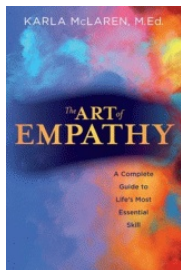


Mental Health Week

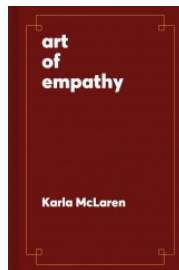
This year, Mental Health Week is all about the importance of empathy. Browse our adult and children's picks below to learn more, and visit mentalhealthweek.ca for more resources.

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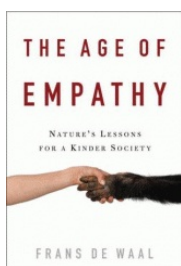
The art of empathy : a complete guide to life's most essential skill / Karla McLaren.

McLaren, Karla.



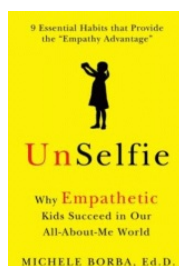
The art of empathy : a complete guide to life's most essential skill [electronic resource] / Karla McLaren.

McLaren, Karla, author.



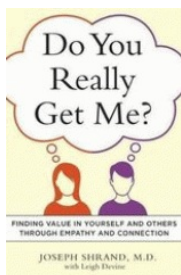
The age of empathy : nature's lessons for a kinder society / Frans de Waal ; with drawings by the author.

Waal, F. B. M. de (Frans B. M.), 1948-



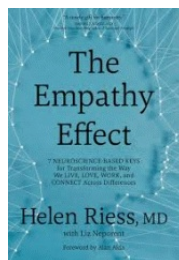
Unselfie : why empathetic kids succeed in our all-about-me world / Michele Borba, Ed.D.

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-



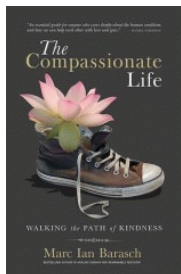
The empathy effect : seven neuroscience-based keys for transforming the way we live, love, work, and connect across differences [electronic resource] / Helen Riess with Liz Neporent.

Riess, Helen, author.

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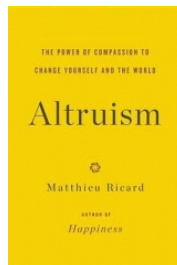
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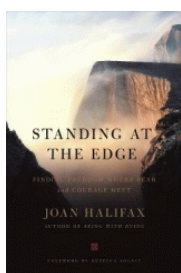
The compassionate life :
walking the path of kindness
/ Marc Ian Barasch.

Barasch, Marc



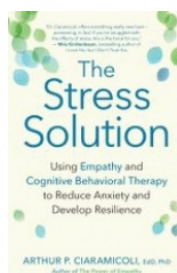
Altruism : the power of
compassion to change
yourself and the world /
Matthieu Ricard ; translated
by Charlotte Mandell and
Sam Gordon.

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.