

**OFF THE SHELF**  
**North Olympic Library System**  
**2210 South Peabody Street**  
**Port Angeles, WA 98362**

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RE: A Great Start to a New Year

Popular New Year's resolutions include exercising more, developing healthier eating habits, getting organized, improving your financial situation, and spending more time doing the things you enjoy. I plan on doing all of these things - every January. Many of us start out the year committed to our new healthier habits, but can't seem to stick with them past February.

*Atomic Habits: Tiny Changes, Remarkable Results. An Easy and Proven Way to Build Good Habits and Break Bad Ones* by James Clear explores the way we think about progress and success, and gives tools and strategies needed to transform habits. According to Clear, if you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. – *From the publisher.*

*Dynamic Aging: Simple Exercises for Whole-Body Mobility* by Katy Bowman is an exercise guide to restoring movement, especially for healthy feet, better balance, and the activities of daily life. Sequim-based biomechanist and movement teacher Katy Bowman shares exercises and habit modifications for varying fitness and mobility levels. – *From the publisher.*

*Outer Order, Inner Calm: Declutter and Organize to Make Room for Happiness* by Gretchen Rubin. By getting rid of things we don't use, don't need, or don't love, we free our minds (and our shelves) for what we truly value. With a sense of fun, and a clear idea of what's realistic for

most people, Rubin suggests dozens of manageable tips and tricks for creating a more serene, orderly environment. – *From the publisher.*

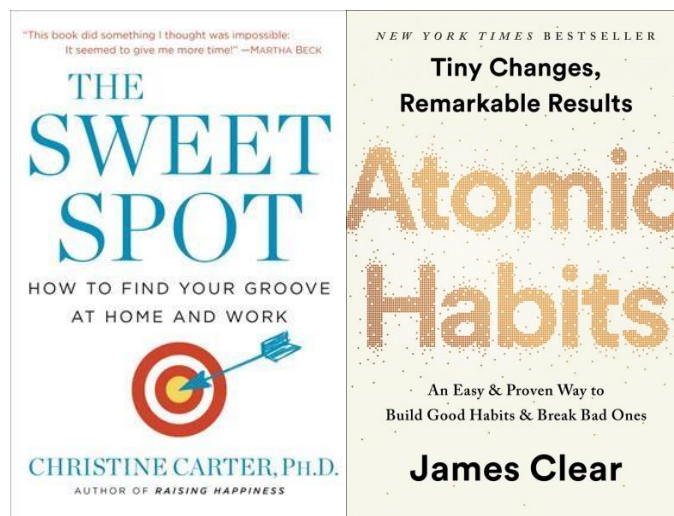
*The Sweet Spot: How to Find Your Groove at Home and Work* by Christine Carter

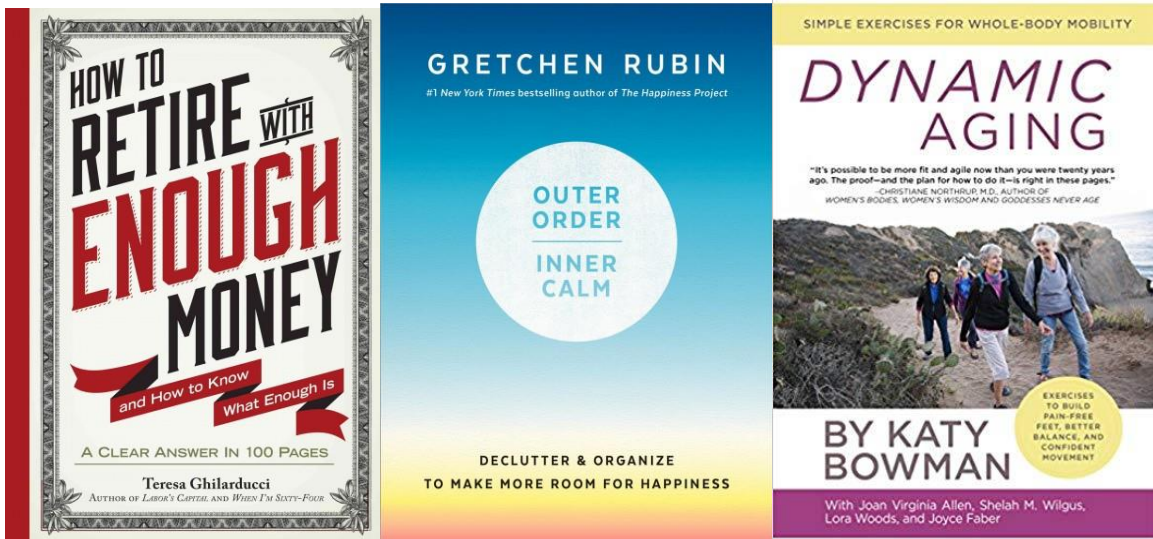
This inspiring book will help protect you from “The Overwhelm,” letting you in on the possibilities for joy and freedom that come when you stop trying to do everything right—and start doing the right things. – *From the publisher.*

*How to Retire with Enough Money and How to Know What is Enough* by Teresa Ghilarducci

This book cuts through the confusion and misinformation that keeps us spending or saving poorly. It begins with acknowledging what a person or household actually needs to have saved and how much to expect from Social Security. It delivers the basic principles that will make the money grow, including a dozen good ideas to get current expenses under control. There are no gimmicks, no magical thinking--just an easy-to-follow program that works. – *From the publisher.*

To check out one of these inspiring titles or one of the hundreds of other books on personal development, stop by the Sequim Branch Library, visit [www.nols.org](http://www.nols.org), email [sequim@nols.org](mailto:sequim@nols.org), or call 360.683.1161. The Sequim Branch Library is located at 630 North Sequim Avenue.





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