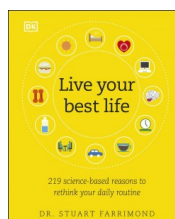


# New Year, New You

## Self-Improvement for the Rest of Your Life

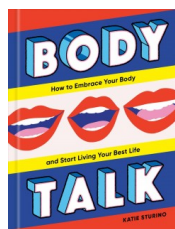
All titles are available through Nassau Digital Doorway and the Libby app



**Live Your Best Life : 219 Science-based Reasons to Rethink Your Daily Routine**  
by Stuart Farrimond  
Make your day healthier, happier, and more productive.



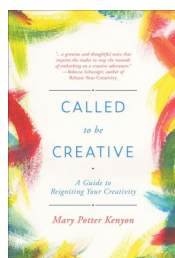
**Smarter living : work - nest - invest - relate - thrive**  
by Karen Barrow  
A collection of useful advice from the Smarter Living section of the New York Times.



**Body talk : how to embrace your body and start living your best life**  
by Katie Sturino  
Spend less time thinking about how you look and more time discovering your inner fierceness.



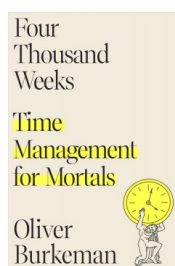
**Good habits, bad habits : the science of making positive changes that stick**  
by Wendy Wood  
How to transition to better habits without exclusive reliance on willpower.



**Called to Be Creative : A Guide to Reigniting Your Creativity**  
by Mary Potter Kenyon  
An inspirational guide to embracing your innate creativity.



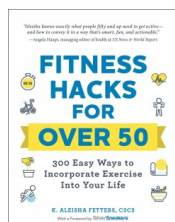
**Friendshipping : the art of finding friends, being friends, and keeping friends**  
by Jenn Bane  
Tips and tools for making new friends and improving the quality of existing friendships.



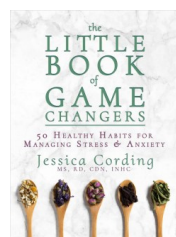
**Four thousand weeks : time management for mortals**  
by Oliver Burkeman  
Construct a meaningful life by rejecting efficiency solutions in favor of finding joy and meaning in the finitude of human life.



**Clear the clutter, find happiness : one-minute tips for decluttering and refreshing your home and your life**  
by Donna Smallin  
A simple approach to clearing clutter by focusing on the things that will make the biggest difference.

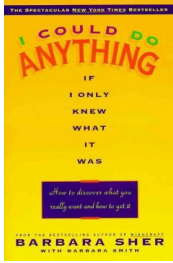


**Fitness hacks for over 50 : 300 easy ways to incorporate exercise into your life**  
by K. Aleisha Feters  
Simple, easy-to-do movements and activities that just take a few minutes a day.



**The Little Book of Game Changers : 50 Healthy Habits for Managing Stress & Anxiety**  
by Jessica Cording  
Improve your eating habits, sleep, energy levels, mentality, and exercise routines.

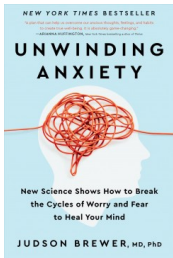
# Self-Improvement



## I could do anything if I only knew what it was : how to discover what you really want and how to get it

by Barbara Sher

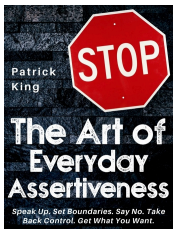
How to realize your dreams, conquer inner conflicts, and overcome the opinions of others to create your own goals.



## Unwinding anxiety : new science shows how to break the cycles of worry and fear to heal your mind

by Judson Brewer

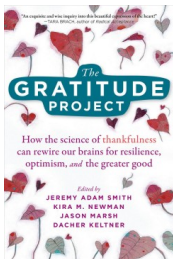
A clinically proven plan to break the cycles of worry and fear that drive anxiety and addictive habits.



## The Art of Everyday Assertiveness

by Patrick King

A deep psychological dive into the beliefs that makes us lack assertiveness and how to combat and replace compulsions with healthy mindsets.

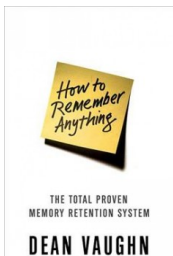


## The gratitude project : how the science of thankfulness can rewire our brains for resilience, optimism, and the greater good

by Jeremy Adam Smith

Gratitude not only feels good; it's also been proven to increase our well-being

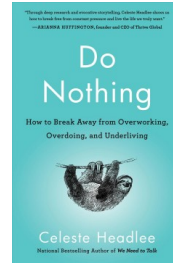
in myriad ways.



## How to remember anything : the proven total memory retention system

by Dean E. Vaughn

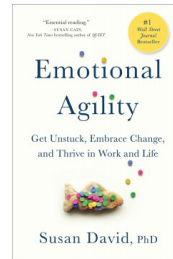
A complete applied memory program designed to help readers enhance their mental agility, memory, and public speaking skills.



## Do Nothing : How to Break Away from Overworking, Overdoing, and Underliving

by Celeste Headlee

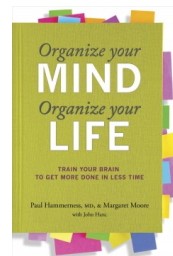
Take time for yourself, without agenda or profit, and redefine what is truly worthwhile.



## Emotional agility : get unstuck, embrace change, and thrive in work and life

by Susan A David

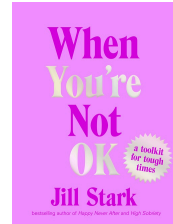
A counterintuitive approach to achieving one's true potential.



## Organize your mind, organize your life : train your brain to get more done in less time

by Paul Graves Hammerness

Use the innate organizational power of the brain to make life less stressful, more productive and more rewarding.



## When You're Not OK : A Toolkit for Tough Times

by Jill Stark

An emotional first-aid kit for your body, mind, and soul, and a self-care manual for the days when you feel alone — the days when you worry that you're too weird or broken or unfixable to be

normal.



## Journal Planning Magic : Dot Journaling for Calm, Creativity, and Conquering Your Goals

by Andrea Gonzalez

No matter how organized or disorganized you might feel, this guide helps find which planning process works best for you, whether it be bullet

journaling or something simpler.



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