Achieve Anything In Just One Year: Be Inspired Daily to Live Your dreams and Accomplish Your Goals, Jason Harvey
Set Goals and stick with them. Stay motivated, focused and balanced. Feel happier everyday. Define, pursue and celebrate personal success.

Better Than Before, Gretchen Rubin
Most of us have a habit we’d like to change, but we all know it’s hard. Author shares science related to habits, willpower, and decision making. Change is possible when we master our habits.

The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science, Norman Doidge, MD
The discovery that our thoughts can change the structure and function of our brains—even into old age—is the most important breakthrough in neuroscience in four centuries.

Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted, Daniel G. Amen, MD
The key to a better body is a healthy brain. Find practical solutions to reach and maintain your ideal weight, reduce stress, sharpen your memory, lower your blood pressure, and increase your energy and focus.

Choosing Happiness: Keys to a Joyful Life, Alexandra Stobbard
In challenging times, it’s easy to question whether happiness is a choice. It is. Use the keys to finding happiness, to unlock hidden stores of joy.

Getting Things Done: The Art of Stress-Free Productivity, David Allen
Discover powerful methods and vastly increase your personal organization, efficiency, and creative results—at work and in life.

The Happiness Project, Gretchen Rubin
In this lively and compelling account, Rubin chronicles her adventures during the twelve month she spent test-driving the wisdom of the ages, current scientific research and lessons from popular culture about how to be happier.

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Healthy Habits, Helpful Friends, Judd Allen, PhD
Healthy Habits, Helpful Friends is about increasing the quality and quantity of peer support. It draws upon the collective wisdom of psychology, sociology, anthropology and health promotion to expand your capacity to help with behavior change. This book is based on the lessons learned from Wellness Mentor programs in business, school, healthcare, spa and community settings.

The How of Happiness, (Audiobook) Sonja Lyubomirsky
A easy-to-follow plan to increase happiness in your day-to-day lives, in the short term and over the long term. Comprehensive guide to understanding what happiness is and isn't and what can be done to bring us all closer to the happy life.

I Thought It Was Just Me (But It Isn’t), Brené Brown, PhD LMSW
Making the journey from "What will people Think?" to "I am enough." The quest for perfection is exhausting and unrelenting. We spend too much precious time and energy managing perception and creating carefully edited versions of ourselves to show to the world.

Learned Optimism: How to Change Your Mind and Your Life, Martin E.P. Seligman, PhD
Are you an optimist or a pessimist? How do you feel if an friend says something that hurts your feelings? How often do you take on exciting new projects or celebrate your success?

Making Habits, Breaking Habits, Jeremy Dean
At least one third of our waking hours are lived on autopilot. Habits don’t have to control us. Learn why good habits can be hard to form and how to make any changes stick. Become happier, more creative and more productive as you take charge of your brain's routine to make change stick.

Mind Over Mood: Change How You Feel by Changing The Way You Think, Dennis Greenberger, PhD and Christine A. Padesky, PhD
Learn how to change the thoughts that contribute to your problems. Use mood questionnaires to identify and track changes in your feelings. Improve your life using cognitive therapy.

Mindfulness in Plain English, Bhante Henepola Gunaratana
We already have the foundation needed to live a more mindful, productive, and peaceful life. Author takes us step by step through the myths, realities, and benefits of meditation and the practice of mindfulness.

On Purpose, Victor J. Stecher, PhD
Lessons in life and health from the frog, the dung beetle and Julie. A must read for anyone seeking more depth and meaning in life. Graphic novel format.

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EAT HEALTHY BE ACTIVE LIVE WELL
We live in digital time. Our pace is rushed, rapid-fire, and relentless. Facing crushing workloads, we try to cram as much as possible into every day. We're wired up, but we're melting down. Time management is no longer a viable solution. Managing energy, not time, is the key to enduring high performance as well s to health, happiness, and life balance.

The Power of Habit: Why We Do What We Do in Life and Business, Charles Duhigg
Combines cutting-edge research and captivating stories to reveal how habits shape our lives and how we can shape our habits. By harnessing this information, we can transform our businesses, our communities, and our lives.

Self Coaching: 101, Brooke Castillo
Self coaching is about feeling better. Everything we do in our lives is because we want to feel better. Through this book, discover what is not working in your life, observe patterns and learn to shift perceptions.

Self-Compassion, Kristin Neff, PhD
The proven power of being kind to yourself. Research indicates that people who are compassionate towards their failings and imperfections experience greater well-being than those who repeatedly judge themselves.

The Simplicity Survival Handbook: 32 Ways to Do Less and Accomplish More, Bill Jensen
In a world of more-better-faster, the challenges and stresses have never been greater: too much to do, not enough time. Everyone is trying to maximize personal productivity. In this book offers a practical guide to doing less in a world of more, and making it count.

Strengths Finder 2.0, Tom Rath
Do You Have The Opportunity To Do What You Do Best Every Day? Chances are, you don't. All too often, our natural talents go untapped. From the cradle to the cubicle, we devote more time to fixing our shortcomings that to developing our strengths.

Thanks! How Practicing Gratitude Can Make You Happier, Robert A. Emmons, PhD
Emmons draws on the first major study of the subject of gratitude, and examines what it means to think and feel gratefully. The book shows readers how to put this powerful emotion into practice.

Time Management from the Inside Out: The Foolproof System for Taking Control of Your Schedule—and Your Life, Julie Morgenstern
Time management is a learnable skill. This system helps uncover psychological stumbling blocks and strengths. Use these tools to combine, delegate, and eliminate unnecessary tasks; put technology to work; and stop procrastinating once and for all.

Borrow for up to 3 weeks by sending an email with book title and interoffice mail location to 411-HealthPromotion.

EAT HEALTHY BE ACTIVE LIVE WELL
60 Ways to Make the Most of Your Day - Time Management In An Instant, Karen Leland and Keith Bailey
In today's hurly-burly work environment, many businesspeople find it challenging to avoid distraction, stay focused, and use their time and energy to maximum benefit. In short, we are overloaded. Learn how to overcome this feeling of overload and avoid the traps that lead to an unproductive relationship with time.

The 22 {Non-Negotiable} Laws of Wellness: Feel, Think, and Live Better Than You Ever Thought Possible, Greg Anderson
Everything we think, say, feel, and do has a direct impact on our physical and emotion health. And yet, we overlook this fundamental truth every day. A solution exists. The 22 Non-Negotiable Laws of Wellness advocated a holistic no-nonsense approach to health and well-being that is keenly sensitive to all facets of body, mind, and spirit.

The Untethered Soul: The Journey Beyond Yourself, Michael A. Singer
Discover what you can do to put an end to the habitual thoughts and emotions that limit your consciousness. Learn to dwell in the present moment and let go of painful thoughts and memories that keep us from achieving happiness and self-realization.

Welcome to Your Crisis, (Audiobook) Laura Day
Crisis can be extraordinarily painful, but when approached head-on it can also be a source of power, hope and vision.

What The Most Successful People Do Before Breakfast, Laura Vanderkam
Learn how to maximize your extremely valuable mornings, make the most of your working hours, and enjoy the results of all the work with deeply satisfying weekends.

A Whole New Mind, Why Right-Brainers Will Rule the Future, Daniel H. Pink
Drawing on research from around the world, Pink shares six human abilities that are absolutely essential for professional success and personal fulfillment—and reveals how to master them.

Willpower: Rediscovering the Greatest Human Strength, Roy F. Baumeister and John Tierney
Authors revolutionize our understanding of the most coveted human virtue: self-control. Drawing on cutting-edge research and the wisdom of real-life experts, Willpower shares lessons on how to focus our strength and redirect our lives.