

If you're in the US you can read these all for free with a library card at: <https://openlibrary.org/>

All of these books have immediately practical advice, and the books can be read in small bursts!

**Unfuck Your Burnout: How to Survive Your Overwhelming Life**: What it says on the tin!

<https://www.amazon.com/Unfuck-Your-Burnout-Overwhelming-5-Minute/dp/1648411762>

**Unfuck Your Brain**: lots of swearing. Practical advice for general mental health and the science behind it, and where it comes from!

<https://a.co/d/huDCLdb>

**Unfuck Your Boundaries**: much swearing. I had no idea what boundaries even were until 2019! Super helpful for good mental health!

<https://a.co/d/8lviSz1>

**Unfuck Your Anger**: much swearing. it helped my wife and I understand where anger was coming from and how to get a better handle on it!

<https://a.co/d/hM9IsP0>

**This Is Your Brain on Depression**: much swearing. It's on my to-read list! Faith G Harper is a trauma informed therapist and I love her approach. I know a significant part of my depression is clinical, and part of it is situational (people taking advantage of me, burnout, etc). Faith's books examines issues with science and offers a ton of immediate, practical advice.

<https://a.co/d/hM9IsP0>

Dr. Faith G Harper has a bunch of stuff from autism, shame, managing stress, communication, PTSD, friendship, accountability, tons of topics!

<https://microcosmpublishing.com/catalog/artist/dr-faith-g-harper?subject=mental-health&mm=or&pg=1>

I loved "Unfuck Your Intimacy", which I also found really helpful!

<https://microcosmpublishing.com/catalog/artist/dr-faith-g-harper>

**Crucial Conversations**: great book for managing very difficult conversations, and how to stay in control when things have a high chance to go spectacularly off the rails.

<https://a.co/d/76UeAQT>

**Crucial Accountability**: great book about how to be accountable, and set accountability with others!

<https://a.co/d/gEU7qit>

For polyamorous folks, or folks who want to learn more, I highly recommend these! Wendy (Mistletoe) and I really were a mess, and these helped us out a LOT!

**Polysecure: Attachment, Trauma and Consensual Nonmonogamy**

<https://a.co/d/3iwsfa9>

**More Than Two, Second Edition: Cultivating Nonmonogamous Relationships with Kindness and Integrity**

<https://amzn.to/3zKXk3V>