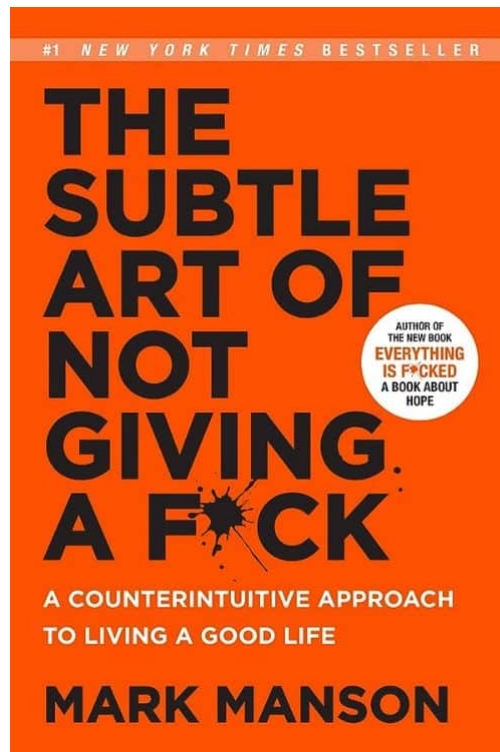




**10 Most-Sold Mental Health Books on Amazon So Far:** In a world increasingly focused on mental well-being, literature plays a pivotal role in guiding us towards peace and resilience. The right book can offer solace, wisdom, and insight, becoming a beacon of hope for those seeking mental clarity. This trend is evidenced by the popularity of mental health books on Amazon, a global platform that caters to readers' diverse needs. From self-help guides to profound psychological explorations, the market has seen an explosion in sales of these invaluable resources.

## 10 Most-Sold Mental Health Books on Amazon So Far

1. "The Subtle Art of Not Giving a F\*ck" by Mark Manson
  2. "The Four Agreements" by Don Miguel Ruiz and Nicholas Wilton
  3. "Man's Search for Meaning" by Viktor E. Frankl, William J. Winslade
  4. "The Power of Your Subconscious Mind" by Joseph Murphy
  5. "The Body Keeps the Score" by Bessel van der Kolk M.D.
  6. "Untamed" by Glennon Doyle
  7. "Life Changing Magic Of Tidying" by Marie Kondo
  8. "12 Rules for Life" by Jordan B. Peterson
  9. "You Are a Badass" by Jen Sincero
  10. "Maybe You Should Talk To Someone" by Lori Gottlieb
- "The Subtle Art of Not Giving a F\*ck" by Mark Manson

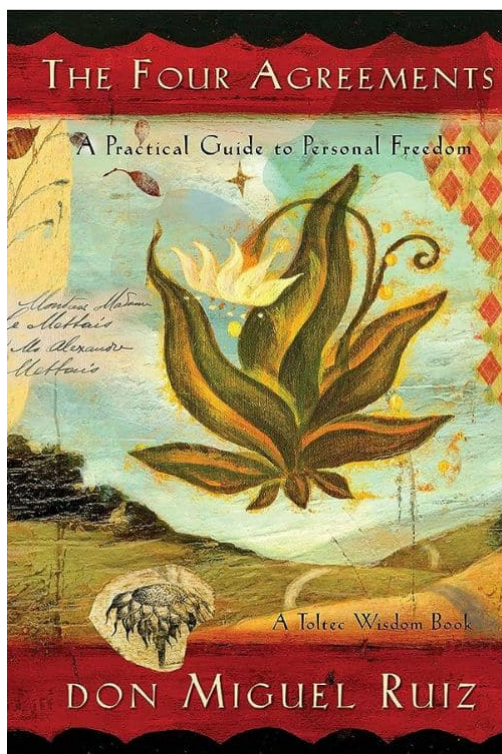


***“The Subtle Art of Not Giving a F\*ck” by Mark Manson***

**AMAZON**

Emphasizing the importance of embracing life’s limitations, Mark Manson’s bestselling self-help guide, “The Subtle Art of Not Giving a F\*ck,” challenges conventional self-improvement advice. Rather than promoting relentless positivity, Manson advocates for a more grounded, realistic approach to personal growth. By learning to accept our flaws and focusing on what truly matters, readers are encouraged to find happiness and success. The author’s candid style resonates with those who seek a no-nonsense pathway to understanding themselves and their place in the world.

**“The Four Agreements” by Don Miguel Ruiz and Nicholas Wilton**



*10 Most-Sold Mental Health Books on Amazon So Far - “The Four Agreements” by Don Miguel Ruiz and Nicholas Wilton*

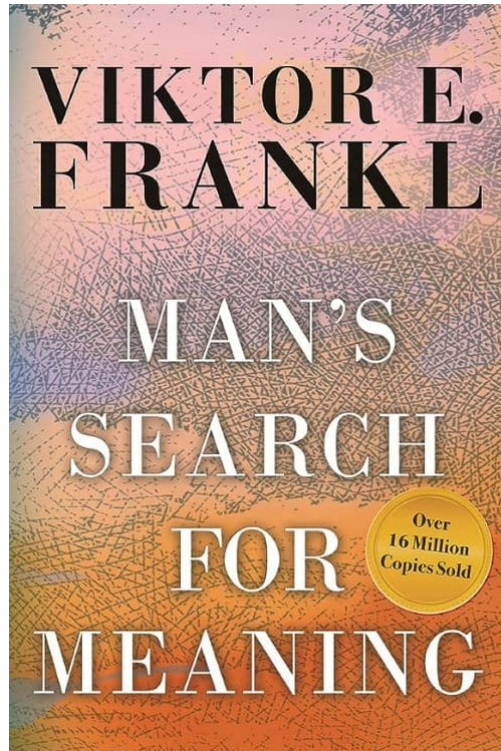
## AMAZON

In “The Four Agreements,” Don Miguel Ruiz outlines a code of conduct based on ancient Toltec wisdom that aims to free the mind from limiting beliefs and societal conditioning. The four agreements are: Be impeccable with your word, Don’t take anything personally, Don’t make assumptions, and Always do your best.

By practicing these principles, readers are encouraged to transform their lives, fostering greater self-awareness, happiness, and fulfillment. The text has become a beloved guide in personal development circles, offering a clear and practical philosophy for navigating the complexities of human existence. The collaboration with Nicholas Wilton adds visual richness, making the book a vibrant exploration of spiritual wisdom.



“Man’s Search for Meaning” by Viktor E. Frankl, William J. Winslade

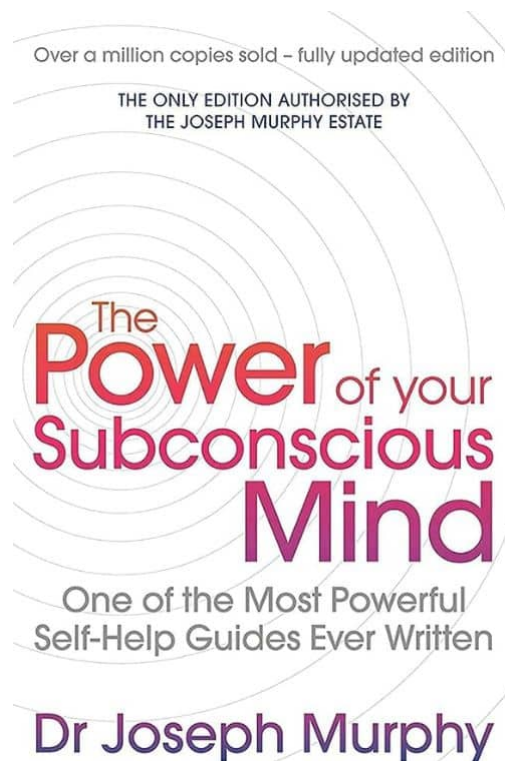


*“Man’s Search for Meaning” by Viktor E. Frankl, William J. Winslade*

#### **AMAZON**

The book is divided into two parts: the first narrates his harrowing experiences in Nazi concentration camps, and the second introduces his psychotherapeutic method called logotherapy. Through logotherapy, Frankl explores the idea that life’s primary motivational force is the pursuit of meaning. He posits that even in the most adverse circumstances, humans can find purpose and meaning in their lives. Co-authored with William J. Winslade, this seminal work offers a powerful exploration of human resilience and a thought-provoking insight into the ways people can find significance in their existence.

“The Power of Your Subconscious Mind” by Joseph Murphy



*10 Most-Sold Mental Health Books on Amazon So Far - “The Power of Your Subconscious Mind” by Joseph Murphy*

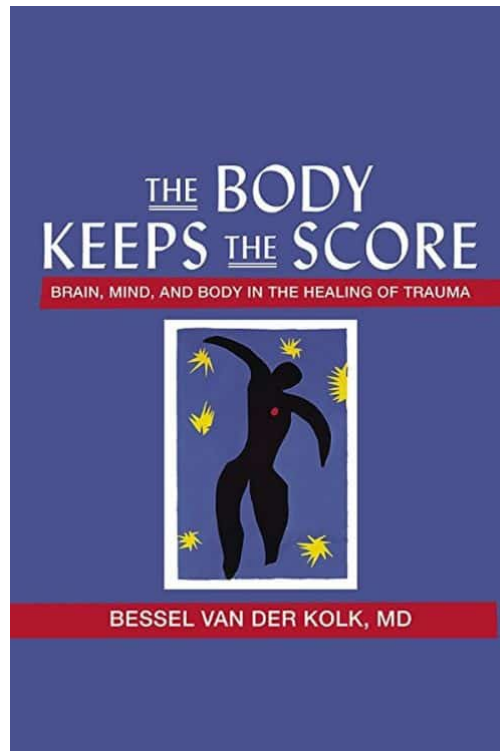
## AMAZON

Authored by Joseph Murphy, “The Power of Your Subconscious Mind” delves into the relationship between the conscious and subconscious facets of the mind. Through simple, practical techniques, Murphy teaches how to harness and channel the subconscious mind’s unseen forces. By understanding these underlying principles, readers are guided to overcome obstacles, achieve goals, and create positive changes in their lives.

The book is acclaimed for its easy-to-follow approach, providing a roadmap for personal transformation. Many have found it to be a valuable tool for unlocking hidden potential and tapping into a powerful, often underutilized mental resource.



“The Body Keeps the Score” by Bessel van der Kolk M.D.

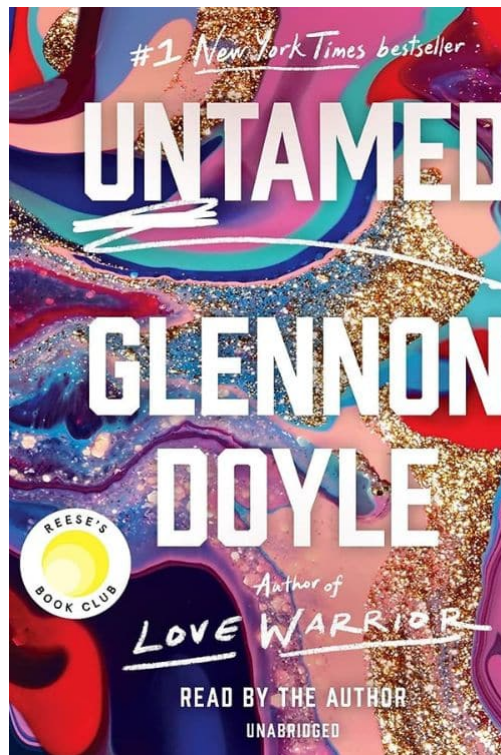


***“The Body Keeps the Score” by Bessel van der Kolk M.D.***

## **AMAZON**

Drawing on years of research and clinical experience, the author illuminates how trauma reshapes both body and brain, compromising sufferers’ capacities for pleasure, engagement, self-control, and trust. He explains innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery. This eye-opening book unveils how trauma’s impact is more pervasive than previously understood, and healing is possible through a combination of traditional therapy, innovative methods, and tuning in to the wisdom of the body.

“Untamed” by Glennon Doyle

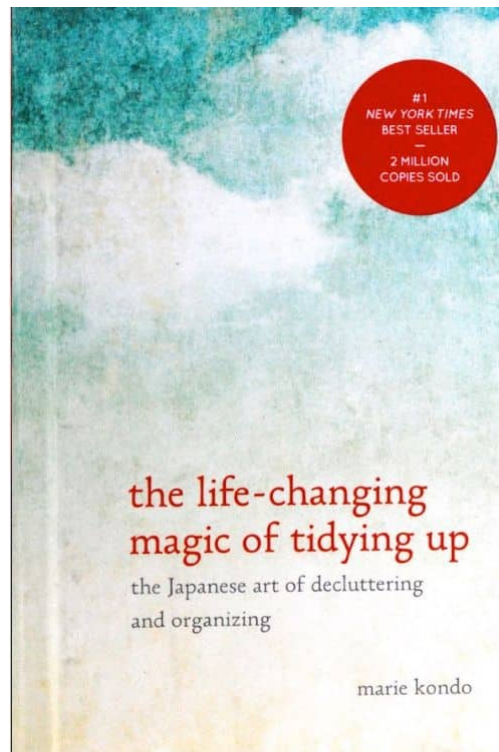


*10 Most-Sold Mental Health Books on Amazon So Far - “Untamed” by Glennon Doyle*

**AMAZON**

The memoir explores Doyle’s personal transformation from living a life dictated by others’ beliefs to embracing her true self. Through anecdotes and reflections, she encourages women to trust their intuition, be true to themselves, and live an untamed life. Her insights and candid storytelling resonate with anyone seeking to live more authentically. The book’s themes of self-discovery and empowerment make it a compelling read for those looking to challenge conventional norms and find their own unique path in life.

“Life Changing Magic Of Tidying” by Marie Kondo



***“Life Changing Magic Of Tidying” by Marie Kondo***

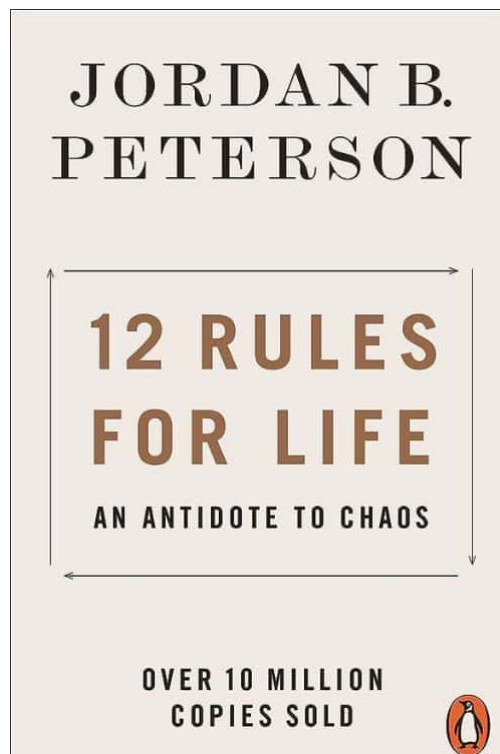
**AMAZON**

In “Life Changing Magic Of Tidying” by Marie Kondo, readers are guided through a meticulous cleaning process designed to declutter not only their homes but also their lives. Using the KonMari Method, Kondo encourages people to keep only the possessions that truly “spark joy.”

The book isn’t just about organizing; it’s about embracing a lifestyle that prioritizes joy, mindfulness, and intentionality. By applying these principles, readers can transform their living spaces and gain a renewed sense of clarity and purpose. Kondo’s approach has resonated with millions, turning a simple concept of tidying up into a global phenomenon.

**“12 Rules for Life” by Jordan B. Peterson**



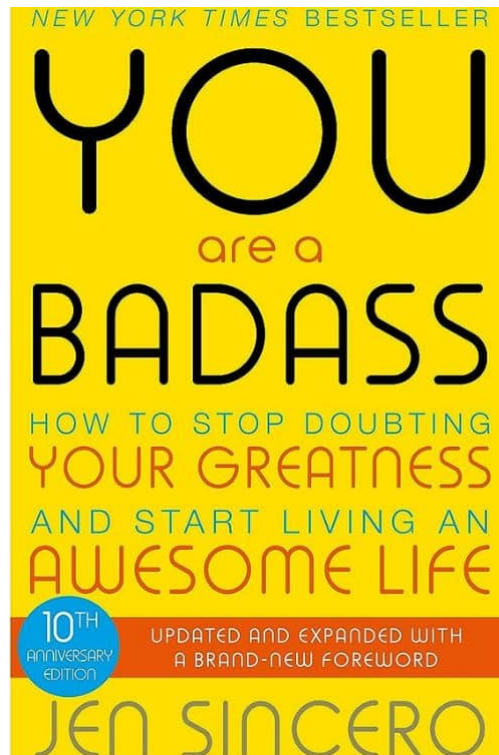


*10 Most-Sold Mental Health Books on Amazon So Far - "12 Rules for Life" by Jordan B. Peterson*

## **AMAZON**

Drawing on his experience as a clinical psychologist and a wide range of sources including philosophy, literature, and religion, Peterson offers practical advice on living a meaningful life. He emphasizes personal responsibility, the importance of truth, and the need for balance in the midst of chaos. The book blends scientific insights with ancient wisdom, making it a compelling read for anyone seeking to understand themselves and the world around them. Its mixture of practical advice and profound insights has made it a bestseller across various markets.

**"You Are a Badass" by Jen Sincero**



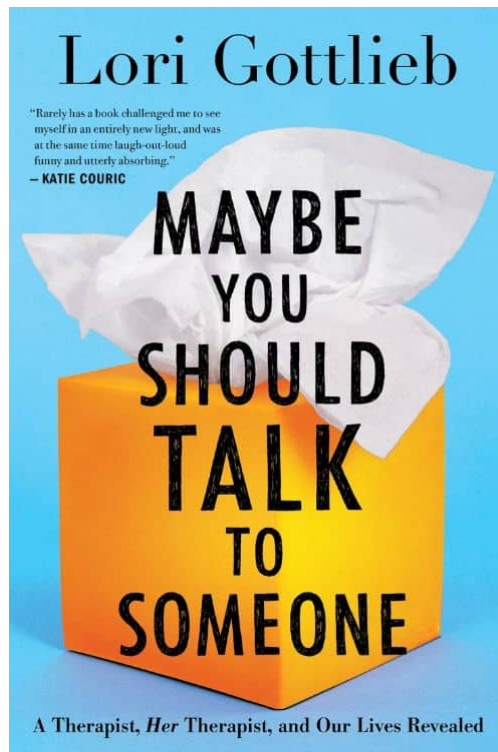
*“You Are a Badass” by Jen Sincero*

## AMAZON

In “You Are a Badass” by Jen Sincero, readers are guided on a journey of self-discovery and personal growth. Through witty anecdotes, motivating insights, and powerful exercises, the author helps readers recognize and break through self-limiting beliefs. Sincero offers a refreshing approach to achieving success in both personal and professional life by encouraging readers to embrace their inner badass.

By tuning into their desires, taking risks, and trusting their instincts, readers are inspired to create a life they love. Written in a relatable and engaging style, the book resonates with those looking to take control of their lives and unlock their true potential.

“Maybe You Should Talk To Someone” by Lori Gottlieb



*10 Most-Sold Mental Health Books on Amazon So Far - "**Maybe You Should Talk To Someone**" by Lori Gottlieb*

## **AMAZON**

In this book, therapist Lori Gottlieb shares her personal journey of seeking therapy while also providing insights into her patients' lives. The intertwined stories offer an honest and compassionate look at human emotions, relationships, and the common struggles that connect us all.

Gottlieb's candid storytelling makes readers reflect on their own lives, and she artfully unveils the healing process through empathy and connection. Both enlightening and entertaining, the book delivers a compelling message about the importance of self-awareness, growth, and the universal need for human connection.

**Also Read: [10 Most-Sold True Crime Novels on Amazon So Far](#)**