

Dr Mercy Maclean's books are now available at The Agency for the Legal Deposit Libraries (ALDL) in the UK

Dr Mercy Maclean's books will contribute to and sustain a rich, accessible record of the written word, safeguarding a shared heritage for generations to come

LONDON, UNITED KINGDOM, October 15, 2025 /EINPresswire.com/ -- [Dr Mercy Maclean, a](#)

[Distinguished Chartered Health Psychologist](#) and

Renowned Author's books are now available at the Agency for Legal Deposit Libraries (ALDL) in the UK, including The British Library's Legal Deposit office in Wetherby.

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Healing commences with understanding — when stigma is substituted with empathy, conflict with connection, and despair with resilience, the pathway to enduring wellbeing is illuminated”

*Dr Mercy Maclean ~
Chartered Health Psychologist*

The Agency for Legal Deposit Libraries (ALDL) are as follows:

1. National Library of Scotland
2. National Library of Wales
3. The Bodleian Library, University of Oxford
4. Cambridge University Library
5. The Library of Trinity College, Dublin
6. The British Library's Legal Deposit office in Wetherby

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Dr Mercy Maclean's books will contribute to and sustain a rich, accessible record of the written word, safeguarding a shared heritage for generations to come. Additionally, her books will help support the development of national collections for the benefit of current and future readers on behalf of the Agency for Legal Deposit Libraries in the UK.

Dr Mercy Maclean's books submitted to The Agency for Legal Deposit Libraries (ALDL) are as follows:

(1). [Dementia: Psychological Strategies and Interventions for Effective Management](#)

Book link: <https://amzn.eu/d/9d3OBTu>

Summary of the book:

- Presents evidence-based psychological and non-medical interventions, such as cognitive stimulation and reminiscence therapy, to improve quality of life for people living with dementia.
- Emphasises a person-centred approach, involving caregivers and family to reduce distress and support daily functioning.
- Serves as a practical guide combining scientific research with real-world applications for managing psychological and behavioural symptoms of dementia.

(2). Behaviour Change Interventions for Conflict Resolution in Families

Book Link: <https://amzn.eu/d/akl0QC8>

Summary of the book:

- *Offers practical strategies to transform family conflicts into opportunities for growth and connection.
- * Empowers families to embrace challenges, fostering resilience and understanding through tailored interventions.
- *Serves as a compassionate guide for both individuals and professionals to nurture harmonious family relationships.

(3) Psychological Strategies for Promoting Positive Mental Health Behaviour:

Book link: <https://amzn.eu/d/aRiUn74>



Practitioner Chartered Health Psychologist & Author

Summary of the book:

- * Integrates insights from health psychology, CBT, positive psychology, and neuroscience to enhance mental well-being.
- * Provides evidence-based strategies to cultivate psychological resilience and promote positive mental health behaviours.
- * Offers practical tools for emotional regulation, stress management, and cognitive restructuring, grounded in neuroplasticity and habit formation research.

(4). [Destigmatisation of Mental Health to Combat Public and Self-Stigma](#):

Book link: <https://amzn.eu/d/iLEnPVl>

Summary of the book:

- * Offers a self-help intervention to dismantle mental health stigma for individuals, healthcare professionals, and institutions.
- * Empowers readers to challenge societal misconceptions and internalised shame, fostering supportive mental health environments.
- * Encourages open dialogues and promotes psychological well-being through actionable strategies.

Dr Mercy Maclean - Chartered Health Psychologist

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