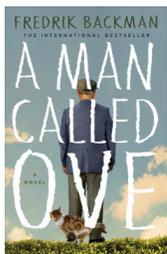


# Online Wellness Book Club

Many of these titles are also available in e-book or e-audio:

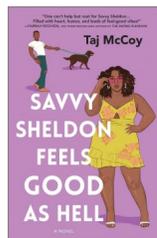
<https://lcls.overdrive.com/collection/1390962>



## A Man Called Ove

by Fredrik Backman

A curmudgeon hides a terrible personal loss beneath a cranky and short-tempered exterior while clashing with new neighbors, a boisterous family whose chattiness and habits lead to unexpected friendship.



## Savvy Sheldon Feels Good as Hell

by Taj McCoy

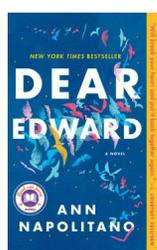
While renovating her house and her life, Savvy finds things going not as planned and soon realizes that she should have started her renovation the other way around, beginning with how she sees and loves herself before she can love someone else.



## The Bucket List

by Georgia Clark

A young woman with a bustling life discovers she carries the gene for breast cancer and decides to tick off items on a "boob bucket list" before a double mastectomy.



## Dear Edward

by Ann Napolitano

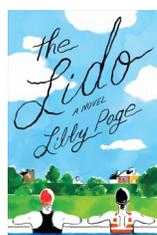
A 12-year-old lone survivor of a plane crash investigates the stories of his less-fortunate fellow passengers before making a profound discovery about his life purpose in the face of transcendent losses.



## The Midnight Library

by Matt Haig

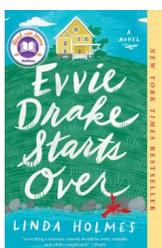
Nora Seed finds herself faced with the possibility of changing her life for a new one, undoing old breakups, or realizing her dreams of becoming a glaciologist. She must search within herself as she travels through the Midnight Library to decide what is truly fulfilling in life, and what makes it worth living in the first place



## The Lido

by Libby Page

An anxiety-riddled cub reporter for a small London paper is assigned to cover the closing of a local rec center and bonds with an 86-year-old widow who has swum in the community pool every day since childhood.



## Evvie Drake Starts Over

by Linda Holmes

Young widow Evvie Drake and major league pitcher Dean Tenney, who has lost his game and needs a chance to reset his life, form an unlikely relationship when Dean moves into an apartment at the back of Evvie's house.



## The Authenticity Project

by Clare Pooley

When Julian Jessup, an eccentric, lonely artist who believes that most people aren't really honest with each other, writes the truth about his own life in a green journal and leaves it behind, others start writing in their own truth, which leads to unexpected friendship and love.



## Eleanor Oliphant is Completely Fine

by Gail Honeyman

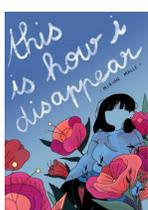
A socially awkward, routine-oriented loner teams up with a bumbling IT guy from her office to assist an elderly accident victim, forging a friendship that saves all 3 from lives of isolation and secret unhappiness.



## 30 Things I Love About Myself

by Radhika Sanghani

After her engagement is called off and her career veers off track, Nina Mistry embarks on a journey of self-love after finding an inspirational book while locked in a holding cell in her pajamas on her 30th birthday.



## This is How I Disappear

by Mirion Malle

In This Is How I Disappear, Mirion Malle paints an empathetic portrait of a young woman wrestling with psychological stress and the trauma following a sexual assault.



## Major Pettigrew's Last Stand

by Helen Simonson

Forced to confront the realities of life in the 21st century when he falls in love with widowed Pakistani descendant Mrs. Ali, a retired Major Pettigrew finds the relationship challenged by local prejudices that view Mrs. Ali, a Cambridge native, as a perpetual foreigner.

# Suggested Reads for 12/13/22: Stress Management and Self Care

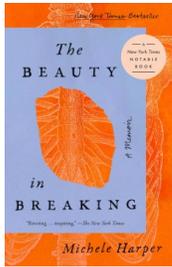
Many of these titles are also available in e-book or e-audio: <https://lcls.overdrive.com/collection/1390962>



## The Comfort Book

by Matt Haig

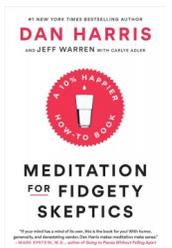
Incorporating a wealth of sources from across history, science and his own experiences, Haig offers reassurance and encouragement for anyone looking for a more fulfilling, more uplifting way through life.



## The Beauty in Breaking

by Michele Harper

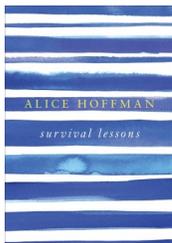
A female, African American ER physician describes how her own life and encounters with her patients led her to realize that every human is broken and recognizing that and moving towards a place of healing can bring peace and happiness.



## Meditation for Fidgety Skeptics

by Dan Harris

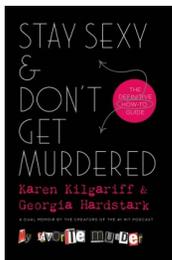
Presents a practical guide to meditation that debunks the myths, misconceptions, and self-deceptions that make many people reluctant to try it, and suggests a range of meditation practices



## Survival Lessons

by Alice Hoffman

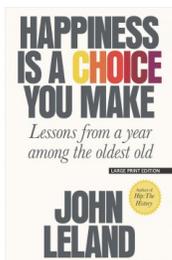
The New York Times bestselling author imparts her wisdom in this inspirational book that shows us how to reclaim our lives from this day forward, teaches us how to choose what matters most and inspires us to find beauty in the world.



## Stay Sexy & Don't Get Murdered

by Karen Kilgariff

A dual memoir by the hosts of the My Favorite Murder podcast share never-before-heard stories about their battles with depression, eating disorders and addiction, sharing insights into the cultural forces that prevent people from being their own advocates.



## Happiness is a Choice you Make

by John Leland

Presents a full-length account of the author's encounters with six of New York's eldest inhabitants and shares the wisdom they imparted about aging, life quality, and the art of living with resilience and joy.



## Find the Good

by Heather Lende

An obituary writer in a small town in Alaska describes how to live a fuller and more exhilarating life by simply finding the positive aspects of our own lives and experiences and encourages readers to make the most of life every day.



## Midlife Bites

by Jen Mann

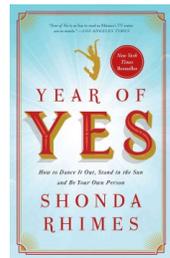
Collecting responses from her post "Anyone Else Falling Apart Or Is It Just Me?," this no-holds-barred collection of essays, advice and wisdom from the online community she's built reveals what it's like to be at the crossroads of a midlife crisis.



## Wintering: The Power of Rest and Retreat in Difficult Times

by Katherine May

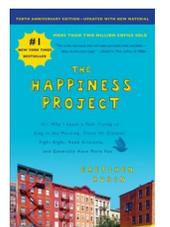
A moving personal narrative shot through with lessons from literature, mythology, and the natural world, May's story offers instruction on the transformative power of rest and retreat.



## Year of Yes

by Shonda Rhimes

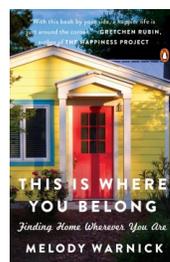
The creator of Grey's Anatomy and Scandal details the one-year experiment with saying "yes" that transformed her life, revealing how accepting unexpected invitations she would have otherwise declined enabled powerful benefits.



## The Happiness Project

by Gretchen Rubin

The author recounts a year she spent focusing on being happy by using common wisdom, current scientific research, and lessons from popular culture on how to be happier.



## This is Where You Belong

by Melody Warnick

Recounts how the author's family moved multiple times before she decided to adopt their latest town as a permanent home by identifying reasons to love it, sharing her findings about the psychology of place attachment and the motivations of people dedicated to improving their cities.