



Self-Help

Mental Health

The Empath's Survival Guide by Judith Orloff (155.2 ORL)

Atomic Habits by James Clear (155.24 CLE)

- James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results.

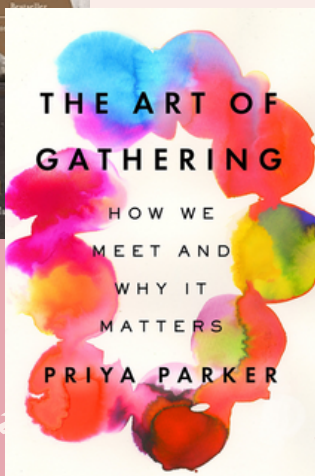
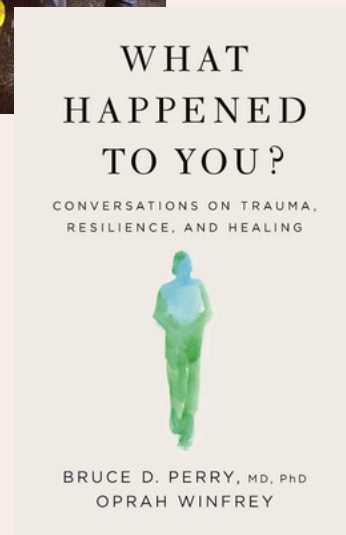
Girl, Wash Your Face by Rachel Hollis (248.84 HOL)

The Happiness Project by Gretchin Rubin (eBook)

What Happened to You? by Oprah Winfrey (616.852 PER)

From Strength to Strength by Arthur C Brooks (155.67 BRO)

- The roadmap for finding purpose, meaning, and success as we age, from bestselling author, Harvard professor, and the Atlantic's happiness columnist Arthur Brooks.



Relationships

The Art of Gathering by Priya Parker (302.1 PAR)

The 5 Love Languages by Gary D. Chapman (646.7 CHA)

Boundaries by Henry Cloud (eBook)

Uninvited by Lysa TerKeurst (248.86 TER)

Hunt, Gather, Parent by Michaela Doucette (206.874 DOU)

- Hunt, Gather, Parent* helps us rethink the ways we relate to our children, and reveals a universal parenting paradigm adapted for American families.

Find Your People by Jennie Allen (158.2 ALL)

Spiritual

Think Like a Monk by Jay Shetty (158.1 SHE)

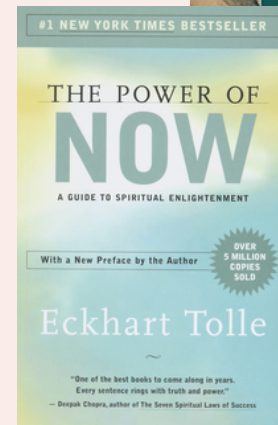
- Jay Shetty, social media superstar and host of the #1 podcast On Purpose, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life.

Meditation for Fidgety Skeptics by Dan Harris (eBook)

Wherever You Go, There You Are by Jon Kabat-Zinn (eBook)

The Power of Now by Eckhart Tolle (eBook)

Feeding the Soul by Tabitha Brown (158.1 BRO)



Workplace

Dare to Lead by Brené Brown (658.4 BRO)

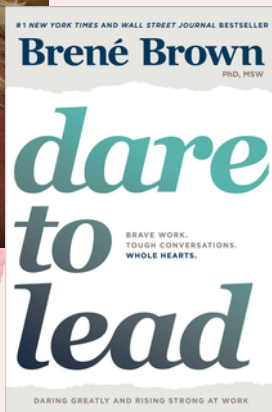
Four Thousand Weeks by Oliver Burkeman (650.11 BUR)

- A witty and wise examination into how to effectively manage our limited time on this earth.

Act Like a Success, Think Like a Success by Steven Harvey (eBook)

Rise and Grind by Daymond John (650.1 JOH)

The 5 Second Rule by Mel Robbins (179.6 ROB)



Home

The Gentle Art of Swedish Death Cleaning by Margareta Magnusson (648.5 MAG)

Throw Out Fifty Things by Gail Blanke (eBook)

Outer Order, Inner Calm by Gretchen Rubin (158 RUB)

The Little Book of Hygge by Meik Wiking (158.1 WIK)

A Simplified Life by Emily Ley (640 LEY)

