

Reading for Well-Being Community Book Club

Interested in improving your well-being and being part of a community? Join the Reading for Well-Being Community Book Club (<https://carleton.ca/mental-health/mewerths-reading-for-well-being-community-book-club/>) at Carleton University.

With thousands of self-help books available, it is often hard to know what to read as not all books are supported by research. By joining the Club, you will receive a monthly newsletter announcing Professor Pozzulo's Pick that will be an evidence-based book focused on some dimension of well-being.

The Book Club is open to everyone; all are welcome to join! There is no cost to join or to being a member and the books are often available through the Public Library. Scan the QR code or sign up here, <https://carleton.ca/mental-health/book-club-sign-up/>. Once you join, you will receive a link to the discussion board.



Please note that the language of the books selected will be English.