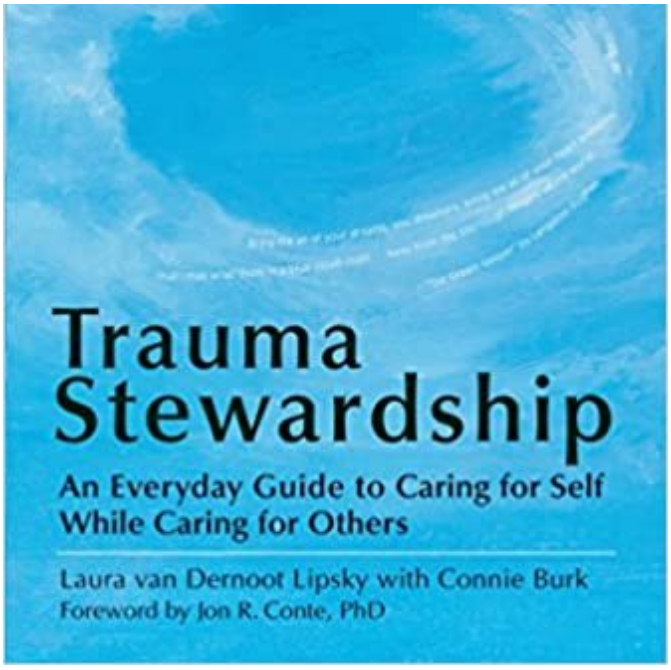
Self Care Collection #1

ON OUR SHELF

"Helping you care for animals and for yourself"

PAWS Practical Animal Welfare Science by ANIMAL CONCEPTS

ANIMAL CONCEPTS

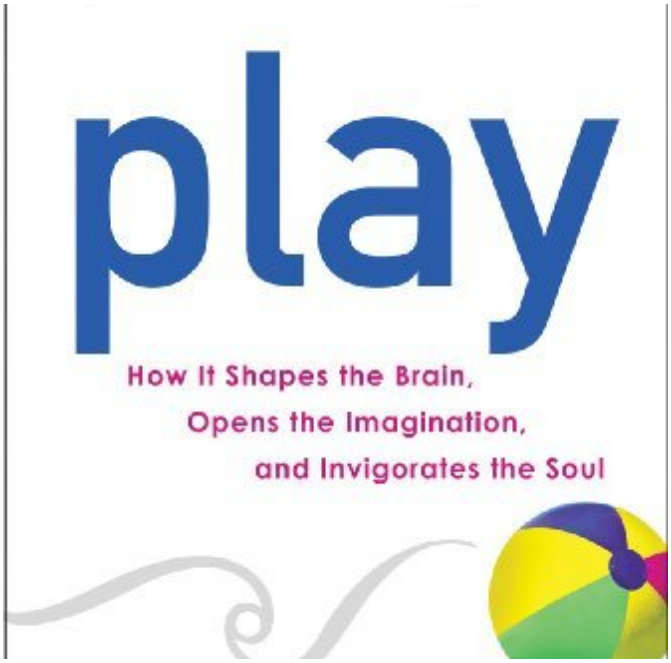


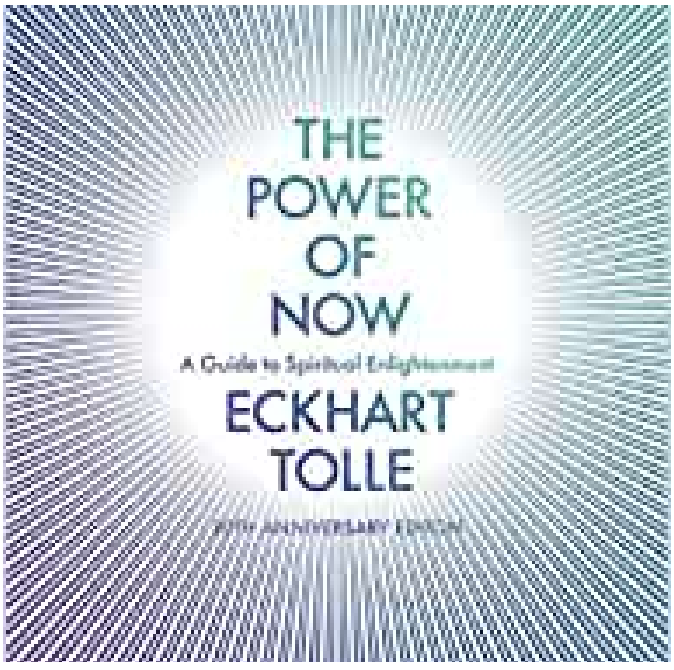
Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others

By Laura van Dernoot Lipsky and Connie Burk
2009

Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul

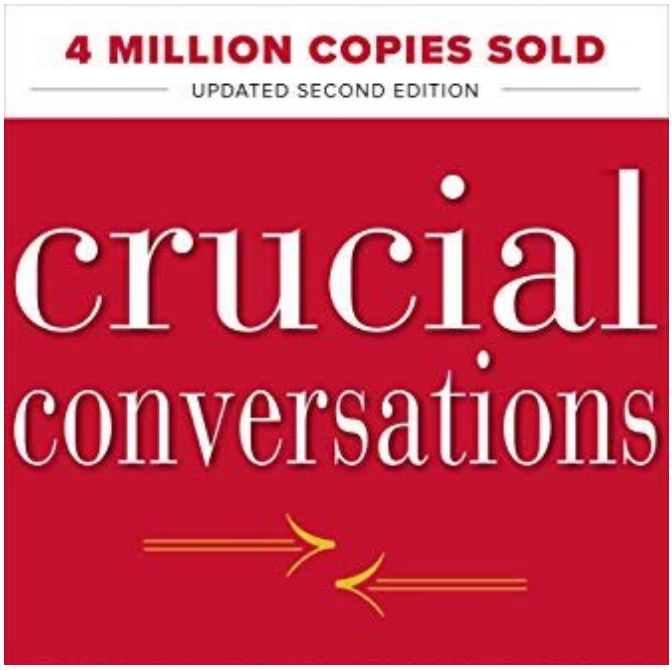
By Stuart Brown M.D. and Christopher Vaughan
2010





The Power of Now: A Guide to Spiritual Enlightenment

By Eckhart Tolle
2001



Crucial Conversations: Tools for Talking When Stakes Are High

By Kerry Patterson, Joseph Grenny, Ron McMillan, and Al Switzler

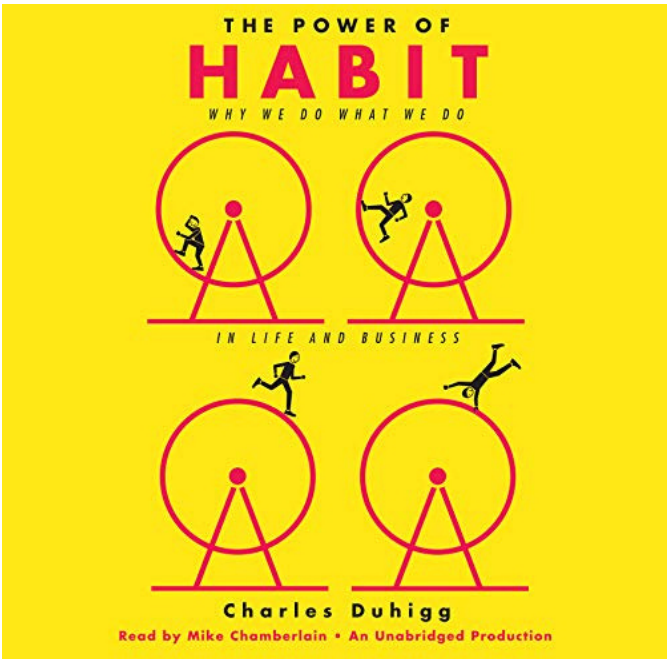
2011

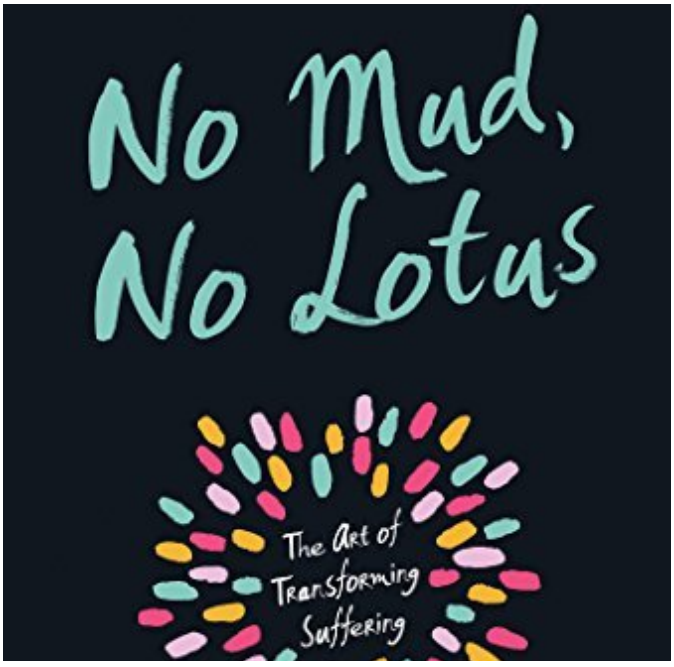
The Power of Habit: Why We Do What We Do in Life and Business

By Charles Duhigg

Narrated by Mike Chamberlain

2012

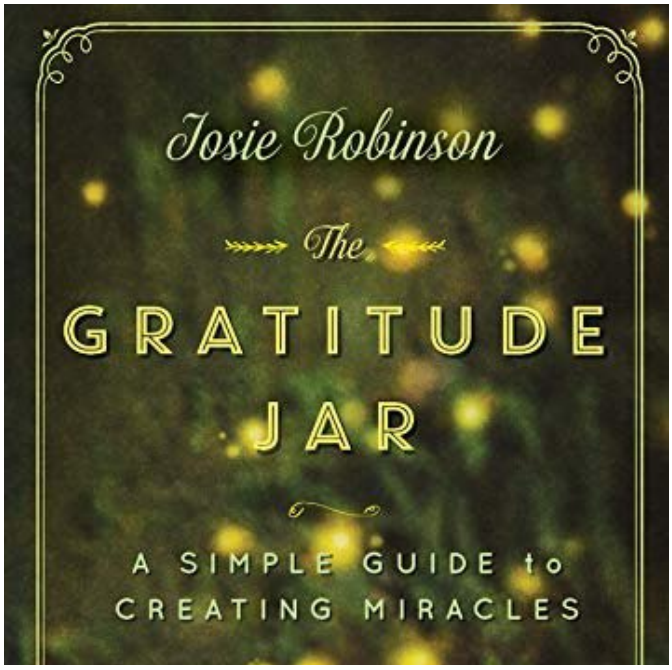




No Mud, No Lotus: The Art of Transforming Suffering

By Thich Nhat Hanh

2015

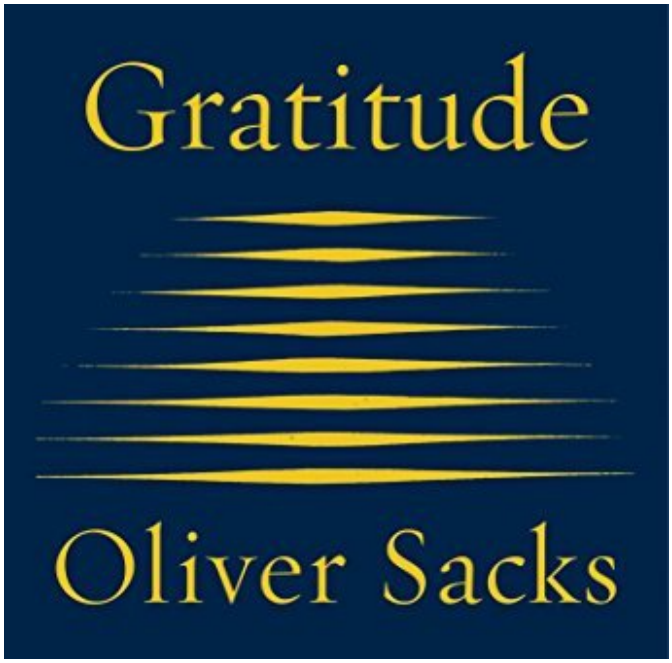


The Gratitude Jar: A Simple Guide to Creating Miracles

By Josie Robinson
2014

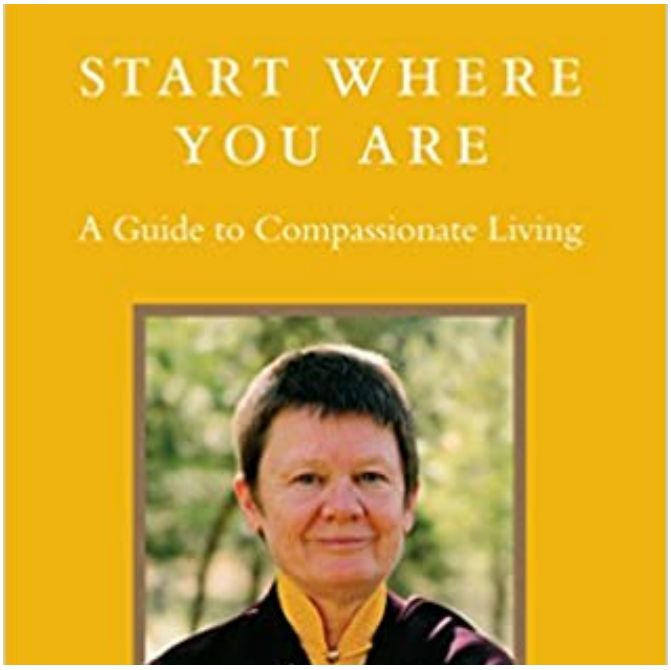
Gratitude

By Oliver Sacks
2015



The Subtle Art of Not Giving a F*ck

By Mark Manson
2016

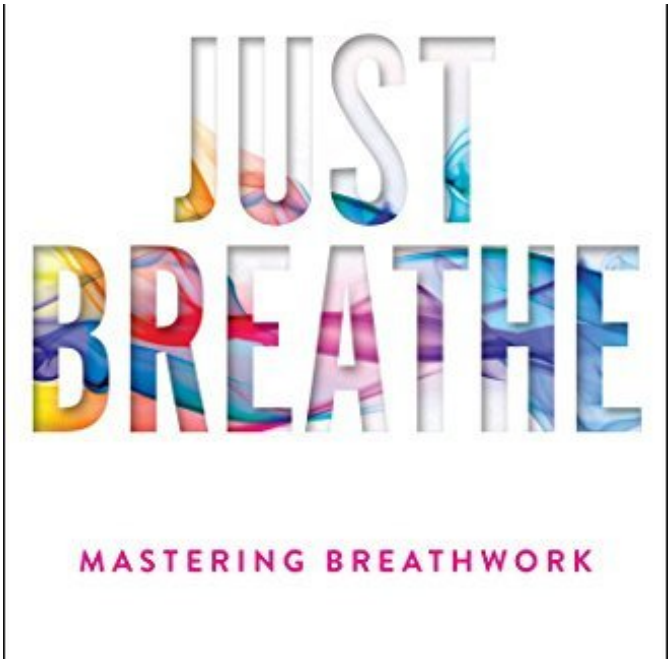


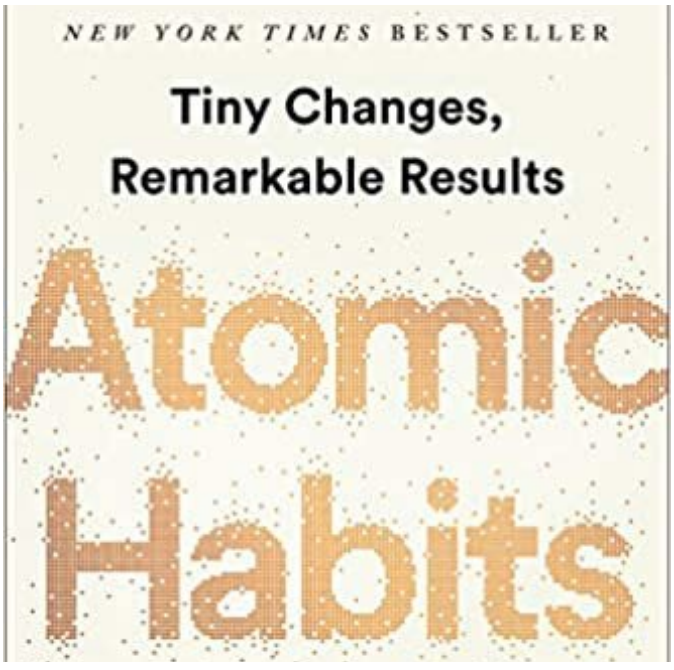
Start Where You Are: A Guide to Compassionate Living

By Pema Chödrön
Narrated by Joanna Rotte
2004

Just Breathe: Mastering Breathwork

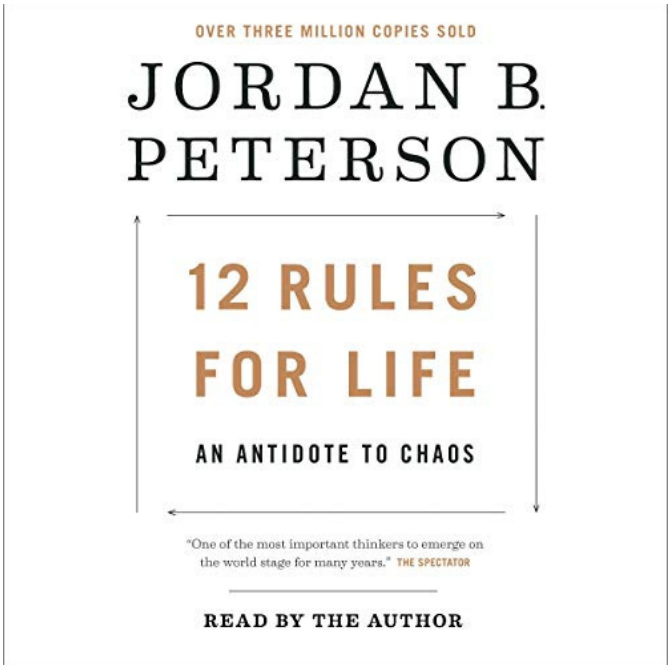
By Dan Brulé
2020





Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones

By James Clear
2018

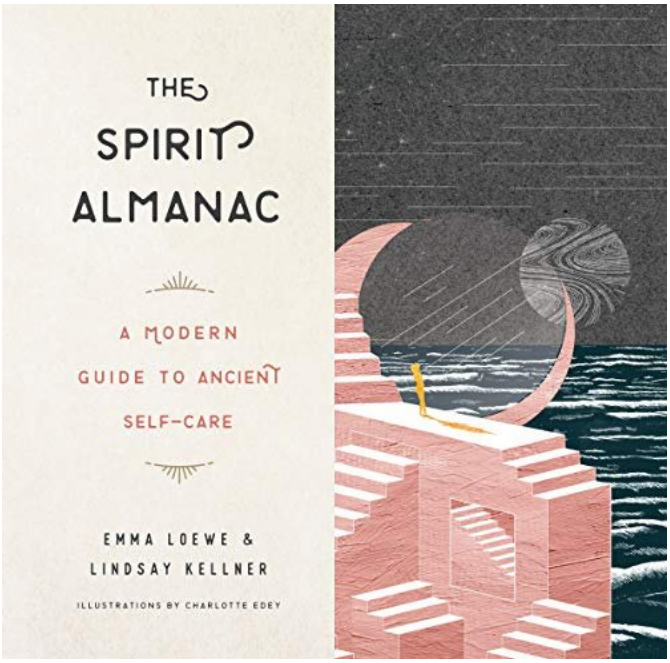


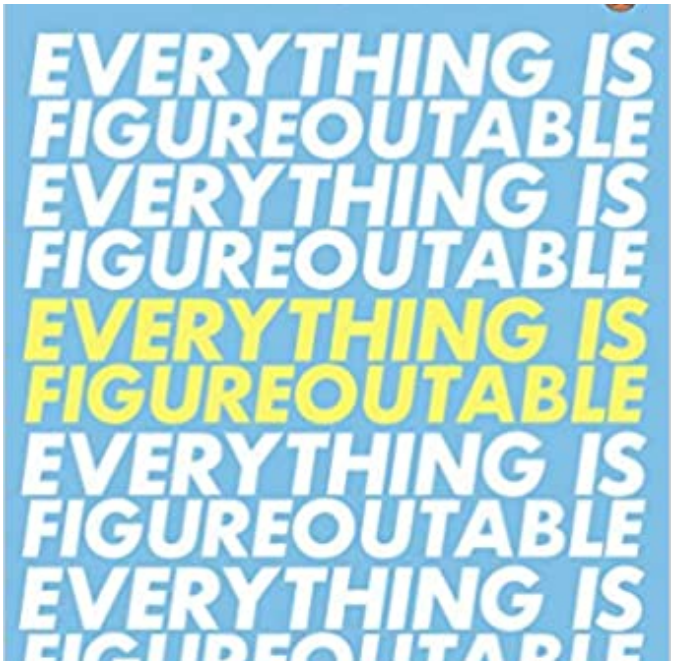
12 Rules for Life: An Antidote to Chaos

By Jordan B. Peterson
2018

The Spirit Almanac: A Modern Guide to Ancient Self-Care

By Emma Loewe and Lindsay Kellner
Narrated by Elizabeth Romanski
2018





Everything is Figureoutable

By Marie Forleo
2020