

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: Celebrating Love at the Library

February is the month to celebrate love. The library collection contains thousands of love stories in books, audiobooks, and movies, along with countless love songs on music albums (available on CD or downloadable audio). Whether you're looking for a feel-good love story, heart-breaking romance, or a practical how-to relationship book, the library has something for you to check out. This month, the library is also offering programs that support kindness and health/wellness. All programs are free and everyone is welcome to attend.

***The Stationery Shop* by Marjan Kamali**

A novel set in 1953 Tehran, against the backdrop of the Iranian Coup. A young couple in love are separated on the eve of their marriage. They move on to live separate lives in America. When they reunite sixty years later, they finally discover the truth about what happened on that fateful day in the town square.

***Eight Dates: Essential Conversations for a Lifetime of Love* by John Gottman and Julie Schwartz Gottman**

Navigating the challenges of long-term commitment takes effort. This book invites couples on eight fun, easy, and profoundly rewarding dates, each one focused on a make-or-break issue: trust, conflict, sex, money, family, adventure, spirituality, and dreams. – *From the publisher.*

***The Overdue Life of Amy Byler* by Kelly Harms**

After her ex-husband offers to take care of their children for the summer, single mom Amy Byler takes a break from rural Pennsylvania and heads to New York City where she lets her hair down and starts dating again. – *From the publisher*

February Events at the Sequim Branch Library:

Advance Care Planning: Making Future Health Care Choices

Saturday, February 22 at 2pm

Advance Care Planning may not be the first thing you think of when it comes to love and relationships, but it's an important act of love to share with your family. Trained representatives from Olympic Medical Center will discuss future and end-of-life health care choices available to you.

Valentine's Crafts for All Ages

Thursday, February 13, 4pm-6pm

Spread the love with Valentine's Day-themed letters, cards and crafts. Drop by anytime between 4-6pm to create something for those you love and for community members who might appreciate a handcrafted sentiment. Valentines may be gifted, kept, or left with library staff who will deliver them to residents at local memory care facilities. This family-friendly program is open to participants of all ages.

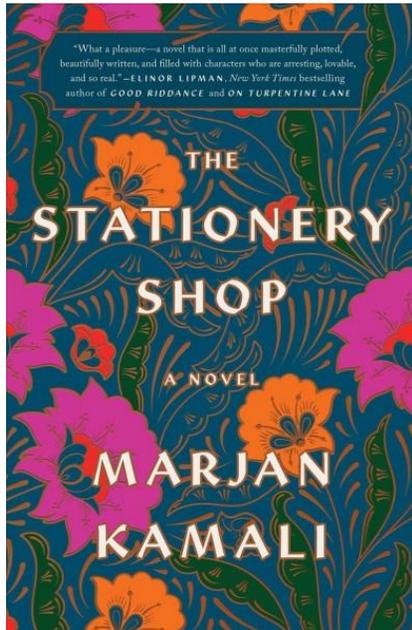
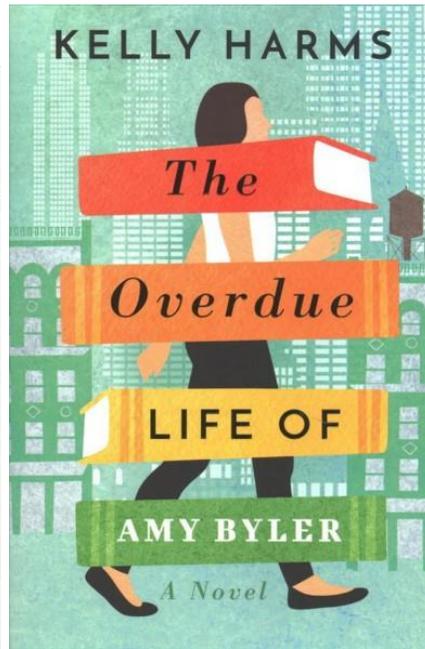
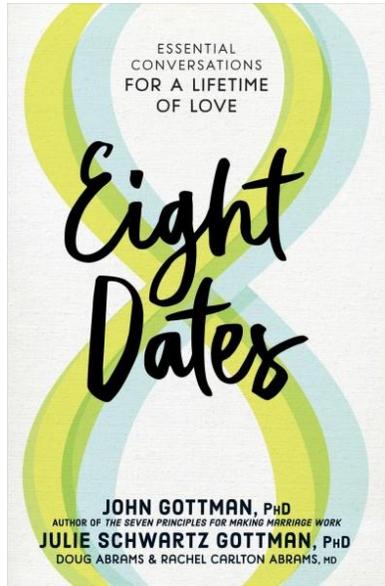
Guided Meditation and Relaxation Virtual Reality

Thursday, February 13 from 12:30-2:30pm

Registration is required

Adults and teens 13 and older can enjoy a special guided meditation and relaxation treat. Meditation Virtual Reality experiences utilize interactive 360° video using Oculus Rift and Go headsets and last about 15-20 minutes per user. Visit nols.org or call 360.683.1161 to register.

For more information, stop by the Sequim Branch Library, visit www.nols.org, email sequim@nols.org, or call 360.683.1161. The Sequim Branch Library is located at 630 North Sequim Avenue.



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