

## Wellness at the Library

by Brielle Bleeker, Circulation Assistant

A New Year brings new resolutions, usually with a strong focus on health and wellness. With the stress that so many people are currently experiencing, meditation can be a great way to put the mind at ease, and repeated practice has long-term benefits that can positively impact both mental and physical health. A great resource for those interested in the practice of meditation, *Total Meditation: Practices in Living the Awakened Life*, the recent release from *NY Times* Bestselling Author and mind-body spiritual guru, Deepak Chopra, is a guide on how to “wake up to new levels of awareness that will ultimately cultivate a clear vision, heal suffering in your mind and body, and help recover who you really are.” The book provides exercises as well as a 52-week meditation program guide.

Those looking to improve diet and focus on nutrition will find Dr. Joel Fuhrman’s *Eat for Life* a great resource and guide to feeling your best inside and out. Packed with food and lifestyle advice, a daily eating plan, recipes and more, *Eat for Life* offers the latest nutritional science that will help to improve bad eating habits and prevent or even reverse disease.

Fitness and nutrition go hand-in-hand when focusing on healthy living. *Better Stretching: 9 Minutes a Day to Greater Flexibility, Less Pain, and Improved Performance* teaches readers to “stretch smarter, to feel looser, more easily and peak perform.” Author and personal trainer, Joe Yoon, shows how people at all fitness levels can achieve a satisfying and beneficial exercise routine in 9 minutes a day. Broken up into 3 parts, readers can choose “what suits their bodies best.”

Essential Oils offer natural treatment for achieving vibrant health and Dr. Eric Zielinski shows how in *The Healing Power of Essential Oils*. Learn how to reduce inflammation, balance hormones, boost mood, and have more restful sleep through more than 150 recipes that address a variety of health issues. Whether a beginner or someone who already uses Essential Oils, Dr. Zielinski shows how to prioritize health and experience the life-changing benefits the oils can provide.

Wellness encompasses a wide array of health needs and author Gretchen Rubin has found that “getting control of our stuff makes us feel more in control of our lives.” *Outer Order, Inner Calm* details how to declutter and organize to make room for happiness. Rubin walks readers through the details of why outer order can be crucial to leading a happy, healthier, more productive life, and then goes on to offer step-by-step guidance on how to achieve the inner calm. Fans of Marie Kondo’s *The Life-Changing Magic of Tidying Up* will appreciate Rubin’s ideas on freeing the mind to make room for what is valued most.

Looking for an overall introduction to wellness? Dr. Frank Lipman’s *How to Be Well: The 6 Keys to a Happy and Healthy Life* provides the essential plan for living a healthy and fulfilling life. Dr. Lipman lists the simple steps to improve overall health and well-being through eating, sleeping, moving, protecting, unwinding, and connecting. *How to Be Well* serves as the ideal how-to guide for mastering habits and routines that will promote true health.

For the above titles and even more selections on health and wellness, contact the library at [ref@wyckofflibrary.org](mailto:ref@wyckofflibrary.org) or 201-891-4866, x2. To view availability and request books, visit [www.bccls.org](http://www.bccls.org). Ask a librarian how to access Novelist, a database you can access using your library card to help you find your guide to living your best life.