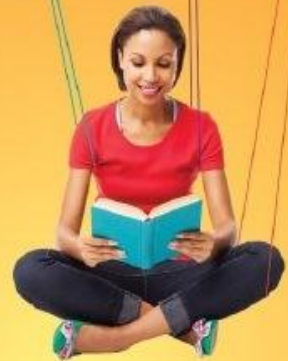




Mental Health Month > October

MOOD BOOSTING BOOKS



Mood Boosting Books for Mental Health

CITYLIBRARIES

Reading Well

Mental health issues will affect 1 in 5 Australians every year. Anxiety disorders are often the most common mental health challenge, followed by depression. Research shows that reading improves mental wellbeing, and reduces stress levels by 67%*.

Reading also reduces the risk of dementia by 35% **.

The Reading Well Mood Boosting Books scheme is a promotion of uplifting novels and nonfiction selected by readers. The books pictured over are available from your library.

Look for the Mood Boosting Books shelf on CityLibraries Goodreads and list on Diigo.



<http://bit.ly/tsvgoodreads>
www.diigo.com/user/townsvillelib

 library@townsville.qld.gov.au
 www.townsville.qld.gov.au/facilities/libraries
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MOOD BOOSTING BOOKS

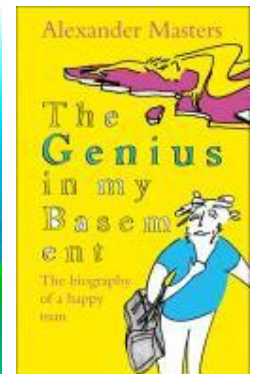
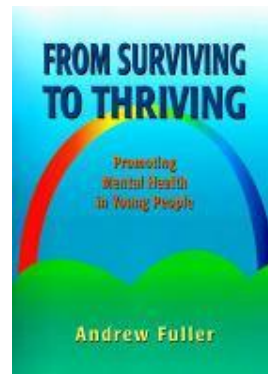
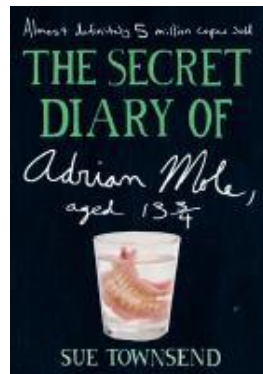
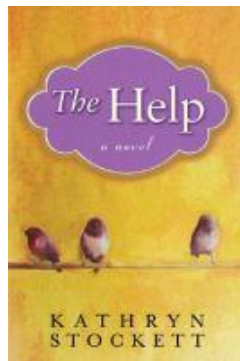
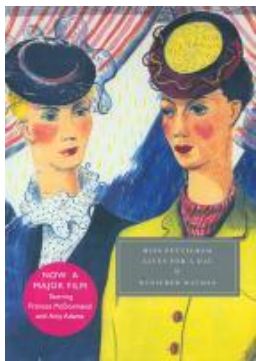
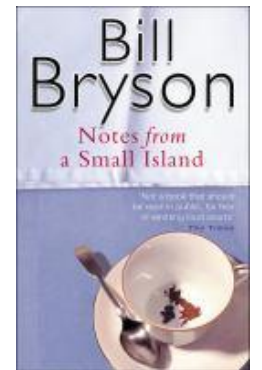
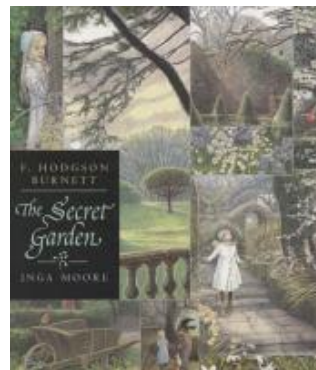
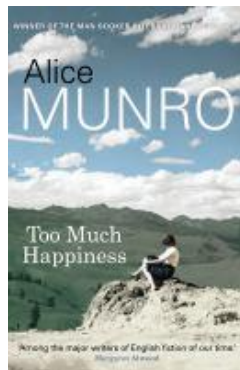
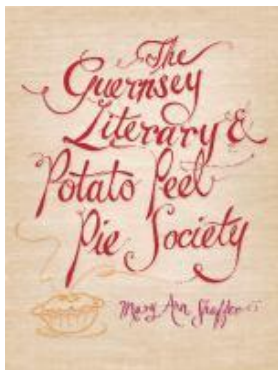
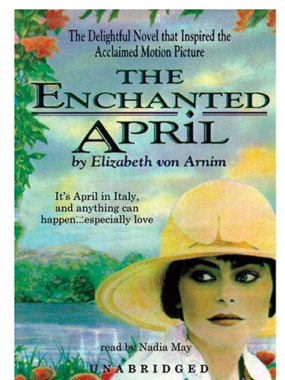
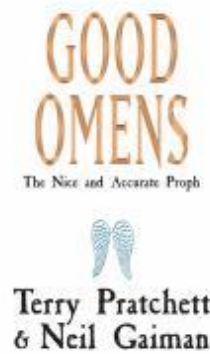
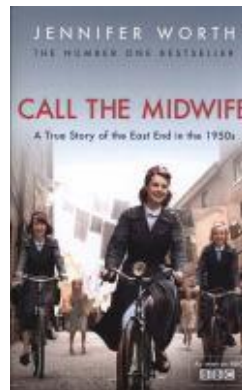
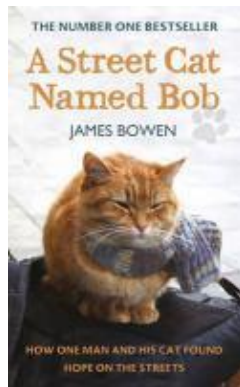
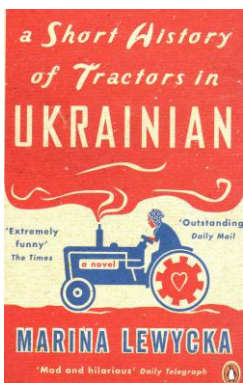


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** Reading also reduces the risk of dementia by 35% (New England Journal of Medicine).



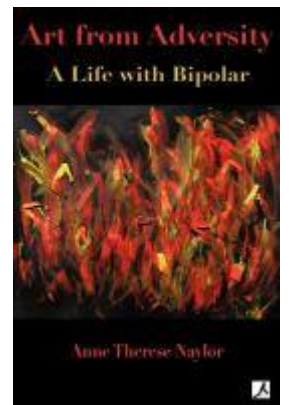
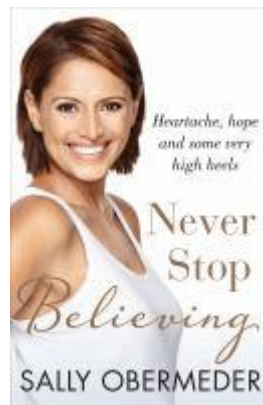
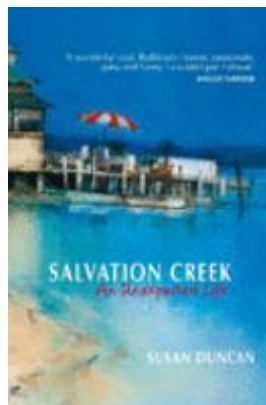
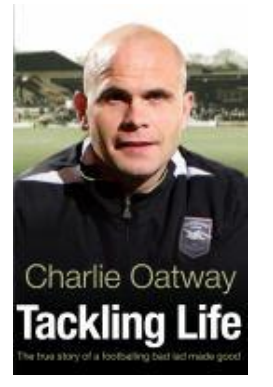
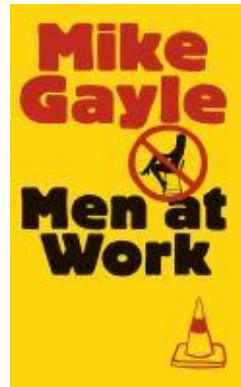
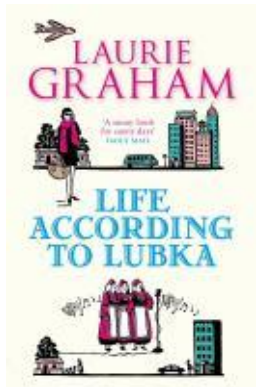
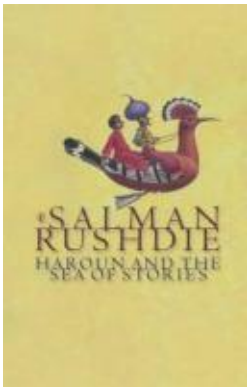
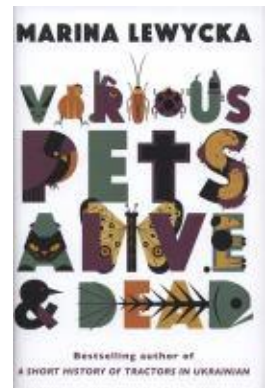
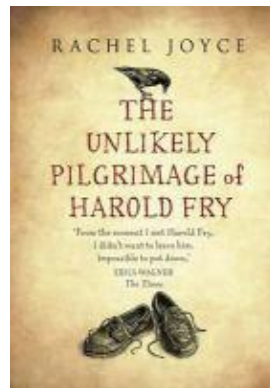
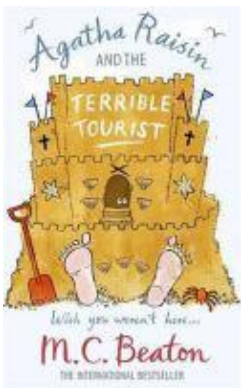
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