

# Matthew Dickson's Best Mental Health Resources List

Hi, these are the books and resources I am always mentioning to people to help them with their mental health! Feel free to share this list with anyone you know who might benefit from it!

It is the culmination of 20+ years of studying on how to improve my own mental health. I hope it can help you!

- Matthew Dickson, [www.MindAid.ca](http://www.MindAid.ca)

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

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

**"What Doesn't Kill Us: The New Psychology of Posttraumatic Growth"** - book 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"** - book 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?sk=8bc87c33488685a4d7a29a943d6d03e5>
- 2) **"Survive the Unthinkable: A Total Guide to Women's Self-Protection"** - book by Tim Larkin, foreword by Tony Robbins; or for men and women, **"How to Survive the Most Critical 5 Seconds of Your Life"** - book by Tim Larkin
- 3) **"Talk to Strangers"** - book by David Topus - how to approach strangers and strike up a conversation with them

## Listening resource:

**How to be a good listener** - my best tips:

<https://matthewdi.medium.com/how-you-can-tap-into-the-superpower-of-listening-a598346f52b3?sk=1eef58faa1618be43f6fa2bbe44a320b>

## **Manage stress/emotions resources:**

**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?sk=df68461014e7e1c29475159afe831971>

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

- 1) <https://matthewdi.medium.com/how-you-can-avoid-happiness-hangovers-287153b661cb?sk=8e0db5ee186eb509bbc8e69f54d601e9>
- 2) <https://matthewdi.medium.com/how-flow-and-the-autotelic-personality-can-make-you-happier-and-healthier-42b46206f0e8?sk=981117a65ef4669d64e7d41c205b48b3>

## **Addiction resources:**

**"Free From Addiction"** - book 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 - CDs, iTunes, Amazon

## **Eco-anxiety resource:**

**Hope for the Planet: How to Feel So Much Better about the Fate of the Environment (and some actions you can take immediately!)** - my summary of 2 amazing books on eco-anxiety:

<https://matthewdi.medium.com/hope-for-the-planet-how-to-feel-so-much-better-about-the-fate-of-our-future-dba94531a20f?sk=49ea1cfc4c4efd2c090f87dadbb493d7>

## **Schizophrenia resources:**

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

**“Living Well With Schizophrenia”** - YouTube channel with Lauren Kennedy  
<https://www.youtube.com/livingwellwithschizophrenia>

**Avatar therapy in Canada** - <https://avatar-intervention.ca/avatar-therapy>

**Anosognosia and getting people to take medication** - <https://www.youtube.com/watch?v=NXxytf6kfPM>,  
<https://leapinstitute.org>

### **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?sk=56e9f112c68eafa5d8fb3955b21dea05>