

Book Title	Author	Year	Quantity
"And they will not cease the differ.."	Saddek Wasil	2012	1
86 Tips for therapeutic toolbox	J. A. Belmont	2006	1
Acceptance and commitment therapy for interpersonal problems	Mckay	2012	1
African American	Baron J. Littleton	2006	1
An everyday guide to the metric system	Science Research Associate (SRA)	1976	1
An introduction to 3Dimensional Leadership	N. Linacre & J. Cann	2011	1
Arabia in Search of the Golden Age	Morgan	2010	1
Architecture. Form, space and order	Francis. D. K. Ching	1996	1
Atomic Habits	James Clear	2018	1
Between give and take: a clinical guide to contextual therapy	Boszormenyi-Nagy, Spark	1986	1
Beyond Charm	Shirley Shalaby	2010	1
Bio Architecture	Senosiain	2003	1
Body BalancedFood Medicine	Timothy Yeh and Pearl Yeh	2005	1
Borderline Personality Disorder	Melanie Dean	2006	1
Bouncing Back	Linda Graham	2013	1
Breast Cancer Survivors in Saudi Arabia	Samia Al Amoudu	2008	1
Building Emotional Intelligence	Linda Lantieri. Daniel Goleman	2008	1
By Any Greens Necessary	T. L. McQuirter	2010	1
Calling in "the one": 7 weeks to attract the love of yourself	Katherine W. Thomas	2004	1
Clinical Biostatistics	Weaver and Goldberg	2011	1
Combined destinies: white sharing grief about racism	Jealous and Haskell	2013	2
Coming home to self	Verrier	2011	1
Depression in Adults	Anton Tolman	2005	1
Designig your life: How to Build a well-ived joyful life	B Burnett: D. Evans	2016	1
Diagnosis and Treatment of Personality Disorders	Daniel Fox	2014	1
Fitness Notes Nutrition tips	Abbe Ford	2000	1
Foods of food medicine	Timothy Yeh and Pearl Yeh	2004	1
Friendfluence	Carlin Flora	2013	7
From Neuron to brain	Nicholls, Martin, Fuchs, Brown, Diamond, Weisblat	2011	1
Get out of your Mind and into your life	Hayes	2005	1

Get out of your own way	Goulston, Goldberg	1996	1
Handbook of Latino Psychology	Villarruel, Carlo, Grau, Azmitia, Cabrera, Chahin	2009	1
How to stop procrastinating	Steve Scott	2017	1
I speak for Myself: American women on being muslim	Ebrahimji, Suratwala	2011	1
Introducing to ACT (Acceptance and Commitment Therapy)_DVD	Mckay, Ona		1
Invisible loyalties	Boszormenyi-Nagy, Spark	1984	1
Leadership for Transformation	Barbour, Hickman	2011	1
Leading in complex world	Barbour	2012	1
Learning How to Learn	B. Oakley; T. Sejnowski	2018	1
Mental Helath Services in The kingdom		1982	1
Michelle Obama, In her own words	Lisa Rogak	2009	1
Mind Over Mood	D. Greenberger, C. Padesky	1995	1
Mindsight	Daneiel Siegel	2010	1
My Egyptian Grandmother's Kitchen	Mehdawy, Hussein	2006	1
Neurons in Actions	Moore and Stuart	2007	1
Neuroscience	Purves, Fitzpatrick, Hall, LaMantia, White	2012	1
Performing under pressure	Weisinger and Pawliw-Fry	2015	1
Planting seeds: practicing mindfulness with children	Thich Nhat Nanh	2011	1
Quiet: the power of Introverts in a World that can't stop talking	Susan Cain	2012	3
Red Sea Coral reefs	Bemert, Ormond	1982	1
Rest. Why You Get More Done When You Work Less	A. Soojung; Kim Pang	2018	1
Sanctificum	Chris Abani	2010	1
Stress Management Inrervention for Women with Breast Cancer	Michael H. Antoni	2003	5
SuperFoods	Pratt & Matthews	2004	1
Surviving Sexual Violence	T. Bryant- Davis	2011	1
Taking Hypnosis to the next level	M Yapko	2018	1
The Arab Worls Handbook	James Peter	2000	1
The Body keeps the score	Bessel Van Den Kolk	2014	1
The confidence gap	Russ Harris	2011	1
The difference	Scott Page	2007	1
The dissertation warrior	Guy and White	2017	1
The Kingdom of Saudi Arabia	David Long	1997	1
The maximum energy cookbook	Sharon Broer	1999	1
The pharaoh's kitchen	Mehdawy, Hussein	2010	1
The power of Habit	Katherine Curtis	2020	1

The primal Wound	Verrier	1996	1
The Psychology of Ultimate Concerns	Robert Emmons	1999	1
The relaxation and stress reduction workbook_5th ed	M. Davis, E.R.Eshelman, M.S.W., M McKay	2000	1
The relaxation and stress reduction workbook_6th ed	M. Davis, E.R.Eshelman, M.S.W., M McKay	2008	5
The self-care project	Jayne Hardy	2017	1
The sleep book	Guy Meadows	2014	1
The Student Leadership Challenge	Barry and Posner	2013	2
The Tapping Cure	Roberta Temes	2006	1
The Wednesday sisters: A novel	Clayton	2009	1
Understanding Global Health	Markle, Fisher, Smego	2007	1
Wellbeing	Tom Rath, Jim Harter	2010	1
What colour is your parachute?	Richard Bolles	2012	1
Why Zebra don't get Ulcers	R. Sapolsky	2004	6
Women in Agriculture pt.1			1
Women in America: indicators of social and economic wellbeing			1
Writing from the Inside out	Stephen Lloyd Webber	1982	2
You can't lead with your feet on the desk	ED Fuller	2011	1
Your Every Word has power	Yvonne Oswald	2009	1