



This list of activities and book suggestions was made by your librarians to celebrate reading this summer.

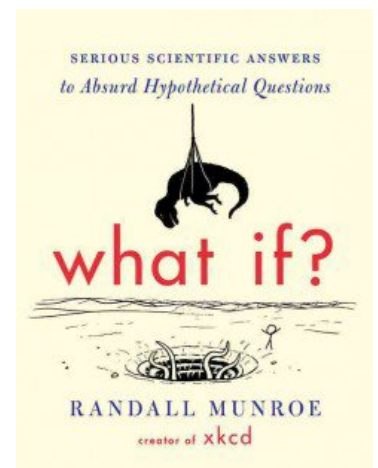
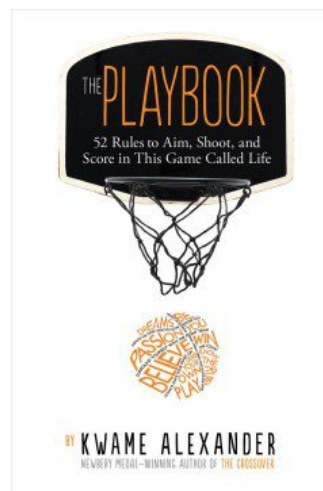
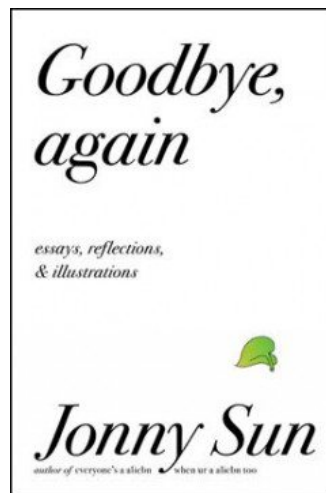
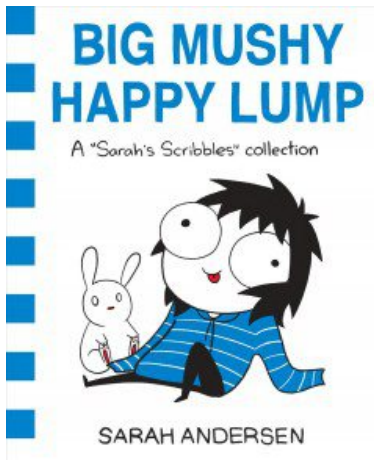
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## BOOK ADVENTURE: EXPLORE JOY

**Laugh it up.** Laughing helps your body release serotonin and can improve your mood and bring joy. Identify something or someone that cracks you up, whether it's scrolling through TikTok videos, watching stand-up comedian segments on YouTube, reading books or comics by a favorite author/artist or chatting with a friend or relative. Next time you're feeling anxious or depressed or just in need of some joy, seek out that thing or person guaranteed to make you laugh.

**Take note of joy.** Make a list of the things that bring you joy but cost you nothing. What do you do to bring joy to others? How do others bring joy to you? Make an effort to increase your moments of joy everyday.

**Give back.** Helping others can be a powerful way to bring joy to someone else as well as yourself. Find a way to give back to a friend, your family or the larger Cambridge community by volunteering your time or your skills.



**Big Mushy Happy Lump** by Sarah Andersen | Print | Hoopla Book

**Goodbye Again: Essays, Reflections, and Illustrations** by Jonny Sun | Print

**The Playbook: 52 Rules to Aim, Shoot, and Score in This Game Called Life** by Kwame Alexander | Print | CD Audiobook | Playaway | Libby Book | Hoopla Audio

**What If?: Serious Scientific Answers to Absurd Hypothetical Questions** by Randall Munroe

| Print | CD Audiobook | Playaway | Spanish | Chinese | Libby Book, Audio | Hoopla Book, Audio

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