




The STPM book list!

Recommended books from the STPM team





The Extended Mind: The Power of Thinking Outside the Brain **By Annie Murphy Paul**

Annie Murphy Paul's "The Extended Mind" challenges the traditional notion that thinking occurs solely within the brain. She argues that cognition extends beyond our heads, relying on our bodies, environments, and interactions with others. The book explores how gestures, physical spaces, and social connections influence our thoughts and problem-solving abilities. Paul provides evidence that by recognising and harnessing these external factors, we can enhance our cognitive capabilities and make better decisions.



Breath: The New Science of a Lost Art **By James Nestor**


In "Breath," James Nestor explores the vital yet often overlooked function of breathing. He delves into the history, science, and cultural aspects of how humans breathe, highlighting the shift from nasal to mouth breathing and its impact on health. Nestor presents research suggesting that returning to nasal breathing and adopting slow, deep breathing patterns can improve overall well-being. The book combines scientific studies with personal experiences, offering insights into how proper breathing techniques can enhance physical and mental health.



Why Has Nobody Told Me This Before?

By Dr. Julie Smith


Is a self-help book by Dr. Julie Smith, a clinical psychologist, offering practical tools and insights to manage mental health challenges. Drawing from her extensive experience, Dr. Smith provides readers with strategies to navigate issues such as anxiety, depression, self-doubt, and stress. The book emphasizes understanding the interplay between thoughts, emotions, physical sensations, and actions, encouraging self-awareness and proactive management of one's mental well-being. It serves as a comprehensive guide, democratizing therapeutic tools to empower individuals in their daily lives.



Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones


by James Clear

In "Atomic Habits," James Clear presents a practical guide to habit formation, emphasizing that small, consistent changes lead to significant improvements over time. He introduces the Four Laws of Behaviour Change: make it obvious, make it attractive, make it easy, and make it satisfying. Clear explains how focusing on systems rather than goals and making incremental adjustments can lead to lasting personal growth. The book is filled with actionable strategies and real-life examples, demonstrating how tiny habits can compound into remarkable results.



The Source: Open Your Mind. Change Your Life.
by Dr. Tara Swart

Dr. Tara Swart's "The Source" bridges neuroscience and personal development, exploring how the brain can be trained to recognise and act on opportunities. She discusses concepts like neuroplasticity and the Reticular Activating System (RAS), explaining how they influence our perceptions and behaviours. Swart provides practical tools such as visualization, affirmations, and mindfulness practices to help readers harness their brain's potential, align their actions with their goals, and manifest desired outcomes.



Why We Sleep: Unlocking the Power of Sleep and Dreams
by Matthew Walker

In "Why We Sleep," neuroscientist Matthew Walker examines the critical role sleep plays in our lives. He discusses how sleep affects learning, memory, immune function, and emotional well-being. Walker also explores the consequences of sleep deprivation and offers insights into improving sleep quality. The book underscores sleep as a foundational pillar of health, advocating for societal changes to prioritise rest and highlighting its profound impact on overall health and longevity.