

# LEARNING PATHS

## MENTAL HEALTH



Whether you are looking to help curb bad habits, cope better with disappointment, change parts of yourself that you are not happy with or you are learning how to manage the daily challenges of life, this selection of courses grounded in psychology and mental health will help.

### CORE COURSES (Choose 3)

With a variety of perspectives, these courses will help you learn methods to retrain your brain using the techniques of mindful thinking, the tools of cognitive behavior thinking, and more.

- ❑ [Masters of Mindfulness: Transforming Your Mind and Body](#)
- ❑ [Cognitive Behavioral Therapy: Techniques for Retraining Your Brain](#)
- ❑ [Why You Are Who You Are: Investigations into Human Personality](#)
- ❑ [Building Your Resilience: Finding Meaning in Adversity](#)

### ELECTIVES: Neurology (Choose 1)

Get a foundational course on how the brain works as you discover what's true and what's not about our own minds, how we perceive the world around us, and how we learn.

- ❑ [The Learning Brain](#)
- ❑ [Understanding the Secrets of Human Perception](#)
- ❑ [Brain Myths Exploded: Lessons from Neuroscience](#)

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## ELECTIVES: Psychology (Choose 1)

Psychology is the scientific study of the mind and behavior. This selection of courses provides you with everything from an overview of this important subject to a deep dive into various facets which help you better understand yourself.

- ❑ [The Great Ideas of Psychology](#)
- ❑ [The Art of Critical Decision Making](#)
- ❑ [Raising Emotionally and Socially Healthy Kids](#)
- ❑ [The Psychology of Performance: How to Be Your Best in Life](#)
- ❑ [Passions: Philosophy and the Intelligence of Emotions](#)
- ❑ [Shocking Psychological Studies and the Lessons They Teach](#)
- ❑ [The Science of Fear](#)
- ❑ [The Spiritual Brain: Science and Religious Experience](#)

## ELECTIVES: Medicine and Health (Choose 1)

Take a look at the many ways modern medicine and traditional practices can help you heal; reduce stress; gain energy; and take better control of your mental, physical, and emotional health.

- ❑ [Practical Guide to Suicide Prevention](#)
- ❑ [Mastering Tai Chi](#)
- ❑ [The Addictive Brain](#)
- ❑ [How to Deal With Stress - How to Make Stress Work for You](#)
- ❑ [Understanding Self Control - How to Take Control Over Yourself](#)
- ❑ [Understanding Integrative Medicine](#)
- ❑ [Survival Mentality: The Psychology of Staying Alive](#)