

Resources for

Self-Help

Ordered by call number

- 152.4 Emotions
- 153.3 Imagination, imagery, creativity
- 153.8 Will (Volition)
- 155.2 Individual psychology
- 155.4 Child psychology
- 155.5 Psychology of young people 12 to 20
- 155.6 Psychology of adults
- 158 Applied psychology**
- 158.1 Personal improvement and analysis**
- 158.2 Interpersonal relations
- 170's Ethics (Moral philosophy)
- 204 Religious experience, life, & practice; spirituality
- 302 Social interaction
- 306.8 Marriage and family
- 306.9 Grief
- 332.024 Personal Finance
- 362.2 People with mental illness and disabilities
- 362.29 Substance abuse
- 362.292 Alcohol
- 610.69 Medical personnel and relationships
- 612.8 Nervous system [Including brain hacks]
- 613 Personal health and safety
- 613.2 Diets
- 613.7 Personal fitness
- 616.8 Diseases of nervous system & mental disorders
- 616.86 Substance abuse (Drug abuse)
- 640 Home & family management
- 646.7 Management of personal & family life
- 648 Housekeeping [Including organizing]
- 649 Child rearing
- 650.1 Personal success in business
- 658 General business management
- 808 Rhetoric: effective use of language



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Alcohol	362.292
Applied psychology	158
Business - general management	658
Child rearing	649
Diets	613.2
Diseases of nervous system & mental disorders	616.8
Finances	332.024
Fitness	613.7
Emotions	152.4
Ethics (Moral philosophy)	170's
Grief	306.9
Home & family management	640
Housekeeping [including organizing]	648
Imagination, imagery, creativity	153.3
Management of personal & family life	646.7
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Personal success in business	650.1
Psychology, individual	155.2
Psychology of adults	155.6
Psychology of children	155.4
Psychology of young people 12 to 20	155.5
Relationships, interpersonal	158.2
Religious experience, life, & practice; spirituality	204
Rhetoric: effective use of language	808
Social interaction	302
Substance abuse	362.29
Substance abuse (Drug abuse)	616.86
Will (Volition)	153.8

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