

Books that might be of use – by broad subject heading

Couples stuff

[Making Couples Happy - John Aiken & Alison Leigh \(Also available as a DVD\)](#)

[The seven principles for making marriage work - John M. Gottman and Nan Silver](#)

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[Why marriages succeed or fail : and how you can make yours last - John Gottman with Nan Silver](#)

Childrearing and Parenting

[Being dad : for dads-to-be and the women who love them - Sam Holt & Troy Jones \(Also available as a DVD\)](#)

[Be a Parent not a Pal - Jeff Kemp](#)

[Fathering from the fast lane: Practical ideas for busy dads - Bruce Robinson](#)

[Have a New Kid by Friday: How to Change your Child's Attitude Behavior & Character in 5 Days - Kevin Leman](#)

[Parenting from the inside out: how a deeper self-understanding can help you raise children who thrive - Daniel J. Siegel, Mary Hartzell.](#)

Difficult People and Situations

[Enough about you, let's talk about me : how to recognize and manage the narcissists in your life - Les Carter](#)

[Taking Charge of Anger - 6 Steps to Asserting yourself without losing control - W. Robert Nay](#)

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[High Sobriety: My Year Without Booze - Jill Stark](#)

[The No Asshole Rule: Building a Civilised Workplace and Surviving One That Isn't - Robert Sutton](#)

[The no complaining rule : positive ways to deal with negativity at work - Jon Gordon](#)

LGBTI related

[Bulletproof faith: a spiritual survival guide for gay and lesbian Christians - Candace Chellew-Hodge](#)

[Now that you know : A parents' guide to understanding their gay and lesbian children - Betty Fairchild and Nancy Hayward](#)

[A Private Life: Fragments, Memories, Friends - Michael Kirby](#)

[A Gay Man's Guide to Prostate Cancer - Gerald Perlman & Jack Drescher](#)

Inspirational and or Thought provoking

[The New Manhood: The handbook for a new kind of man - Steve Biddulph](#)

[Hope - Tim Costello](#)

[Six Action Shoes - Edward De Bono](#)

[Emotional Intelligence: Why it Can Matter More Than IQ - Daniel Goleman](#)

[Hamlet's Blackberry: A Practical Philosophy for building a Good Life in the Digital Age - William Powers](#)

[Fat, Fired and Forty - Nigel Marsh](#)

[Being Happy - Andrew Matthews](#)

[Follow Your Heart - Andrew Matthews](#)

[Making Friends - Andrew Matthews](#)

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[Happiness Now - Andrew Matthews](#)

[Revitalizing Retirement: Reshaping your Identity, Relationships and Purpose - Nancy Schlossberg](#)

[Learned Optimism - Martin Seligman](#)

[100 Ways to Happiness - Timothy Sharp](#)

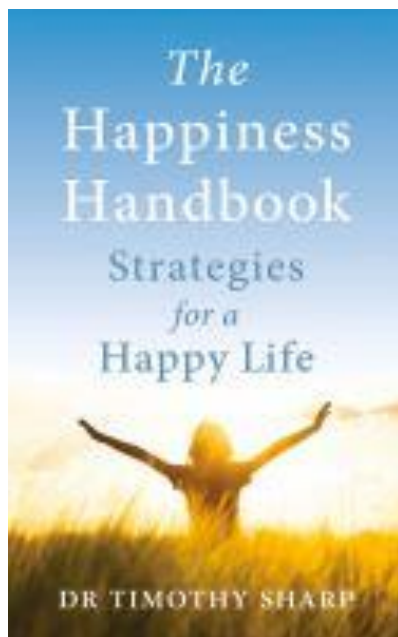
[The Happiness Handbook - Timothy Sharp](#)

[POSITIVE PSYCHOLOGY for Overcoming Depression - Miriam Akhtar](#)

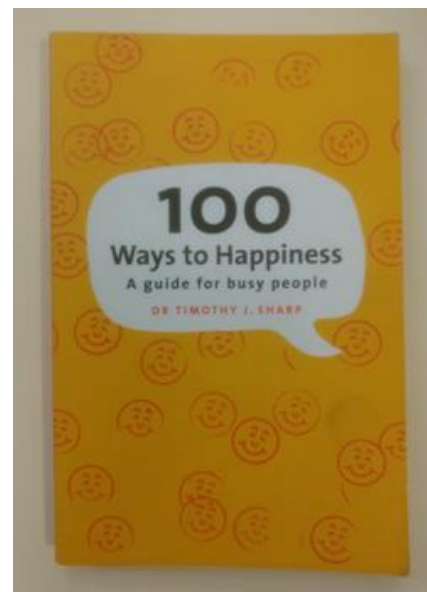
Akhtar, Miriam (2012-02-02). Positive Psychology for Overcoming Depression (Kindle Location 13). Duncan Baird Publishers. Kindle Edition.

Akhtar, Miriam (2012-02-02). Positive Psychology for Overcoming Depression (Kindle Locations 11-12). Duncan Baird Publishers. Kindle Edition.

[Journeys With The Black Dog: Inspirational stories of bringing depression to heel - Tessa Wigney, Kerrie Evers & Gordon Parker \(Eds.\)](#)



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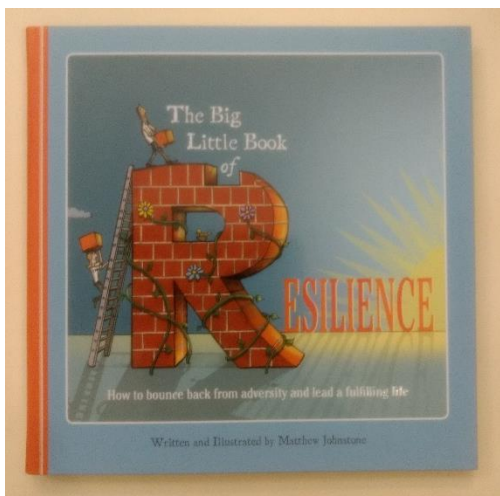
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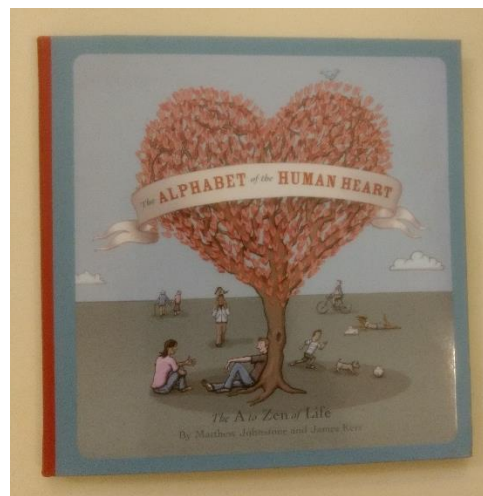
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<https://matthewjohnstone.com.au/>

[All of these are in the public library system]



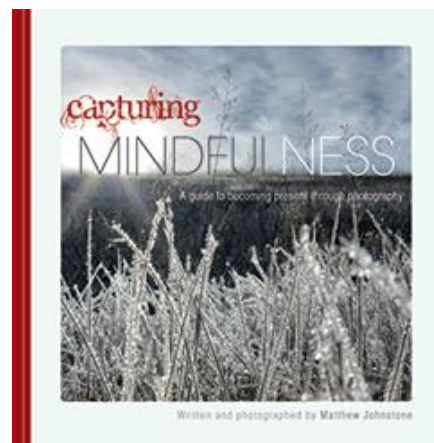
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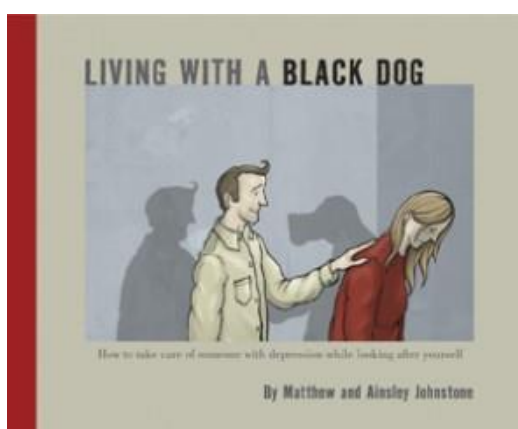
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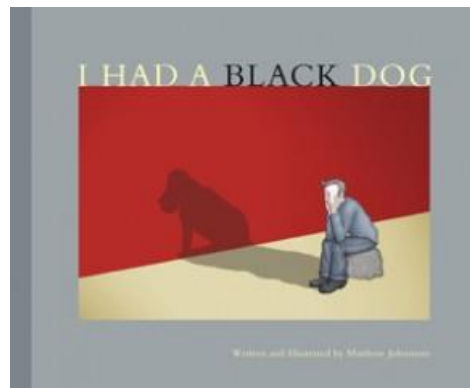
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