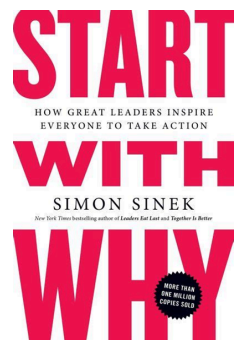
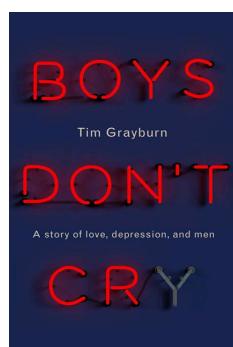


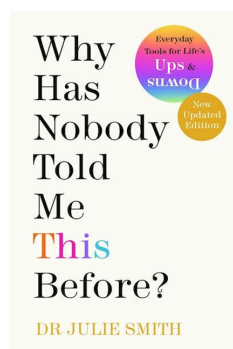
Fostering Openness: A reading list



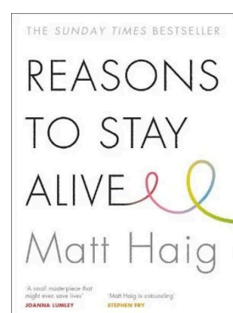
Start with Why: How great leaders inspire everyone to take action by Simon Sinek



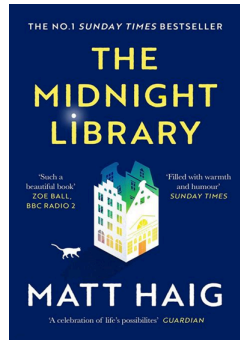
Boys Don't Cry: A story of love, depression and men by Tim Grayburn



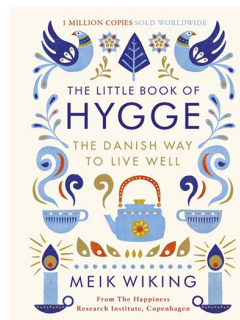
Why has nobody told me this before? By Dr Julie Smith



Reasons to Stay Alive by Matt Haig



The Midnight Library by Matt Haig



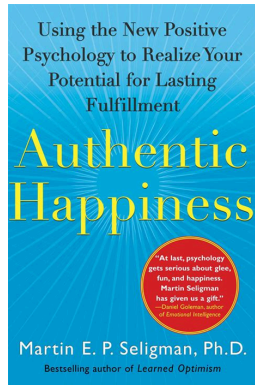
The Little Book of Hygge: The Danish way to Live Well by Meik Wiking



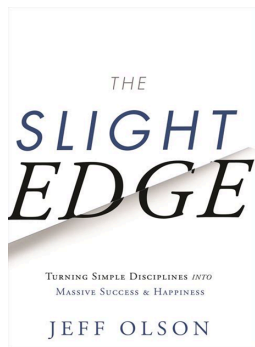
Lost Connections: Why you're depressed and how to find hope by Johann Hari



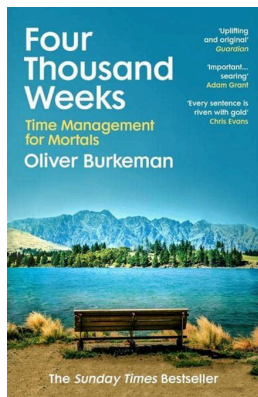
The Top Five Regrets of the Dying: A life transformed by the dearly departed by Bronnie Ware



Authentic Happiness by Martin E. P. Seligman PhD



The Slight Edge by Jeff Olson



Four Thousand Weeks: Time management for mortals by Oliver Burkeman