

Self Help during Tough Times

Peaks and Valleys: Making Good and Bad Times Work for You—At Work and In Life by Spencer Johnson, M.D.

It's Never Too Late to Be What You Might Have Been by BJ Gallagher

Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More by Alice D. Domar and Alice Lesch Kelly

Ignite the Genius Within by Christine Ranck

Second Acts That Change Lives by Mary Beth Sammons

Blue Collar and Proud of It: The All-in-One Resource for Finding Freedom, Financial Success and Security Outside the Cubicle by Jo Lamacchia

The Survivors Club: The Secrets and Science That Could Save Your Life by Ben Sherwood

How to Instantly Connect with Anyone: 96 All-New Little Tricks for Big Success in Business and Social Relationships by Leil Lowndes

The Pursuit of Perfect by Tal Ben-Shahar

Enough Already! Clearing Mental Clutter to Become the Best You by Peter Walsh

Clutter Busting: Letting Go of What's Holding You Back by Brooks Palmer