

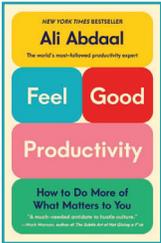


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# Self Care

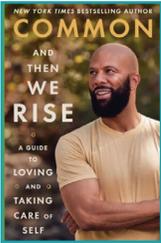
Recommendations from your Milwaukee Public Library

## For Adults



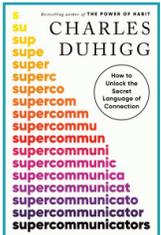
**Feel-Good Productivity: How to Do More of What Matters to You** by Dr. Ali Abdaal.

Infusing joy into your work is the key to a more productive life. Learn how to use joy to open up possibilities and achieve peak levels of performance.



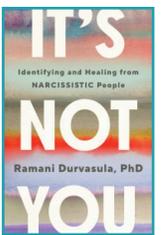
**And Then We Rise: A Guide to Loving and Taking Care of Self** by Common.

Grammy and Oscar award-winning musician Common provides tips for taking care of ourselves through nutrition, exercise and fitness, mental stimulation, and spiritual growth.



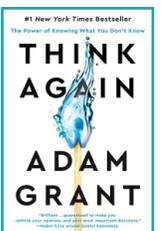
**Supercommunicators: How to Unlock the Secret Language of Connection** by Charles Duhigg.

Effective communication is the key to personal and professional success. Duhigg illustrates how to achieve successful communication.



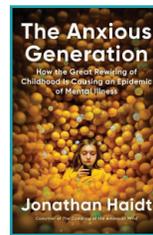
**It's Not You: Identifying and Healing from Narcissistic People** by Dr. Ramani Durvasula.

The wounds inflicted by others are often hard to heal. Clinical psychologist Dr. Durvasula explains how to begin healing from emotionally abusive people in your life.



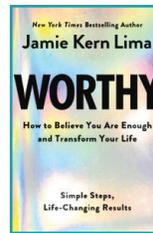
**Think Again: The Power of Knowing What You Don't Know** by Adam Grant.

Grant encourages and instructs readers on how expanding the way that you think opens up opportunities to create change.



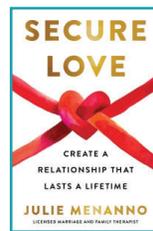
**The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness** by Jonathan Haidt.

Increasing usage of social media and overscheduling has contributed to the rise of depression and anxiety in young people. Haidt offers a way to combat these influences and reduce anxiety.



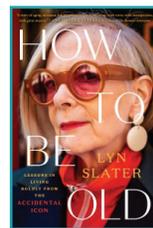
**Worthy: How to Believe You Are Enough and Transform Your Life** by Jamie Kern Lima.

From fast food waitress to cosmetics mogul, Lima reveals the steps that helped her change her life and realize her business dreams.



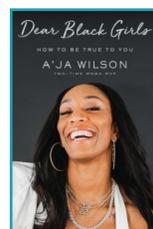
**Secure Love: Create a Relationship That Lasts a Lifetime** by Julie Menanno.

How do you avoid negative cycles in your relationship? How do you create a mutual nurturing connection with your loved ones? Menanno provides advice on how to make love secure.



**How to Be Old: Lessons in Living Boldly from the Accidental Icon** by Lyn Slater.

Social media influencer Slater illustrates how aging with style is possible for all.



**Dear Black Girls: How to Be True to You** by A'ja Wilson.

Two-time WNB MVP and Olympic Gold Medalist Wilson uses her incredible life story to motivate and inspire young women to pursue their dreams.

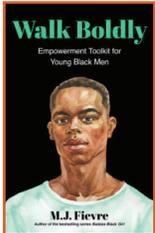
*Teen and Children titles on reverse.*



# Self Care

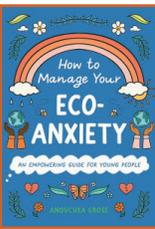
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## For Teens



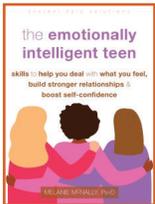
**Walk Boldly: Empowerment Toolkit for Young Black Men** by M.J. Fievre.

Learn how to become self-confident and embrace who you are through these stories from Black male role models.



**How to Manage Your Eco-anxiety: An Empowering Guide for Young People** by Anouchka Grose, Lauriane Bohemier (ILT).

This ten-step guide will help you understand and deal with anxiety related to climate change.

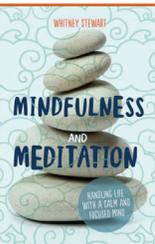


**The Emotionally Intelligent Teen: Skills to Help You Deal with What You Feel, Build Stronger Relationships, & Boost Self-Confidence** by Melanie McNally, PsyD. Read about numerous examples and exercises that will help you learn how to develop your emotional intelligence.



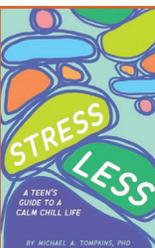
**A Head Full of Everything: Inspiration for Teenagers with the World on Their Mind** by Gavin Oattes.

Oattes, award-winning comedian and international keynote speaker, tells humorous stories and gives advice on making the best of being a teen.



**Mindfulness and Meditation: Handling Life with a Calm and Focused Mind** by Whitney Stewart.

Learn how to apply meditation and mindfulness to your daily life, to reduce stress and increase happiness.



**Stress Less: A Teen's Guide to a Calm Chill Life** by Michael A. Tompkins, PhD, ABPP.

Tompkins offers tips and checklists to help you deal with stress in your life.

## For Children



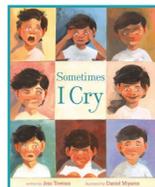
**Just Be You: Ask Questions, Set Intentions, Be Your Special Self, and More** by Mallika Chopra.

This useful guide helps tweens get in touch with themselves, set intentions, and move through life with purpose.



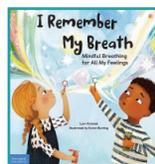
**Today** by Gabi Snyder; illustrated by Stephanie Graegin.

This peaceful picture book helps readers focus on what is happening in the present so they don't miss out on day-to-day moments.



**Sometimes I Cry** by Jess Townes; illustrated by Daniel Miyares.

This informative picture book explores the many reasons people cry, from joy to sadness, and gives the reader permission to cry it out.



**I Remember My Breath: Mindful Breathing for All My Feelings** by Lynn Rummel; illustrated by Karen Bunting. Two friends remind each other that they can use their breath to calm their bodies and minds.



**Repeat After Me: Big Things to Say Every Day** by Jazmyn Simon and Dulé Hill; pictures by Shamar Knight-Justice.

These daily affirmations empower readers to know their worth and tackle their day with full confidence.



**Peaceful Like a Panda: 30 Mindful Moments for Playtime, Mealtime, Bedtime--or Anytime!** by Kira Willey; illustrated by Anni Betts.

Willey provides mindfulness activities to use throughout the day, from waking up to heading to bed.