



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

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RE: New Year, New Habits

Many of us start out the New Year by setting intentions, committing to new habits, reflecting on the past year, and looking forward to a better year ahead. The library offers resources to support you and your family, as you learn, create and connect in 2021.

### **Join a Reading Challenge**

Daily reading is an excellent habit to cultivate. This January, NOLS invites people of all ages to participate in Beanstack's Winter Reading Challenge, sponsored by Simon & Schuster. *Books Like Us* is a celebration of diversity, harnessing the transformative power of seeing oneself reflected in a book. Sign up for the challenge at [nols.org](http://nols.org).

### **Craft & Chat**

Crafting is a great way to connect with your creative side. Enjoy an afternoon craft escape with the library. Grab your crochet, knitting, or other craft project, and join in this informal gathering to craft and chat together. All skill levels and crafts are welcome. Thursdays in January from 3:30pm-5pm on Zoom. Visit [nols.org](http://nols.org) to register to receive login details.

### **Learn Online**

Many online resources are available at [nols.org](http://nols.org) to support your learning. If exploring a new language is on your list for 2021, check out Duolingo, a free language learning app featuring over 90 languages. If you could use a refresher on the rules of the road, take free Washington DOL practice tests for cars, motorcycles, and CDL, available on the NOLS website.

## Find a Positive Book

Consider checking out these books for motivation in making positive change in the year ahead.

*Tiny Habits: The Small Changes That Change Everything* by BJ Fogg

The world's leading expert on habit formation shows how you can have a happier, healthier life: by starting small. BJ Fogg shows us how to change our lives for the better, one tiny habit at a time. – *From the publisher.*

*24 Ways to Move More: Monthly Inspiration for Health and Movement* by Nicole Tsong

Your body is made to move and is designed to adapt to a range of activity. Yet today we move less than ever before. *The Seattle Times'* Fit for Life columnist Nicole Tsong wants to change that, detailing two fun and accessible activities for each month of the year. – *From the publisher.*

*Me and White Supremacy: Combat Racism, Change the World, and Become a Good Ancestor* by Layla Saad

Based on the viral Instagram challenge, this book takes readers on a 28-day journey, complete with journal prompts, to do the vital work of examining white privilege. – *From the publisher.*

*Successful Aging: A Neuroscientist Explores the Power and Potential of Our Lives* by Daniel J. Levitin

This book inspires a new approach to how readers think about our final decades, and the way we plan for old age as individuals, family members and citizens. – *From the publisher.*

To check out one of these inspiring titles or one of the hundreds of other books on personal development, 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. Curbside library service is now available in Sequim from 10am-6pm Monday – Friday and 10am-4pm on Saturdays.

The  
**TINY**  
*Small Changes*  
**HABITS**  
*That Change*  
**BJ FOGG, PhD**  
*Everything* 😊

FOREWORD BY ROBIN DIANGELO

**me  
and  
white  
supremacy**

Combat Racism,  
Change the World, and  
Become a Good Ancestor

**LAYLA F. SAAD**



**24  
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Monthly Inspiration  
for Health & Movement

NICOLE TSONG  
Photography by ERIKA SCHULTZ



Daniel J. Levitin  
Author of *This Is Your Brain on Music*

**Successful  
Aging**

New  
York Times  
Bestseller



A Neuroscientist Explores the  
Power and Potential of Our Lives



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