

Matthew Dickson's Best Mental Health Resources List

"**The Survivor Personality**" by Al Siebert

"**Unbeatable Mind**" by Mark Divine - gives the mental secrets of Navy SEALs

"**What Doesn't Kill Us: The New Psychology of Posttraumatic Growth**" by Stephen Joseph - this book helped me immensely in organizing my thoughts, even though I didn't have PTSD (I had schizophrenia). He says in the book it is for "seismic events" in your life, and not necessarily violent events (which would cause PTSD).

Counsellors say one of the biggest things people talk to them about is the people in their life who are causing them problems. These 3 books have dramatically changed the way I deal with people:

- 1) "**Verbal Judo: The Gentle Art of Persuasion**" by George Thompson - how police officers deal with people - see my 4-minute overview:
<https://matthewdi.medium.com/how-you-can-use-verbal-judo-to-deal-with-people-like-a-police-officer-b547e1bfd638>
- 2) "**Survive the Unthinkable: A Total Guide to Women's Self-Protection**" by Tim Larkin, foreword by Tony Robbins; or for men and women, "**How to Survive the Most Critical 5 Seconds of Your Life**" by Tim Larkin - Tim has made me feel safer on the street just from reading his material
- 3) "**Talk to Strangers**" by David Topus - how to approach strangers and strike up a conversation with them

How to be a good listener - my best tips:

<https://matthewdi.medium.com/how-you-can-tap-into-the-superpower-of-listening-a598346f52b3>

Beat stress with the One-Second Pause Method (I created this):

<https://matthewdi.medium.com/how-you-can-help-lower-your-stress-with-the-one-second-pause-method-48d00e995ac1>

How to balance/regulate your emotions - my best tips:

<https://matthewdi.medium.com/how-you-can-avoid-happiness-hangovers-287153b661cb>

<https://matthewdi.medium.com/how-flow-and-the-autotelic-personality-can-make-you-happier-and-healthier-42b46206f0e8>

Addiction resources:

"**Free From Addiction**" by Morteza Khaleghi

Allen Carr his books on how to stop smoking/drinking/drugs - used by Sir Richard Branson and Sir Anthony Hopkins - <https://www.allencarr.com>

Music resource:

"The Brain Warrior's Way Music Program" by Dr. Daniel Amen - CD, iTunes, Amazon

Eco-anxiety resources:

"Hope Matters: Why Changing the Way We Think Is Critical to Solving the Environmental Crisis" by Elin Kelsey

"Saving Us: A Climate Scientist's Case for Hope and Healing in a Divided World" by Katharine Hayhoe

Schizophrenia resources:

Students With Psychosis - <https://sws.ngo>

"Living Well With Schizophrenia" with Lauren Kennedy - <https://www.youtube.com/livingwellwithschizophrenia>

Physical fitness resource:

The Convenient Workout: Perhaps the Easiest Way to Build Muscle in the World (I semi-created this): <https://matthewdi.medium.com/the-convenient-workout-perhaps-the-easiest-way-to-build-muscle-in-the-world-5da00fa1643c>