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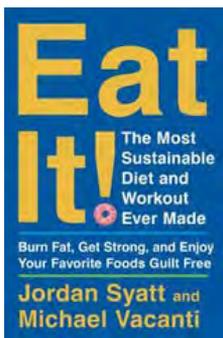
It's a New Year and Let's Kick it off
★ with a New You! ★

Some of your New Year's Resolutions may
involve **Exercise, Dieting, Learning a new
★ Skill or Hobby, Saving Money,
Healing & Mental Health, or** ★
Getting a New Job!

Here are some suggested books
that may help you achieve your goals
and keep your RESOLUTIONS.



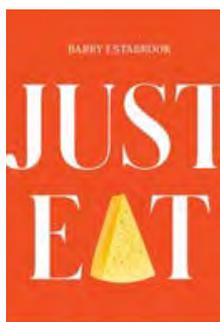
Diet, Lose Weight & Eat Healthy



Eat It! ...

Jordan Syatt

Personal trainers explain how you can enjoy your favorite foods without guilt while losing weight, getting stronger, and improving your health. A sustainable diet and workout that focuses on moderation.



Just Eat: ...

Barry Estabrook

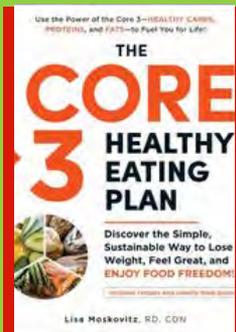
A reporter's quest for a weight-loss regimen that works. Over the course of 3 years, he tried the regimens behind the most popular diets of the past 40 years while recording his mental and physical experiences.

Core 3 Healthy

Eating Plan

Lisa Moskovitz

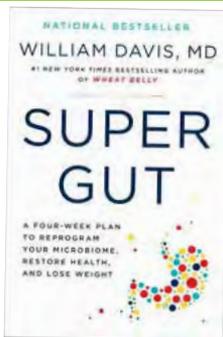
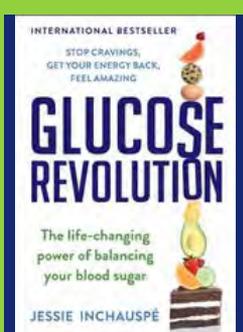
A comprehensive weight loss plan that helps you achieve sustainable results without constantly feeling deprived or eliminating foods your body actually needs.



Glucose Revolution

Jessie Inchauspe

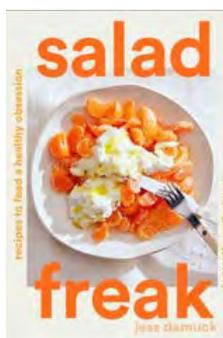
Improve all areas of your health from weight, sleep, cravings, mood, energy, skin, and even slow down aging with 10 simple science-based hacks to manage your blood sugar levels while eating the foods you love. *



Super Gut

William Davis, MD

A four-week plan to reprogram your microbiome, restore health, and lose weight. These techniques get to the root of many diseases, but also improves brain health, and promotes anti-aging and weight loss.



Salad Freak

Jess Damuck

More than 100 inspired salad recipes combining color, texture, shape and flavor. Its not just about eating to feel good, but combining flavors to create fresh, bright and satisfying meals that you will want to make again and again. *

Plantyou

Carleigh Bodrug

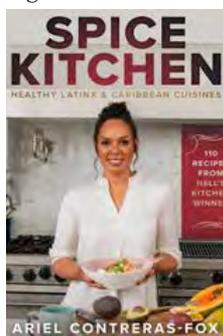
140+ easy and delicious plant-based oil free recipes. No special ingredients, tools, or know-how are required and helpful infographics are included. Great for beginner cooks wishing to experiment with a plant-based lifestyle. *



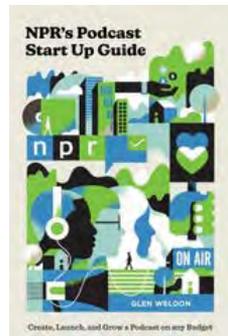
Spice Kitchen

Ariel Contreras-Fox

Healthy Latinx and Caribbean cuisine from "Hell's Kitchen" winner. 110 recipes that take a healthier approach to ethnic cuisine, nutrition, and getting into shape. Classic recipes as well as innovative new dishes are introduced.



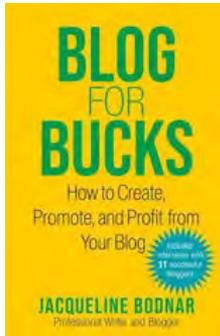
* Indicates titles available in ebook format



NPR's Podcast Start Up Guide

Weldon, Glen

The definitive guide to podcasting, featuring step-by-step advice on how to find a unique topic, tell the best stories, and engage the most listeners. Secrets about taking a podcast to the next level are included.



Blog for Bucks

Jacqueline Bodnar

A how to guide on generating blog posts ideas, tracking your blog's success, and connecting with other bloggers. This helpful guide will teach you how to create, promote and profit from your blog. *

Crafting with Digital Cutting Machines

Libby Ashcraft

Digital cutting machines are changing the way people enjoy their favorite hobbies such as sewing, quilting, scrapbooking, etc. This complete how-to manual includes instructions on cutting different materials, technique tutorials, etc. *



Adobe Photoshop 2022 Release

Andrew Faulkner

A detailed training workbook focusing on photo corrections, typographic design, vector drawing techniques, editing video, and many other techniques.



Learn a New Skill or Hobby

Oil Painting Every Day



Sealark, Robin

A fun, modern approach to oil painting that allows you to build a solid foundation of skills & techniques for painting contemporary landscapes, seascapes, florals, still lifes & more.



Cozy Knits

Sue Flanders

50 of the coziest, globally inspired patterns for hats, mittens, gloves, scarves and socks. Includes stylish traditional projects from Scandinavia, Eastern Europe, the British Isles, the America's and Asia.

Tiny Space Gardening

Amy Pennington

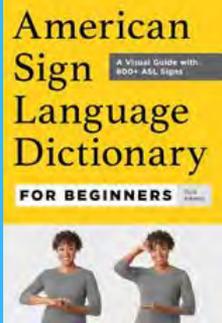
A guide showing you how to successfully grow edibles - including vegetables, herbs and fruits - in urban spaces, such as a balcony or back patio. 30 simple recipes are included.



ASL Dictionary for Beginners

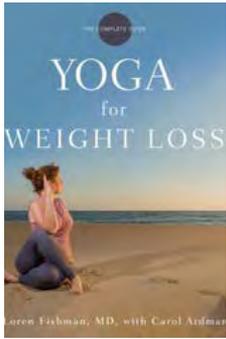
Tara Adams

A visual guide with 800+ American Sign Language signs. It's filled with everything you need to master essential vocabulary words, including detailed directions making it simple to develop your ASL skills.



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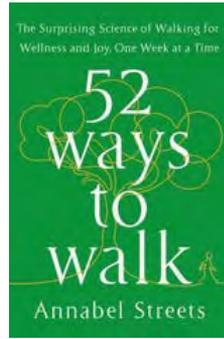
Exercise & Fitness



Yoga for Weight Loss

Loren Fishman

An instructive guide to using yoga as an effective tool to lose weight and achieve a healthier lifestyle. These simple yoga poses can curtail appetite while stimulating a greater use of calories that may help you lose weight. *



52 Ways to Walk

Annabel Streets

A short user-friendly guide to attaining the full range of benefits that walking has to offer such as physical, spiritual and emotional. The latest scientific research about the benefits of walking are also included. *

Pilates for Everyone

Micki Havard

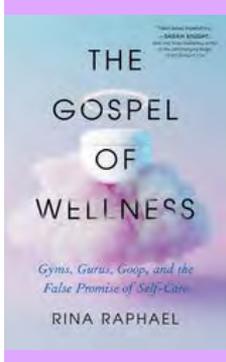
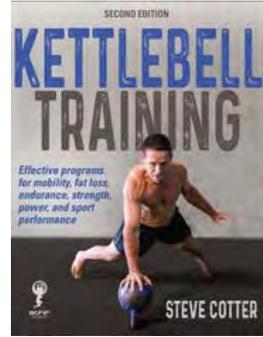
Includes 50 Pilates exercises for every type of body and three modifications for each one. The exercise are designed to increase flexibility, strengthen different muscle groups, improve posture, and develop body awareness.



Kettlebell Training

Steve Cotter

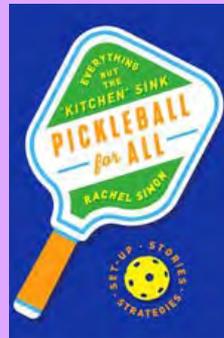
This guide includes effective programs for mobility, fat loss, endurance, strength, power and sport performance. A chapter on the holistic lifestyle of kettlebell training is also included.



The Gospel of Wellness

Rina Raphael

An exploration of some of the scams to avoid in the wellness industry. Balancing the good with the bad, this book explores what wellness has to offer, knocking down false idols and showing how to shape a better future. *



Pickleball for All

Rachel Simon

An entertaining and comprehensive look at America's fastest growing sport. This ultimate primer is geared for any level player interested in the unusual history, unique rules, and exciting future of pickleball.

Learning to Climb Indoors

Eric J. Horst

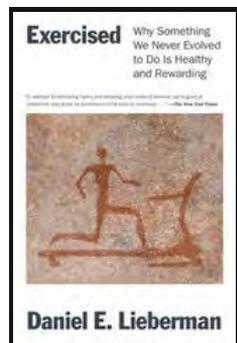
This essential handbook provides all the information on what to expect on your first visit to a climbing gym to in-depth instruction on climbing techniques, tactics, strategy, and taking your indoor climbing skills outside. *



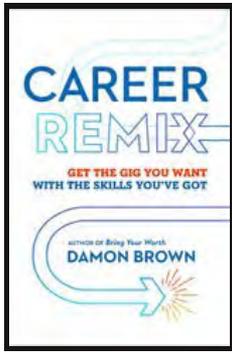
Exercised

Daniel Lieberman

A natural history of exercise from an evolutionary standpoint. Told in four parts, this landmark work explores whether you were meant to run or rest. Physical activity and inactivity are examined and exercise trends are explored.



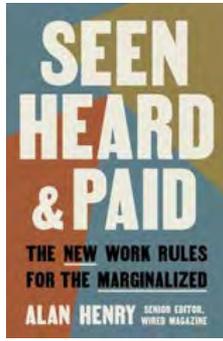
* Indicates titles available in ebook format



Career Remix

Damon Brown

This guide helps you get the gig you want with the skills you've got. It offers plans of action and road-tested insight to encourage job seekers to use their existing skills and resources to change careers and thrive in the current job market. *



Seen Heard and Paid

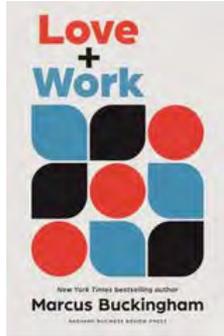
Alan Henry

Here are the new work rules for the marginalized. The author shares new work rules that may finally allow people of color, women, and LGBTQ+ folks to have the same access to career advancement and rewarding work as those with more privilege.

Love + Work

Marcus Buckingham

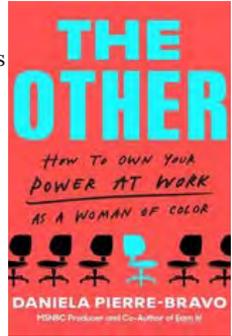
Learn how you can weave love back into the world of work as a force of good, how you can use your daily life routines to pinpoint your specific loves, and how you can make this a discipline for the rest of your life. *



The Other

Daniela Pierre-Bravo

An MSNBC reporter shares her journey and offers a framework for how to effectively advocate for yourself, become the biggest believer, claim the spaces in your career that are rightfully yours and create your own vision of success.



Getting a New Job

Get Hired Now!

Ian Siegel

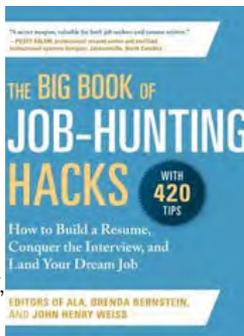
ZipRecruiter CEO shows you how to accelerate your job search, stand out, and land your next great opportunity. He offers step-by-step instructions for writing a resume that works, finding the right jobs to apply for, and acing a job interview. *



Big Book of Job-Hunting Hacks

Brenda Bernstein

Detailed advice on every step of the job hunting process from navigating the interview process to creating the perfect resume. This book offers 420 tips for those laid-off, fired, or new to the workplace. *



How to Get a Good Job After 50

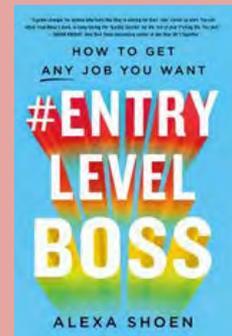
Rupert French

In this step-by-step guide to finding the sort of job older employees want to have, a job search expert shows you how to adopt a proactive, self-employed approach that builds self-esteem and promotes a self-managed job search program. *

#Entry Level Boss

Alexa Shoen

A career coach lays out a proven 9-step methodology for approaching the job search, landing your dream job, and cutting through the noise of job-searching in the 21st century. *



* Indicates titles available in ebook format



Keep the Memories, Lose the Stuff

Matt Paxton

With empathy, expertise and humor, this book helps you sift through years of clutter, let go of what no longer serves you, and identify the items worth keeping so that you can focus on living in the present. *



Declutter Like a Mother

Allie Casazza

A guilt-free, no-stress way to transform your home and your life from a successful business entrepreneur. A proven method for clearing the clutter in our minds by first clearing the clutter in our homes, where transformation begins. *

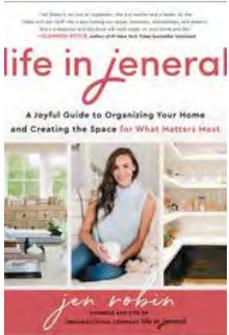
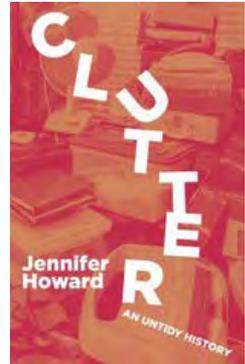
Decluttering & Getting Organized

Clutter: An Untidy

History

Jennifer Howard

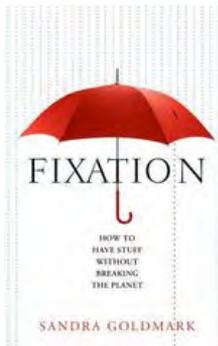
Sparked by the painful 2-year process of cleaning out her mother's house, the author sets her own personal struggle with clutter against a meticulously researched history of just how the developed world came to drown in material goods.



Life in Jeneral

Jen Robin

A joyful guide to organizing your home and creating the space for what matters most. An emotionally engaged approach to decluttering that empowers people to re-envision their spaces to suit their evolving needs. *



Fixation

Sandra Goldmark

This guide takes readers on a quest to radically reimagine what a healthy relationship with our stuff might look like. Learn how to adopt more thoughtful patterns of personal consumption and businesses can develop healthy models for growth. *

The Home Edit Life

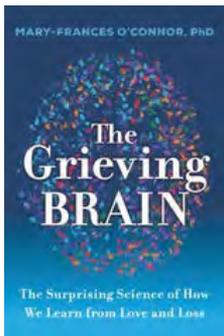
Clea Shearer

This is a no guilt guide to owning what you want and organizing everything. The Home Edit mentality is all about embracing your life and knowing how to set up a system that works for you. Learn how to contain the chaos and organize every aspect of your life. *



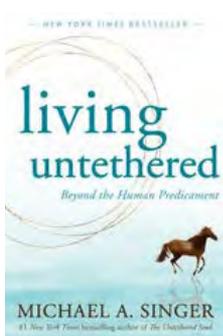
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Healing & Mental Health



The Grieving Brain

Mary-Frances O'Connor
A renowned grief expert shares groundbreaking discoveries about what happens to our brain when we grieve through storytelling, accessible science, and practical knowledge that will help us better understand how to navigate loss. *

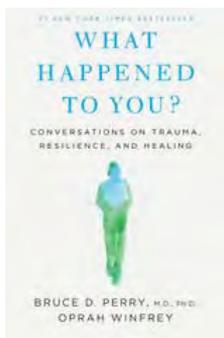


Living Untethered

Michael A. Singer
A profound work that provides clear guidance for moving beyond the thoughts, feelings, and habits that keep you stuck. By understanding people, behavior, and ourselves, learn how to heal the pain of the past and let your spirit soar. *

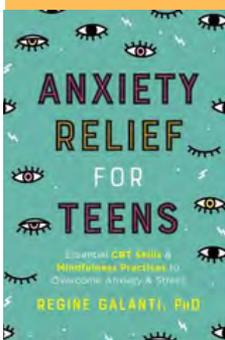
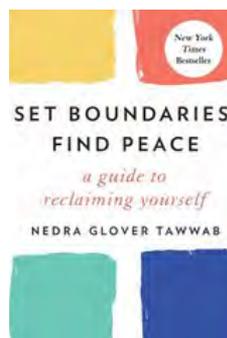
What Happened to You?

Bruce D. Perry
With powerful insight, this book's exploration of trauma allows us to understand our pasts in order to clear a path to our future—opening the door to resilience and healing in a proven, powerful way. *



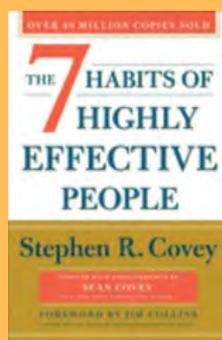
Set Boundaries, Find Peace...

Nedra Glover Tawwab
Discover simple yet powerful ways to establish healthy boundaries in all aspects of life to help identify and express your needs clearly without apology. *



Anxiety Relief for Teens...

Regine Galanti
Learn how cognitive behavioral therapy-based skills and techniques can help you manage your anxiety and reverse negative patterns. She shares exercises to help you navigate all of life's challenges.

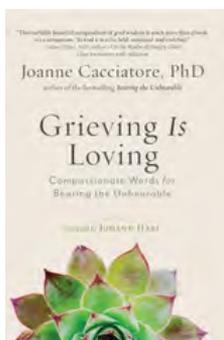


The 7 Habits of Highly Effective People

Stephen Covey
This beloved classic presents a principle-centered approach for solving both personal and professional problems, revealing a step-by-step pathway to integrity and human dignity. *

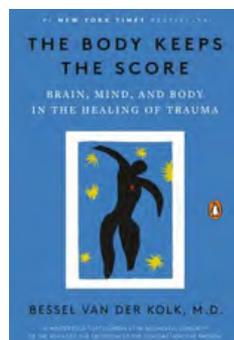
Grieving is Loving

Joanne Cacciatore
Our culture often makes the bereaved feel alone, isolated, broken, and like they should just "get over it"—this book offers a loving antidote. In every page, find a message that will instantly help you feel not alone while honoring the full weight of loss.

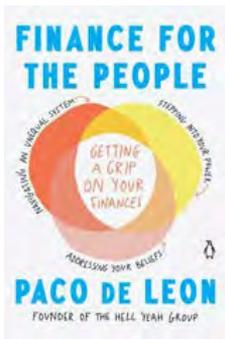


The Body Keeps the Score

Bessel Van der Kolk
New insights explain how trauma affects one's capacity to concentrate, remember, form trusting relationships, and even to feel at home in one's body. Discover the power of our relationships to both hurt and heal. *



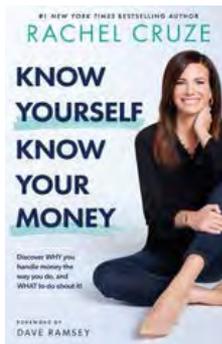
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Finance for the People

Paco De Leon

A holistic view on getting a grip on your finances. Learn how to understand your interpretation of wealth and how to change your misconception to better your financial portfolio. *



Know Yourself, Know Your Money

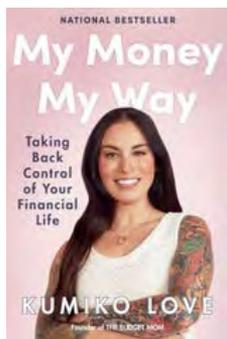
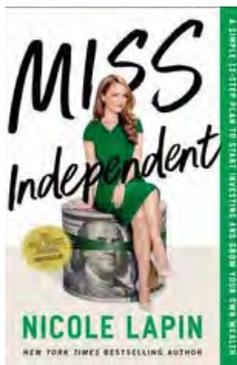
Rachel Cruze

A money expert helps you discover how you handle money and how to fix issues to better support financial gain. You can get out of debt and stay that way by following the author's advice. *

Miss Independent

Nicole Lapin

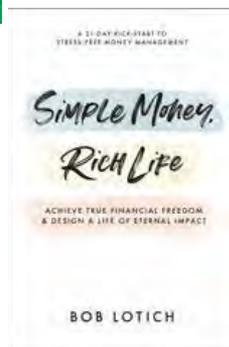
An NBC news anchor shares her coveted knowledge on automating your savings to easy, no stress investing strategies. Learn how to take your financial knowledge and portfolio to the next level and achieve true financial independence.



My Money My Way

Kumiko Love

Founder of the Budget Mom shares a step-by-step plan for taking back control of a financial life regardless of the level of income or credit-card debt. She also talks about her experience as a single mother and how she coped with money problems.



Simple Money, Rich Life

Bob Lotich

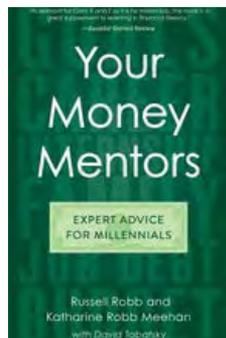
A real-world guide to financial and career advice, which encourages millennials to use their personality traits while seeking a job, set realistic financial goals, and budget wisely as they move into new life stages.



Your Money Mentors

Russell Robb

Generational advice on finance, job seeking and careers, setting financial goals, and how to budget as you marry, start a family and plan for retirement.



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