

READS FOR SELF-CARE (BOOKS SIMILAR TO “GIRL WASH YOUR FACE”)

- 155.24 Clear, James Atomic Habits: Tiny Changes, Remarkable Results
- 155.26 Wilcox, Christina Take Care of Your Type: An Enneagram Guide to Self-Care
- YA 155.9 Bradshaw, Cheryl How to Like Yourself: A Teen’s Guide to Quieting Your Inner Critic & Building Lasting Self-Esteem
- 155.93 Hollis, Rachel Didn’t See That Coming
- 155.93 May, Katherine Wintering: The Power of Rest and Retreat in Difficult Times
- 158 Gustin, Kate The No-Self Help Book
- 158 Rubin, Gretchen The Happiness Project: Or Why I Spent a Year Trying to Sing in the Morning, Clean my Closets, Fight Right, Read Aristotle, and Generally Have More Fun
- 158.1 Dyer, Wayne Excuses Begone!
- 158.1 Forleo, Marie Everything is Figureoutable
- 158.1 Greenberg, Jolenta How to be Fine: What We Learned From Living by the Rules of 50 Self-Help Books
- 158.1 Kross, Ethan Chatter: The Voice in our Head, Why it Matters, and How to Harness It
- 158.1 Manson, Mark The Subtle Art of Not Giving a F*ck
- 158.1 Shetty, Jay Think Like a Monk: Train Your Mind for Peace and Purpose Every Day
- 158.1 Tawwab, Nedra Set Boundaries, Find Peace
- 158.108 Hollis, Rachel Girl, Stop Apologizing
- J 158.13 Kinder, Wynne Calm: Mindfulness For Kids
- 248.4 Allen, Jennie Get Out of Your Head: Stopping the Spiral of Toxic Thoughts
- 248.843 Hollis, Rachel Girl, Wash Your Face
- 390 Kuile, Casper The Power of Ritual: Turning Everyday Activities Into Soulful Practices
- 613.2 Ashton, Jennifer The Self-Care Solution: A Year of Becoming Happier, Healthier, and Fitter – One Month at a Time