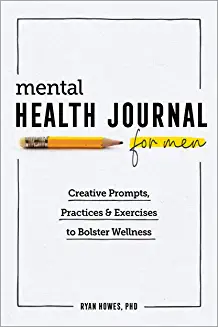
BOOKS:

# Mental Health Journal for Men: Creative Prompts, Practices, and Exercises to Bolster Wellness Paperback – 4 Aug. 2020

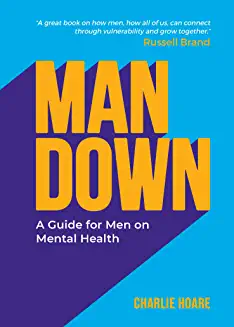
by [Ryan Howes](https://www.amazon.co.uk/s/ref=dp_byline_sr_book_1?ie=UTF8&field-author=Ryan+Howes&text=Ryan+Howes&sort=relevancerank&search-alias=books-uk) (Author)

https://www.amazon.co.uk/Mental-Health-Journal-Men-Practices/dp/1647396255/ref=sr\_1\_1?adgrpid=107404667447&dchild=1&gclid=CjwKCAjw0qOIBhBhEiwAyvVcf2WEmX5mlf0JcllqH1cjUknRDNUfTy7UebKVMTIQiAvUlcpTpErbrxoCQpQQAvD\_BwE&hvadid=445963430774&hvdev=c&hvlocphy=9045345&hvnetw=g&hvqmt=e&hvrand=13242499832230008205&hvtargid=kwd-825110760456&hydadcr=13716\_1825022&keywords=mens+mental+health+books&qid=1627986441&sr=8-1

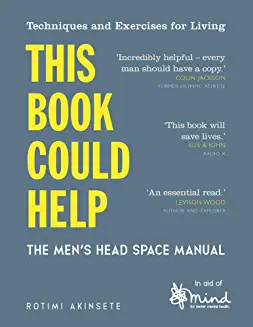


# Man Down: A Guide for Men on Mental Health Paperback – 12 Mar. 2020

by [Charlie Hoare](https://www.amazon.co.uk/Charlie-Hoare/e/B084CZY8BF/ref=dp_byline_cont_book_1) (Author)



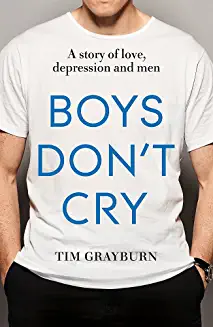
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## [This Book Could Help: The Men's Head Space Manual – Techniques and Exercises for Living (Wellbeing Guides)](https://www.amazon.co.uk/This-Book-Could-Help-Techniques/dp/1789291313/ref=sr_1_6?adgrpid=107404667447&dchild=1&gclid=CjwKCAjw0qOIBhBhEiwAyvVcf2WEmX5mlf0JcllqH1cjUknRDNUfTy7UebKVMTIQiAvUlcpTpErbrxoCQpQQAvD_BwE&hvadid=445963430774&hvdev=c&hvlocphy=9045345&hvnetw=g&hvqmt=e&hvrand=13242499832230008205&hvtargid=kwd-825110760456&hydadcr=13716_1825022&keywords=mens+mental+health+books&qid=1627986585&sr=8-6)

by MIND and [Rotimi Akinsete](https://www.amazon.co.uk/Rotimi-Akinsete/e/B07RXJZ1BW?ref=sr_ntt_srch_lnk_6&qid=1627986585&sr=8-6) | 2 May 2019

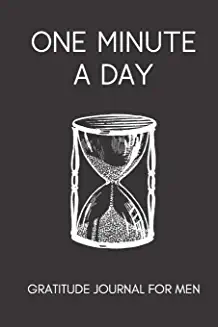
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## [Boys Don't Cry: Why I hid my depression and why men need to talk about their mental health](https://www.amazon.co.uk/Boys-Dont-Cry-depression-mental/dp/1473636930/ref=sr_1_10?adgrpid=107404667447&dchild=1&gclid=CjwKCAjw0qOIBhBhEiwAyvVcf2WEmX5mlf0JcllqH1cjUknRDNUfTy7UebKVMTIQiAvUlcpTpErbrxoCQpQQAvD_BwE&hvadid=445963430774&hvdev=c&hvlocphy=9045345&hvnetw=g&hvqmt=e&hvrand=13242499832230008205&hvtargid=kwd-825110760456&hydadcr=13716_1825022&keywords=mens+mental+health+books&qid=1627986585&sr=8-10)

by Tim Grayburn | 5 Apr 2018

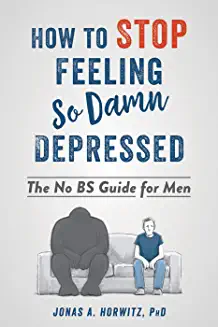
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## [One Minute a Day Gratitude Journal for Men: Simple Daily Gratitude Notebook | Helps With Motivation, Productivity, Mental Health, Mindfulness and Positivity (Mindfulness for Men)](https://www.amazon.co.uk/One-Minute-Day-Gratitude-Journal/dp/1699643520/ref=sr_1_13?adgrpid=107404667447&dchild=1&gclid=CjwKCAjw0qOIBhBhEiwAyvVcf2WEmX5mlf0JcllqH1cjUknRDNUfTy7UebKVMTIQiAvUlcpTpErbrxoCQpQQAvD_BwE&hvadid=445963430774&hvdev=c&hvlocphy=9045345&hvnetw=g&hvqmt=e&hvrand=13242499832230008205&hvtargid=kwd-825110760456&hydadcr=13716_1825022&keywords=mens+mental+health+books&qid=1627986585&sr=8-13)

by [Mindful Magic Journals](https://www.amazon.co.uk/Mindful-Magic-Journals/e/B084H54PSM?ref=sr_ntt_srch_lnk_13&qid=1627986585&sr=8-13) | 13 Oct 2019

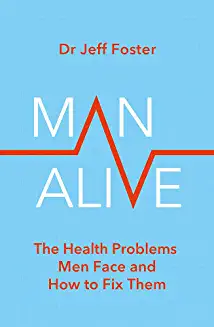
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## [Stop Feeling So Damn Depressed: The No BS Guide for Men](https://www.amazon.co.uk/Stop-Feeling-So-Damn-Depressed/dp/1684032113/ref=sr_1_19?adgrpid=107404667447&dchild=1&gclid=CjwKCAjw0qOIBhBhEiwAyvVcf2WEmX5mlf0JcllqH1cjUknRDNUfTy7UebKVMTIQiAvUlcpTpErbrxoCQpQQAvD_BwE&hvadid=445963430774&hvdev=c&hvlocphy=9045345&hvnetw=g&hvqmt=e&hvrand=13242499832230008205&hvtargid=kwd-825110760456&hydadcr=13716_1825022&keywords=mens+mental+health+books&qid=1627986585&sr=8-19)

by Jonas A Horwitz | 31 Jan 2019

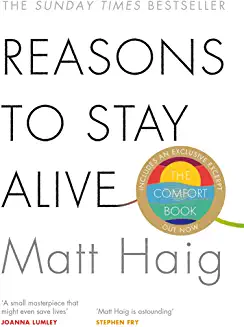
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## [Man Alive: The health problems men face and how to fix them](https://www.amazon.co.uk/Man-Alive-health-problems-face/dp/0349427852/ref=sr_1_20?adgrpid=107404667447&dchild=1&gclid=CjwKCAjw0qOIBhBhEiwAyvVcf2WEmX5mlf0JcllqH1cjUknRDNUfTy7UebKVMTIQiAvUlcpTpErbrxoCQpQQAvD_BwE&hvadid=445963430774&hvdev=c&hvlocphy=9045345&hvnetw=g&hvqmt=e&hvrand=13242499832230008205&hvtargid=kwd-825110760456&hydadcr=13716_1825022&keywords=mens+mental+health+books&qid=1627986585&sr=8-20)

by [Dr Jeff Foster](https://www.amazon.co.uk/Dr-Jeff-Foster/e/B093TFD77N?ref=sr_ntt_srch_lnk_20&qid=1627986585&sr=8-20) | 17 Jun 2021

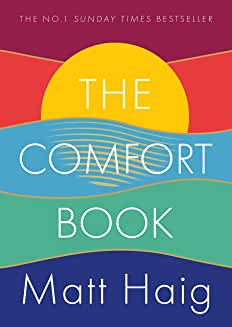
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## [Reasons to Stay Alive](https://www.amazon.co.uk/Reasons-Stay-Alive-Matt-Haig-ebook/dp/B00N7KZLSG/ref=sr_1_1?crid=3BNBM0F7WSDHY&dchild=1&keywords=reasons+to+stay+alive+matt+haig&qid=1627987805&sprefix=REASONS+TO+STAY+%2Caps%2C175&sr=8-1)

by [Matt Haig](https://www.amazon.co.uk/Matt-Haig/e/B001IO8C1Q?ref=sr_ntt_srch_lnk_1&qid=1627987805&sr=8-1) | 5 Mar 2015

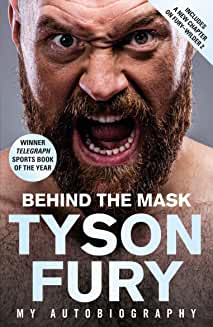
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## [The Comfort Book: The instant No.1 Sunday Times Bestseller](https://www.amazon.co.uk/Comfort-Book-Matt-Haig/dp/1786898292/ref=sr_1_23?adgrpid=107404667447&dchild=1&gclid=CjwKCAjw0qOIBhBhEiwAyvVcf2WEmX5mlf0JcllqH1cjUknRDNUfTy7UebKVMTIQiAvUlcpTpErbrxoCQpQQAvD_BwE&hvadid=445963430774&hvdev=c&hvlocphy=9045345&hvnetw=g&hvqmt=e&hvrand=13242499832230008205&hvtargid=kwd-825110760456&hydadcr=13716_1825022&keywords=mens+mental+health+books&qid=1627987134&sr=8-23)

by [Matt Haig](https://www.amazon.co.uk/Matt-Haig/e/B001IO8C1Q?ref=sr_ntt_srch_lnk_23&qid=1627987134&sr=8-23) | 6 Jul 2021

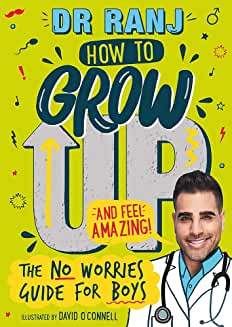
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## [Behind the Mask: My Autobiography – Winner of the 2020 Sports Book of the Year](https://www.amazon.co.uk/Behind-Mask-Autobiography-shortlisted-Biography/dp/1787465063/ref=sr_1_43?adgrpid=107404667447&dchild=1&gclid=CjwKCAjw0qOIBhBhEiwAyvVcf2WEmX5mlf0JcllqH1cjUknRDNUfTy7UebKVMTIQiAvUlcpTpErbrxoCQpQQAvD_BwE&hvadid=445963430774&hvdev=c&hvlocphy=9045345&hvnetw=g&hvqmt=e&hvrand=13242499832230008205&hvtargid=kwd-825110760456&hydadcr=13716_1825022&keywords=mens+mental+health+books&qid=1627987256&sr=8-43)

by [Tyson Fury](https://www.amazon.co.uk/Tyson-Fury/e/B0827DY9ND?ref=sr_ntt_srch_lnk_43&qid=1627987256&sr=8-43) | 21 Jan 2021

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## [How to Grow Up and Feel Amazing!: The No-Worries Guide for Boys](https://www.amazon.co.uk/How-Grow-Feel-Amazing-No-Worries/dp/1526362953/ref=sr_1_51?adgrpid=107404667447&dchild=1&gclid=CjwKCAjw0qOIBhBhEiwAyvVcf2WEmX5mlf0JcllqH1cjUknRDNUfTy7UebKVMTIQiAvUlcpTpErbrxoCQpQQAvD_BwE&hvadid=445963430774&hvdev=c&hvlocphy=9045345&hvnetw=g&hvqmt=e&hvrand=13242499832230008205&hvtargid=kwd-825110760456&hydadcr=13716_1825022&keywords=mens+mental+health+books&qid=1627987369&sr=8-51)

by Dr. Ranj Singh and David O'Connell | 18 Feb 2021

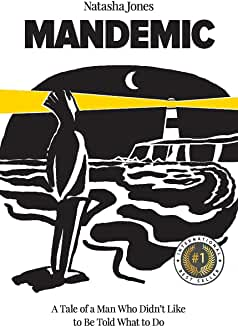
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## [The Running Drug: How a running addiction helped one man overcome cancer, conquer a marathon and rediscover life](https://www.amazon.co.uk/Running-Drug-addiction-overcome-rediscover/dp/1838465812/ref=sr_1_50?adgrpid=107404667447&dchild=1&gclid=CjwKCAjw0qOIBhBhEiwAyvVcf2WEmX5mlf0JcllqH1cjUknRDNUfTy7UebKVMTIQiAvUlcpTpErbrxoCQpQQAvD_BwE&hvadid=445963430774&hvdev=c&hvlocphy=9045345&hvnetw=g&hvqmt=e&hvrand=13242499832230008205&hvtargid=kwd-825110760456&hydadcr=13716_1825022&keywords=mens+mental+health+books&qid=1627987369&sr=8-50)

by [Tim Beynon](https://www.amazon.co.uk/Tim-Beynon/e/B08ZSYN9BY?ref=sr_ntt_srch_lnk_50&qid=1627987369&sr=8-50) | 24 May 2021

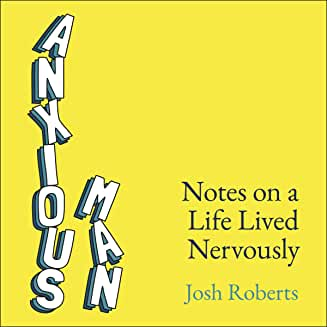
<https://www.amazon.co.uk/Running-Drug-addiction-overcome-rediscover/dp/1838465812/ref=sr_1_50?adgrpid=107404667447&dchild=1&gclid=CjwKCAjw0qOIBhBhEiwAyvVcf2WEmX5mlf0JcllqH1cjUknRDNUfTy7UebKVMTIQiAvUlcpTpErbrxoCQpQQAvD_BwE&hvadid=445963430774&hvdev=c&hvlocphy=9045345&hvnetw=g&hvqmt=e&hvrand=13242499832230008205&hvtargid=kwd-825110760456&hydadcr=13716_1825022&keywords=mens+mental+health+books&qid=1627987369&sr=8-50>



## [Mandemic: A Tale of a Man Who Didn't Like to Be Told What to Do](https://www.amazon.co.uk/Mandemic-Tale-Didnt-Like-Told/dp/1913206564/ref=sr_1_61?adgrpid=107404667447&dchild=1&gclid=CjwKCAjw0qOIBhBhEiwAyvVcf2WEmX5mlf0JcllqH1cjUknRDNUfTy7UebKVMTIQiAvUlcpTpErbrxoCQpQQAvD_BwE&hvadid=445963430774&hvdev=c&hvlocphy=9045345&hvnetw=g&hvqmt=e&hvrand=13242499832230008205&hvtargid=kwd-825110760456&hydadcr=13716_1825022&keywords=mens+mental+health+books&qid=1627987369&sr=8-61)

by [Natasha Jones](https://www.amazon.co.uk/Natasha-Jones/e/B093Q7MDJ6?ref=sr_ntt_srch_lnk_61&qid=1627987369&sr=8-61) | 29 Mar 2021

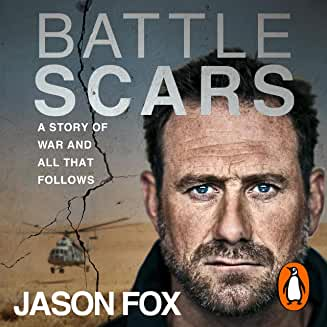
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## [Anxious Man: Notes on a Life Lived Nervously](https://www.amazon.co.uk/Anxious-Man-Notes-Lived-Nervously/dp/B083ZKB8XF/ref=sr_1_65?adgrpid=107404667447&dchild=1&gclid=CjwKCAjw0qOIBhBhEiwAyvVcf2WEmX5mlf0JcllqH1cjUknRDNUfTy7UebKVMTIQiAvUlcpTpErbrxoCQpQQAvD_BwE&hvadid=445963430774&hvdev=c&hvlocphy=9045345&hvnetw=g&hvqmt=e&hvrand=13242499832230008205&hvtargid=kwd-825110760456&hydadcr=13716_1825022&keywords=mens+mental+health+books&qid=1627987566&sr=8-65)

by Josh Roberts and Yellow Kite

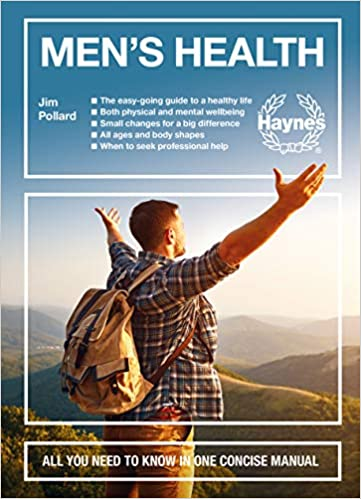
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