

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

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COLUMNIST: Emily Sly, Sequim Branch Library Manager
RE: Books for You to Start 2022

There are so many great books to inspire you to live a good life – from following big dreams to committing to small daily habits. Maybe this is the year to finally get essential paperwork in order, do better at managing your finances, learn to draw, or commit to daily exercise. Whatever your goals are for 2022, stop by the library to browse the shelves or check out nols.org or to find a book that supports your personal growth. Here are a few titles to get you started.

In Case You Get Hit by a Bus: A Plan to Organize Your Life Now for When You're Not Around Later by Abby Schneiderman and Adam Seifer

The odds of getting hit by a bus are 495,000 to 1. But the odds that you're going to die some day? Exactly. Even the most disorganized among us can take control of our on- and off-line details so our loved ones won't have to scramble later. – *From the publisher*

Breath: The New Science of a Lost Art by James Nestor

No matter what you eat, how much you exercise, how skinny or young or wise you are, none of it matters if you're not breathing properly. *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again. – *From the publisher*

The High 5 Habit: Take Control of Your Life with One Simple Habit by Mel Robbins

The High 5 Habit is a simple yet profound tool that changes your attitude, your mindset, and your behavior. So be prepared to laugh and learn as you take steps to immediately boost your confidence, happiness, and results. It's time to give yourself the high fives, celebration, and support you deserve. – *From the publisher*

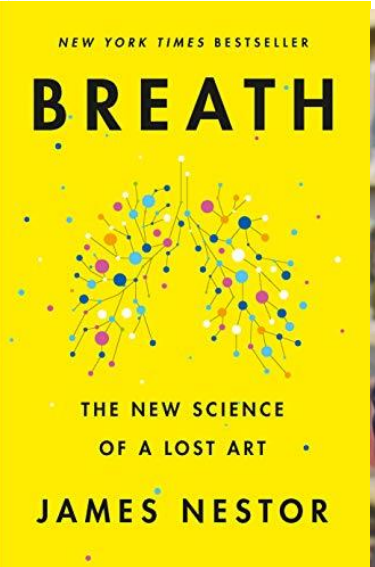
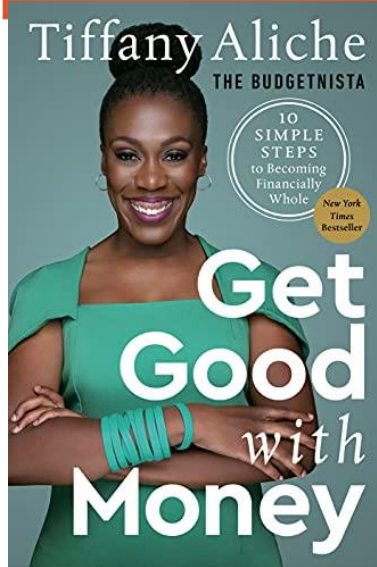
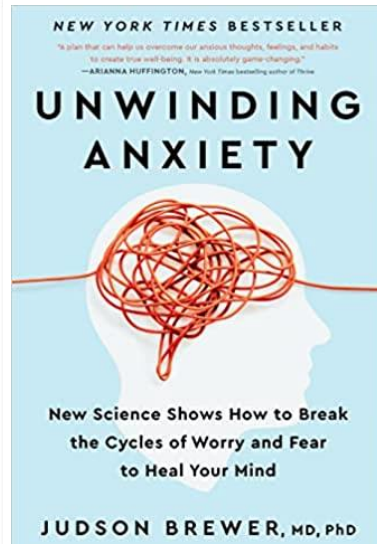
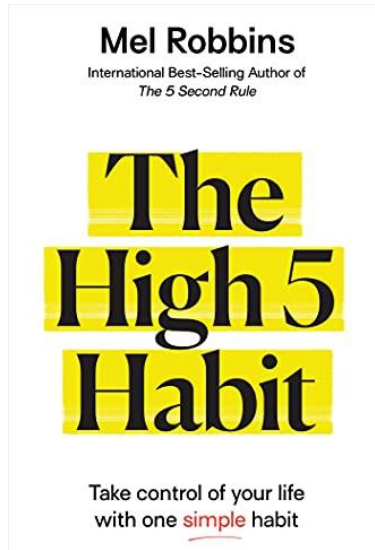
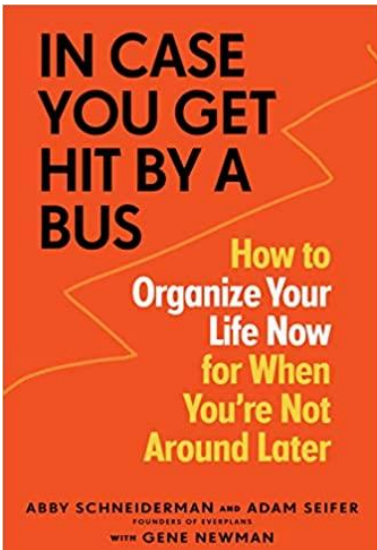
Get Good with Money: Ten Simple Steps to Becoming Financially Whole by Tiffany Aliche

A ten-step plan for finding peace, safety, and harmony with your money—no matter how big or small your goals and no matter how rocky the market might be—by the inspiring and savvy “Budgetnista.” – *From the publisher*

Unwinding Anxiety: New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind
by Judson Brewer

We are living through one of the most anxious periods any of us can remember. Whether facing issues as public as a pandemic or as personal as having kids at home and fighting the urge to reach for the wine bottle every night, we are feeling overwhelmed and out of control. But in this timely book, Judson Brewer explains how to uproot anxiety at its source using brain-based techniques and small hacks accessible to anyone. – *From the publisher*

Library staff look forward to seeing you soon and are ready to help you find your next great read! The Sequim Branch Library is located at 630 North Sequim Avenue. Visit www.nols.org, email sequim@nols.org, or call 360.683.1161.



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