



**NEWS RELEASE**  
**North Olympic Library System**  
**2210 South Peabody Street**  
**Port Angeles, WA 98362**

## **FOR IMMEDIATE RELEASE**

Date: March 26, 2021  
Contact: Sarah Morrison, Librarian  
360.417.8500 or SMorrison@nols.org  
Re: Big Library Read: "The Art of Taking it Easy"  
Attachments: *The Art of Taking It Easy.jpg*, *April2021\_BLR.jpg*

North Olympic Library System (NOLS) patrons can join thousands of readers around the world in laughter and learning during [Big Library Read](#), the world's largest digital book club. From April 5-19, booklovers can enjoy psychologist Dr. Brian King's hilarious yet insightful guide, *The Art of Taking It Easy*, as an eBook with no waitlists or holds. NOLS readers can join by visiting [anytime.overdrive.com](http://anytime.overdrive.com) or downloading the [Libby app](#), then discuss online at [discuss.biglibraryread.com](http://discuss.biglibraryread.com).

*The Art of Taking It Easy* is Dr. Brian King's guide to embracing humor to reduce stress and live a fuller, happier life. Dr. Brian King got a degree in psychology before becoming a world-touring comic and the host of humor therapy seminars attended by more than ten thousand people each year. In this brilliant guide he presents hands-on techniques for managing stress by rewiring our brains to approach potentially difficult situations through a lens of positivity. Dr. King's techniques are chemical and cost free, and embrace humor, resilience, relaxation, optimism, gratitude, and acceptance. Instead of a dry medical approach to dealing with stress, this unique volume is filled with life-changing tips and instructions presented with humor and a wealth of memorable, smile-inducing anecdotes.

Big Library Read is available in over 22,000 libraries and schools around the world, including more than 90 percent of public libraries in North America. It is facilitated by [Rakuten OverDrive](#). Big Library Read is an international reading program that simultaneously connects millions of readers around the world with an eBook through public libraries. Readers can join an online discussion about the book at <https://discuss.biglibraryread.com/>. The free program runs for two weeks and only requires a NOLS library card to get started.



NOLS readers can enjoy “The Art of Taking It Easy” as an eBook for free with no waiting.

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