



**Live
Well**

at the library



**Wellness
Booklist**

**Assembled
by CMT**

Kids

I am well: mind, body, healthy habits

by Lisa Edwards

Way past worried

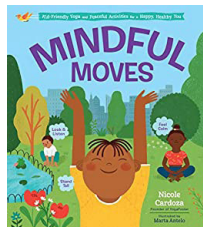
by Hallee Adelman

Show the world

by Angela Dalton

Mindful moves: kid-friendly yoga and peaceful activities for a happy, healthy you

by Nicole Cardoza



Kids

Mindful wonders: a book about mindfulness using the wonders of nature

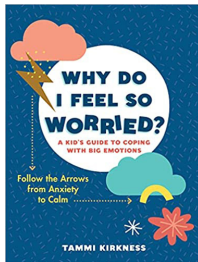
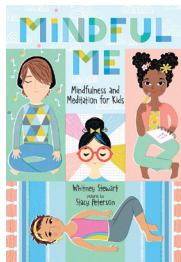
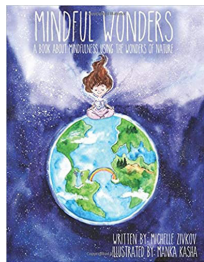
by Michelle Zivkov

Mindful me: mindfulness and meditation for kids

by Whitney Stewart

Why do I feel so worried? a kid's guide to coping with big emotions-follow the arrows from anxiety to calm by Tammi Kirkness

Making memories by Amy Tangerine



Teens

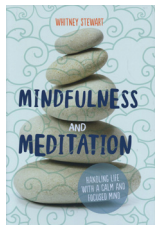
Mindfulness and meditation: handling life with a calm and focused mind by Whitney Stewart

Project you: more than 50 ways to calm down, de-stress, and feel great
by Aubre Andrus

Find your fierce: how to put social anxiety in its place by Jacqueline Sperling

Just feel: how to be stronger, happier, healthier, and more by Mallika Chopra

Ikigai for teens: finding your reason for being
by Héctor García



Adults

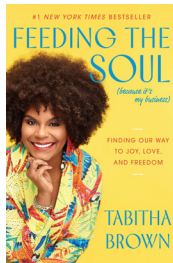
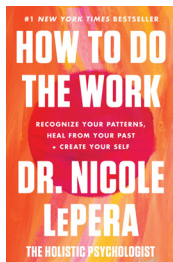
More titles can be found in LINKcat under the various subject headings.

SELF-ACTUALIZATION (PSYCHOLOGY)

How to do the work: recognize your patterns, heal from your past, and create your self by Dr. Nicole LePera

Feeding the soul (because it's my business): finding our way to joy, love, and freedom by Tabitha Brown

Find your unicorn space: reclaim your creative life in a too-busy world by Eve Rodsky



Adults

BEHAVIOR MODIFICATION

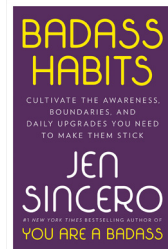
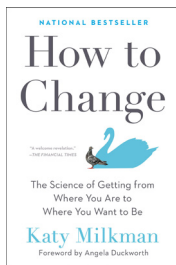
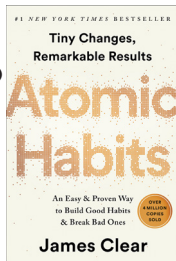
Atomic habits: an easy & proven way to build good habits & break bad ones by James Clear

How to change: the science of getting from where you are to where you want to be by Katherine L. Milkman

Badass habits: cultivate the awareness, boundaries, and daily upgrades you need to make them stick by Jen Sincero

SUCCESS

Limitless: upgrade your brain, learn anything faster, and unlock your exceptional life by Jim Kwik



Adults

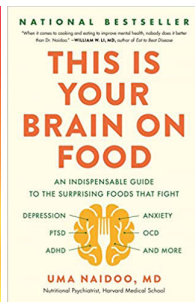
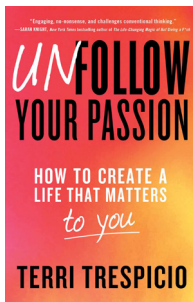
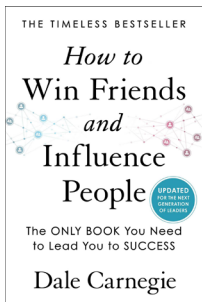
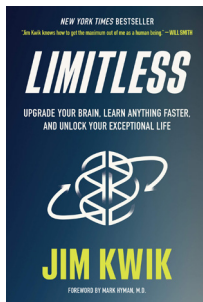
How to win friends and influence people: updated for the next generation of leaders

by Dale Carnegie

Unfollow your passion: how to create a life that matters to you by Terri Trespicio

SELF-CARE, HEALTH

This Is your brain on food: an indispensable guide to the surprising foods that fight depression, anxiety, PTSD, OCD, ADHD, and more by Uma Naidoo



Adults

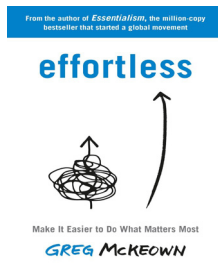
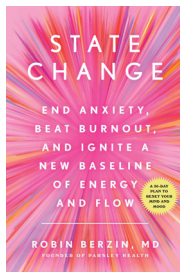
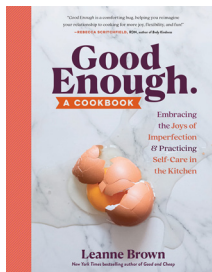
Good enough: a cookbook: embracing the joys of imperfection & practicing self-care in the kitchen by Leanne Brown

Undo it!: how simple lifestyle changes can reverse most chronic diseases by Dean & Anne Ornish

BURN OUT (PSYCHOLOGY)

State change: end anxiety, beat burnout, and ignite a new baseline of energy and flow by Robin Berzin & Sarah Toland

Effortless: make it easier to do what matters most by Greg McKeown



Adults

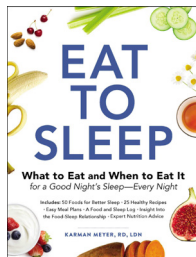
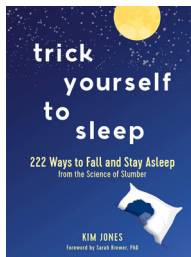
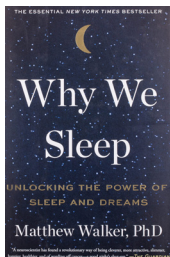
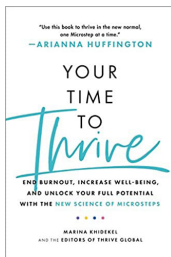
Your time to thrive: end burnout, increase well-being, and unlock your full potential with the new science of microsteps by Marina Khidekel

SLEEP

Why we sleep: unlocking the power of sleep and dreams by Matthew P. Walker

Eat to sleep: what to eat and when to eat it for a good night's sleep--every night by Karman Meyer

Trick yourself to sleep: 222 ways to fall and stay asleep: from the science of slumber by Kim Jones & Sarah Brewer



Adults

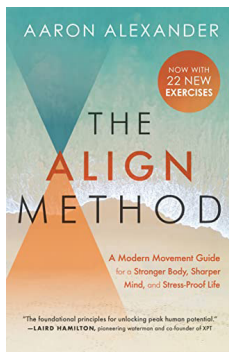
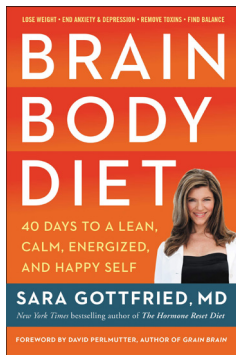
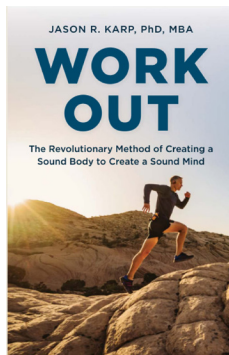
MIND AND BODY

Work out: the revolutionary method of creating a sound body to create a sound mind

by Jason Karp

Brain body diet: 40 days to a lean, calm, energized, and happy self by Sara Gottfried

The align method: 5 movement principles for a stronger body, sharper mind, and stress-proof life
by Aaron Alexander



Adults

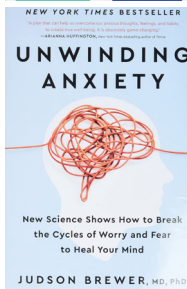
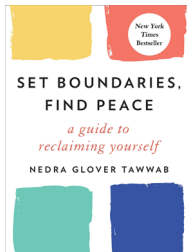
CHANGE (PSYCHOLOGY)

Badass habits: cultivate the awareness, boundaries, and daily upgrades you need to make them stick by Jen Sincero

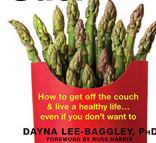
Set boundaries, find peace: a guide to reclaiming yourself by Nedra Glover Tawwab

Unwinding anxiety: new science shows how to break the cycles of worry and fear to heal your mind by Judson Brewer

Healthy habits suck: how to get off the couch & live a healthy life... even if you don't want to by Dayna Lee-Baggle & Russ Harris



Healthy Habits Suck



**Presented at Staff Day 2022
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