Mindless Neuroscience by Sally Satel
- Neurotribes: The Legacy of Autism and How to Think Smarter About People Who Think Differently Steve Silberman
- The Age of Empathy: Nature's Lessons for a Kinder Society by Frans de Waal

*WARNING: these books contain some descriptions that you may find upsetting.