

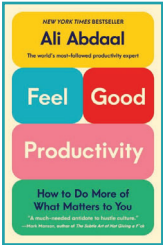


MILWAUKEE
PUBLIC LIBRARY

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.



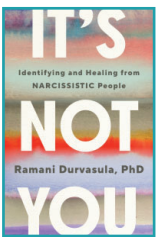
And Then We Rise: A Guide to Loving and Taking Care of Self by Common.

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



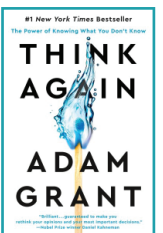
Supercommunicators: How to Unlock the Secret Language of Connection by Charles Duhigg.

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



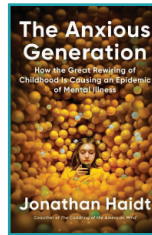
It's Not You: Identifying and Healing from Narcissistic People by Dr. Ramani Durvasula.

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.



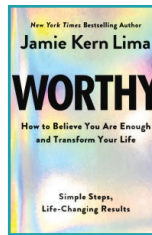
Think Again: The Power of Knowing What You Don't Know by Adam Grant.

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



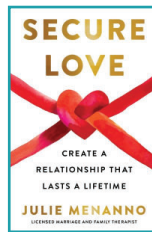
The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness by Jonathan Haidt.

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.



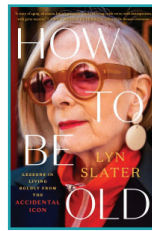
Worthy: How to Believe You Are Enough and Transform Your Life by Jamie Kern Lima.

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.

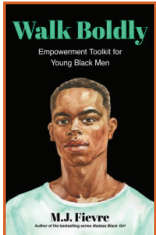
Teen and Children titles on reverse.



Self Care

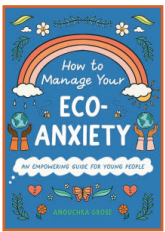
Recommendations from your Milwaukee Public Library

For Teens



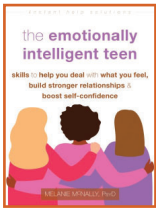
Walk Boldly: Empowerment Toolkit for Young Black Men by M.J. Fievre.

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.

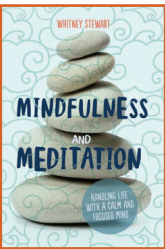


The Emotionally Intelligent Teen: Skills to Help You Deal with What You Feel, Build Stronger Relationships, & Boost Self-Confidence by Melanie McNally, PsyD. Read about numerous examples and exercises that will help you learn how to develop your emotional intelligence.



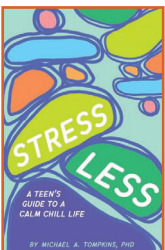
A Head Full of Everything: Inspiration for Teenagers with the World on Their Mind by Gavin Oattes.

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.

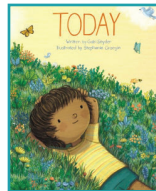
Tompkins offers tips and checklists to help you deal with stress in your life.

For Children



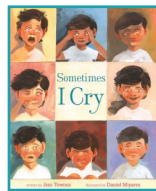
Just Be You: Ask Questions, Set Intentions, Be Your Special Self, and More by Mallika Chopra.

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



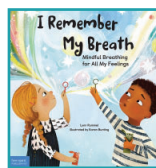
Today by Gabi Snyder; illustrated by Stephanie Graegin.

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.

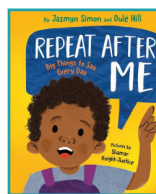


Sometimes I Cry by Jess Townes; illustrated by Daniel Miyares.

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.