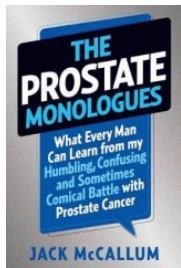


# Movember - Men's Health

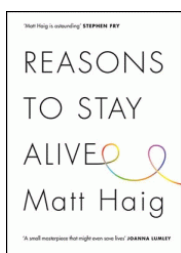
Created by CPLrosanne



The prostate monologues : what every man can learn from my humbling, confusing, and sometimes comical battle with prostate cancer / Jack McCallum.

McCallum, Jack, 1949-

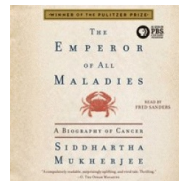
Draws on the author's own experiences with prostate cancer to address concerns many patients do not feel comfortable asking their doctors, drawing on the latest research to provide information in a reassuring format.



Reasons to stay alive / Matt Haig.

Haig, Matt, 1975- author.

Matt Haig's accessible and life-affirming memoir of his struggle with depression, and how his triumph over the illness taught him to live.



The Emperor of All Maladies [electronic resource] : A Biography of Cancer/ Mukherjee, Siddhartha.

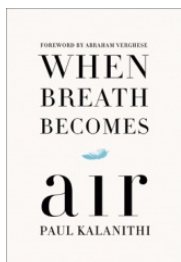
Mukherjee, Siddhartha.

A magnificent, beautifully written "biography" of cancer - from its first documented appearances thousands of years ago through the epic battles to cure, control, and conquer it to a radical new understanding of its essence. The Emperor of All Maladies is about the people who have soldiered through...

When breath becomes air / Paul Kalanithi ; foreword by Abraham Verghese.

Kalanithi, Paul, author.

A profoundly moving, exquisitely observed memoir by a young neurosurgeon faced with a terminal cancer diagnosis who attempts to answer the question 'What makes a life worth living?'

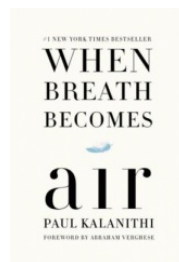


When breath becomes air / Paul Kalanithi ; foreword by Abraham Verghese.

Kalanithi, Paul, author.

A profoundly moving, exquisitely observed memoir by a young neurosurgeon faced with a terminal cancer diagnosis who attempts to answer the question 'What

makes a life worth living?'



When Breath Becomes Air [electronic resource] : Kalanithi, Paul.

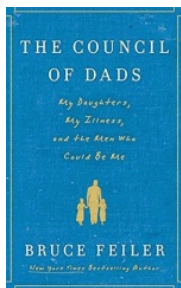
Kalanithi, Paul.

A profoundly moving, exquisitely observed memoir by a young neurosurgeon faced with a terminal cancer diagnosis who attempts to answer the question 'What makes a life worth living?'

# Movember - Men's Health

Created by CPLrosanne

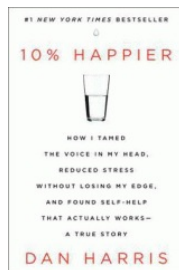
---



**The council of dads : my daughters, my illness, and the men who could be me / Bruce Feiler.**

Feiler, Bruce S.

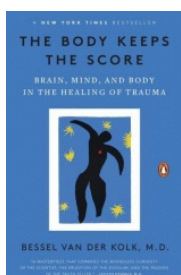
Bestselling author Bruce Feiler was a young father when he was diagnosed with cancer. He instantly worried what his daughters' lives would be like without him. "Would they wonder who I was? Would they wonder what I thought? Would they yearn for my approval, my love, my voice?" Three days later he ca...



**10% happier : how I tamed the voice in my head, reduced stress without losing my edge, and found self-help that actually works : a true story / Dan Harris.**

Harris, Dan, 1971- author.

"10% Happier" takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America's spiritual scene, and leaves them with a takeaway that could actually change their lives.

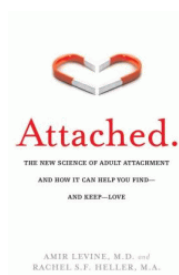


**The body keeps the score : brain, mind, and body in the healing of trauma / Bessel A. van der Kolk, M.D.**

Van der Kolk, Bessel A., 1943- author.

A pioneering researcher and one of the world's foremost experts on traumatic stress offers a bold new paradigm for

healing.



**Attached : the new science of adult attachment and how it can help you find and keep love / Amir Levine and Rachel Heller.**

Levine, Amir, author.

Introduces the theory of adult attachment as an advanced relationship science that can enable individuals to find and sustain love, offering insight into the roles of genetics and early family life in how people approach relationships.