

## BOOKLIST

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### DIPLOMA OF POSITIVE MENTAL HEALTH COACHING

#### Compulsory Textbooks

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**NOTE: If a subject from your course program is not listed in this document, then there is no compulsory textbook for the subject**

**POSITIVE MENTAL HEALTH AND FLOURISHING**

**AND**

**POSITIVE INTERVENTIONS AND CLIENT GOALS**

Compton, W & Hoffman, E (2019). *Positive psychology: the science of happiness and flourishing* (2nd ed. or later). SAGE Publications, US.

**Some suggested sources:**

- **Booktopia:** <https://www.booktopia.com.au/>
- **Amazon AU:** <https://www.amazon.com.au/>
- **Bookdepository:** <https://www.bookdepository.com/>