

Further reading about self-care and wellbeing

Do you have a book for us to review or post on this list? Please tell us!
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Degges-White, Suzanne (2020). Radical Self-Care to Protect Your Overall Well-Being. Learning to care for yourself allows you to be there for others. Psychology Today. [Radical Self-Care to Protect Your Overall Well-Being | Psychology Today](#)

Myers, J. E., & Sweeney, T. J. (2004). The Indivisible Self: An Evidence-Based Model of Wellness. Journal of Individual Psychology, 60(3), 234-245. ([The Indivisible Self: An Evidence-Based Model of Wellness.](#))

Jeffry L. Moe, Dilani M. Perera-Diltz, and Tamara Rodriguez (2021): [Counseling for Wholeness: Integrating Holistic Wellness into Case Conceptualization and Treatment Planning](#)

Lorde, Audre (1984). [Sister Outsider: Essays and Speeches.](#)
Trumansburg, New York: The Crossing Press.