Attleboro's 1ABC Community Read Presents:

**Stress Less, Read More!**

Titles connected to the work of Attleboro Land Trust

*E is for Environment: The ABCs of Conservation*
by Lucy Curran  J 363.7 CUR 2022 (Available in SAILS catalog)

*Birds and Us: A 12,000-year History From Cave Art to Conservation*
by Tim Birkhead  598.15 BIR 2022 (Available in SAILS catalog)

598.097 BIRD 2021

*Why Should I Get Off the Couch?: And Other Questions About Health and Exercise*
by Louise Spilsbury  J 613.71 SPI

*Poet Tree: The Wilderness I Am*
by Ilan Shamir

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