New Year, New You

The Power of Strangers
The Benefits of Connecting in a Suspicious World
Joe Kehane

The Leader’s Guide to Unconscious Bias
How to Reframe Bias, Cultivate Connection, and Create High-Performing Teams
Pamela Fuller & Mark Murphy with Anne Chow

The Sleep Solution
Why Your Sleep Is Broken and How to Fix It
W. Chris Winter, MD

The Big Thing
How to Complete Your Creative Project Even If You’re a Lazy, Self-Doubting Procrastinator Like Me
Phyllis Korkki

The Stress-Proof Brain
Master Your Emotional Response to Stress Using Mindfulness & Neuroplasticity
Marianne Power, PhD

HELP ME!
One Woman’s Quest to Find Out If Self-Help Really Can Change Your Life
Marianne Power, PhD

Run for Your Life
How to Run, Walk, and More Without Pain or Injury and Achieve a Sense of Well-Being and Joy
Mark Cucuzella, M.D.

Maybe You Should Talk to Someone
A Therapist, Her Therapist, and Our Lives Revealed
Lori Gottlieb

The Financial Diet
A Total Beginners Guide to Getting Good with Money
Oliver Burkeman

Four Thousand Weeks
Time Management for Mortals
Oliver Burkeman

Meditation for Fidgety Skeptics
A New Happiness How-to Book
Dan Harris & Jeff Warren with Arabia Asher

Body Talk
How to Embrace Your Body and Start Living Your Best Life
Katie Sturdivant