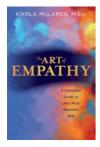
Mental Health Week

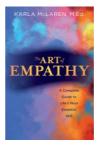
This year, Mental Health Week is all about the importance of empathy. Browse our adult and children's picks below to learn more, and visit mentalhealthweek.ca for more resources.

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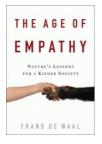


The art of empathy: a complete guide to life's most essential skill / Karla McLaren.

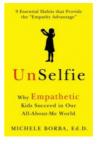
McLaren, Karla.



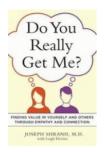
The art of empathy: a complete guide to life's most essential skill [electronic resource] / Karla McLaren.



The age of empathy: nature's lessons for a kinder society / Frans de Waal; with drawings by the author.

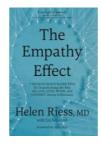


Unselfie: why empathetic kids succeed in our allabout-me world / Michele Borba, Ed.D.
Borba, Michele, author.



Do you really get me?: finding value in yourself and others through empathy and connection / Joseph Shrand, M.D.; with Leigh Devine.

Shrand, Joseph, 1958-



The empathy effect: seven neuroscience-based keys for transforming the way we live, love, work, and connect across differences [electronic resource] / Helen Riess with Liz Neporent.

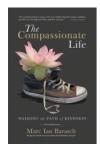
Riess, Helen, author.



Mental Health Week

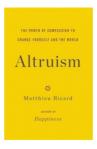
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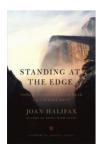
The compassionate life: walking the path of kindness / Marc Ian Barasch.

Barasch, Marc



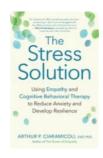
Altruism: the power of compassion to change yourself and the world / Matthieu Ricard; translated by Charlotte Mandell and Sam Gordon.

Ricard, Matthieu, author.



Standing at the edge: finding freedom where fear and courage meet / Joan Halifax.

Halifax, Joan, author.



The stress solution: using empathy and cognitive behavioral therapy to reduce anxiety and develop resilience [electronic resource] / Arthur P. Ciaramicoli, EdD, PhD.

Ciaramicoli, Arthur P., author.

