



BeyondEAP

Specialist employee support
for life's toughest challenges

Bibliography:

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The Universe has your back
Gut Feelings: Short Cuts to Better Decision Making
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My Stroke of Insight
F**k it-Do What You Love
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Tears to Triumph
Finding Your Way in a Wild New World
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How to be Human: The Manual
Calm the F*ck Down
The Happiness Advantage
Secret of Your Cells
Tripping Over the Truth
Man's Search for Meaning
Life and Soul: How to Live a Long and Healthy Life
Option B: Facing Adversity, Building Resilience & finding Joy
Why We Sleep
Chris Beat Cancer
Welcome To Your Crisis
The Value of You
You Were Not Born To Suffer
Life After Loss
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Brain Lock: Free yourself from OCD
Ten Times Happier

Andrea Weil
Bessel Van Der Kolk
Deepak Chopra
Deepak Chopra
Eckhart Tolle
Edith Eger
Elisha Goldstein
Gabor Mate
Gabrielle Bernstein
Gerd Gigerenzer
Harriet G Lerner
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Sheryl Sandberg
Mathew Walker
Chris Wark
Laura Day
Christopher Connors
Blake Bauer
Bob Deits
Carol Hart
Mastin Kipp
Loretta Breuning
Jeffrey Schwartz
Owen O'Kane



letstalk@beyondeap.co.uk



www.beyondeap.co.uk



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