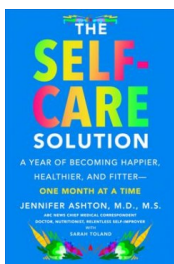


# Healthy Habits for the New Year

Tuesday, January 17, 2023 @ 12:30 PM

## Suggested Reads

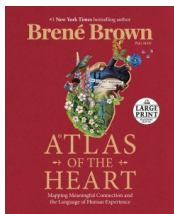


### The Self-Care Solution: A Year of Becoming Happier, Healthier, and Fitter--One Month at a Time

by Jennifer Ashton

The ABC News chief medical correspondent outlines a year-long plan for improving emotional and physical health that cites the potential

benefits of specific month-long practices, from exercise and earlier bedtimes to minimized alcohol and technology.

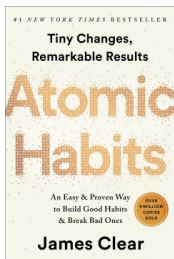


### Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience

by Brené Brown

The New York Times best-selling author takes readers on a journey through 85

of the emotions and experiences that define what it means to be human and provides skills and an actionable framework for meaningful connection and returning to our true selves.

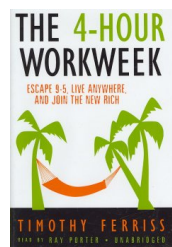


### Atomic Habits: Tiny Changes, Remarkable Results: An Easy & Proven Way to Build Good Habits & Break Bad Ones

by James Clear

One of the world's leading experts on habit formation reveals practical strategies that will teach readers exactly how to form good habits, break

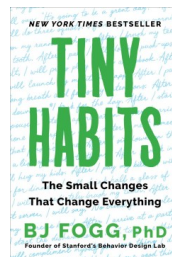
bad ones and master the tiny behaviors that lead to remarkable results.



### The 4-Hour Work Week: Escape 9-5, Live Anywhere, and Join the New Rich

by Timothy Ferriss

Offers techniques and strategies for increasing income while cutting work time in half, and includes advice for leading a more fulfilling life.



### Tiny Habits: The Small Changes That Change Everything

by Ph.D. Fogg, B. J.

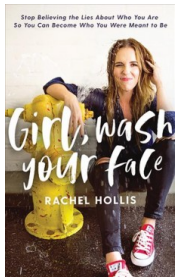
Drawing on twenty years of research and the authors experience coaching more than 40,000 people, this book cracks the code of habit formation, showing us how to feel good about our successes instead of bad about our failures.



### Maybe You Should Talk to Someone: A Therapist, Her Therapist, and Our Lives Revealed

by Lori Gottlieb

Inviting us into her world as both clinician and patient, a psychotherapist and national advice columnist offers a deeply personal yet universal tour of our hearts and minds and providing the rarest of gifts: a boldly revealing portrait of what it means to be human.

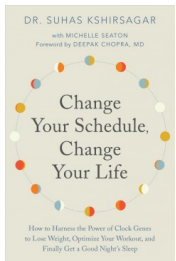


## Girl, Wash Your Face: Stop Believing the Lies About Who You Are So You Can Become Who You Were Meant to Be

by Rachel Hollis

Drawing from her life experiences as a lifestyle guru, the author presents a guide to becoming a joyous, confident woman by breaking the cycle of

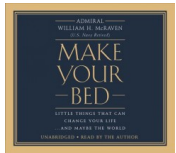
negativity and burnout and pursuing a life of exuberance.



## Change Your Schedule, Change Your Life: How to Harness the Power of Clock Genes to Lose Weight, Optimize Your Workout, and Finally Get a Good Night's Sleep

by Suhas G Kshirsagar

An ayurvedic physician combines ancient Eastern wisdom with cutting-edge science on biological processes and their relationship to time to incorporate small changes that work with the body's natural rhythms to manage weight, sleep better, reduce inflammation and much more.

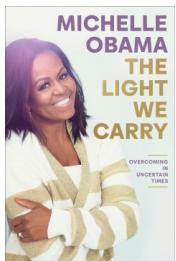


## Make Your Bed: Little Things That Can Change Your Life...and Maybe the World

by William H. McRaven

The former Navy SEAL shares uplifting

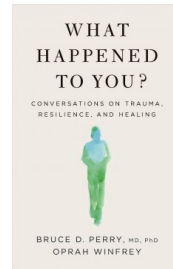
life lessons and recommendations for changing the world for the better by taking small, motivational steps throughout the day.



## The Light We Carry: Overcoming in Uncertain Times

by Michelle Obama

The former first lady offers practical wisdom and powerful strategies for staying hopeful and balanced in today's highly uncertain world.

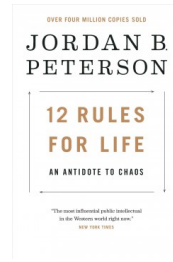


## What Happened to You?: Conversations on Trauma, Resilience, and Healing

by Bruce Duncan Perry

Oprah Winfrey, sharing stories from her own past, and a renowned brain development and trauma expert discuss the impact of trauma and adversity and how healing must begin

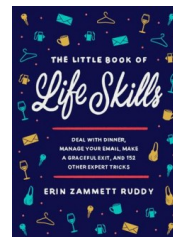
with a shift to asking, what happened to you?, rather than what's wrong with you?



## 12 Rules for Life: An Antidote to Chaos

by Jordan B Peterson

A renowned psychologist and cultural critic discusses the importance of clear and honest thinking and offers 12 directives for living happily and keeping out the abundant chaos and nihilism in the modern, ever-changing world.

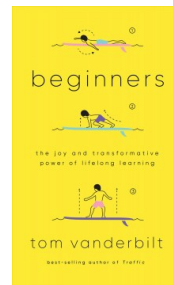


## The Little Book of Life Skills: Deal With Dinner, Manage Your Email, Make a Graceful Exit, and 152 Other Expert Tricks

by Erin Zammett Ruddy

With input from leading experts in every field, this practical guide offers

solutions to life's simple and not-so-simple tasks, including how to work from home effectively, how to keep a houseplant alive, and arranging the perfect cheeseboard.



## Beginners: The Joy and Transformative Power of Lifelong Learning

by Tom Vanderbilt

Celebrates the pleasures of learning something new regardless of age, describes the remarkable connections he made during a year spent trying new things, from joining an amateur choir to attending surf camp.

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