

Wellness Reading Collection Winter 2019

In support of Brescia's Mental Health and Wellness initiatives, the Beryl Ivey Library continues to expand our recreational reading collection to collect reading materials based on the seven dimensions of the Wellness Wheel, pictured below:

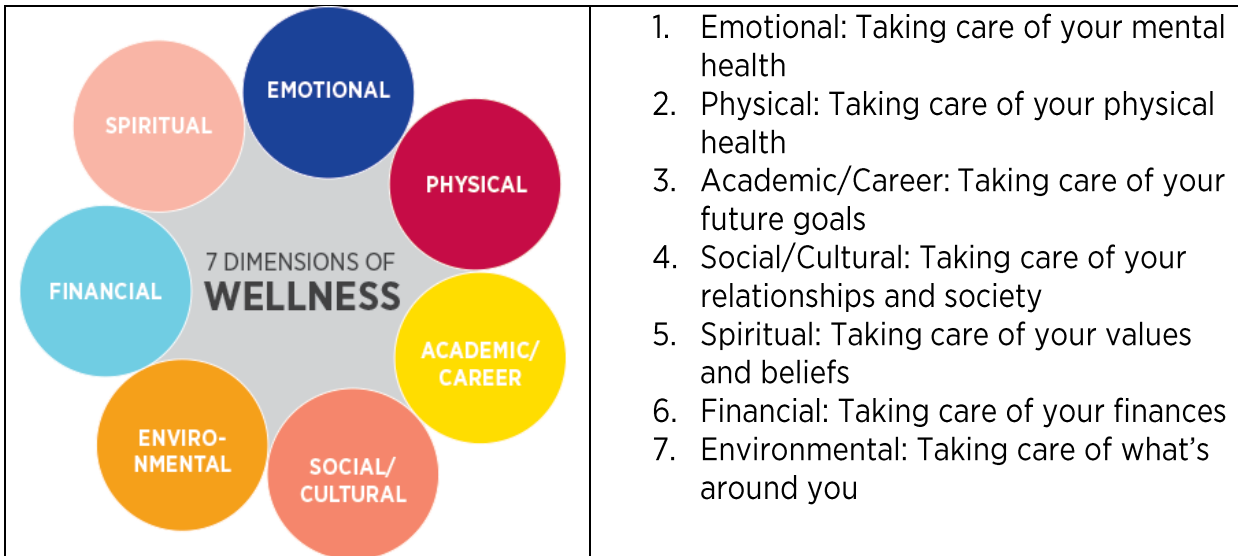


Image from <http://brescia.uwo.ca/life/mental-health-wellness/>


For more information on Health & Wellness, please visit:

Brescia: <http://brescia.uwo.ca/life/mental-health-wellness/>

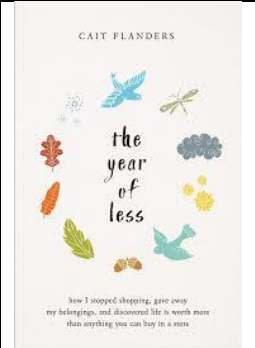
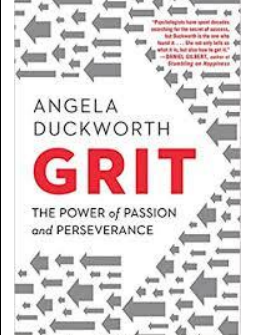

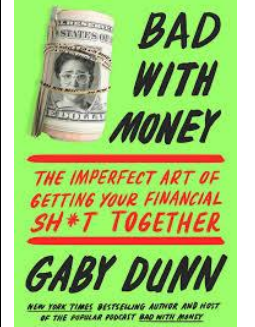

Western: https://www.uwo.ca/health/mental_wellbeing/

Wellness Wheel Booklist 2019

The following list consists of our most recent additions to our wellness collection that fall under one or more of the seven dimensions of the wellness wheel. You may find these books and more on our recreational reading shelf across from our library service desk, as well as in our library's collection, searchable through Omni. Please ask a library staff member if you need assistance.

Book	Title, Author, Call #	Description
	<p>First, We Make the Beast Beautiful: A New Journey Through Anxiety - Sarah Wilson (RC531.W75 2018)</p>	<p>“Sarah pulls at the thread of accepted definitions of anxiety, and unravels the notion that it is a difficult, dangerous disease that must be medicated into submission. Ultimately, she re-frames anxiety as a spiritual quest rather than a burdensome affliction, a state of yearning that will lead us closer to what really matters.”</p>

	<p>Adulting: How to Become a Grown-up in 535 Easy(ish) Steps - Kelly Williams Brown (PN6231.A26B87 2018)</p>	<p>“Just because you don't feel like an adult doesn't mean you can't act like one...Kelly Williams Brown's...makes the scary, confusing "real world" approachable, manageable-and even conquerable”</p>
	<p>Gmorning, Gnight!: Little Pep Talks For Me & You - Lin-Manuel Miranda (PS3613.1647A6 2018)</p>	<p>“Full of comfort and motivation, Gmorning, Gnight! is a touchstone for anyone who needs a quick lift.”</p>
	<p>We: A Manifesto for Women Everywhere - Gillian Anderson, Jennifer Nadel (HQ1221.A54 2017)</p>	<p>“We: A Manifesto for Women Everywhere is an uplifting, timely, and practical manual for creating change in women's lives, with nine universal principles that help you confront life's inevitable emotional and spiritual challenges. It's about transitioning from a me-first culture and imagining what a we-based world might look like.”</p>
	<p>The Life-Changing Magic of Tidying Up - Marie Kondo (TX321.K8213 2014)</p>	<p>“With detailed guidance for determining which items in your house "spark joy" (and which don't), this international best seller featuring Tokyo's newest lifestyle phenomenon will help you clear your clutter and enjoy the unique magic of a tidy home - and the calm, motivated mindset it can inspire.”</p>
	<p>Sober Curious - Ruby Warrington (HV5060.W29 2019)</p>	<p>“How different would our lives be if we stopped drinking on autopilot? If we stopped drinking altogether? Really different, it turns out. Really better. Frank, funny, and always judgment free, Sober Curious is a bold guide to choosing to live hangover-free.”</p>

	<p>The Year of Less – Cait Flanders (BF503.F58 2019)</p>	<p>“Blending Cait’s compelling story with inspiring insight and practical guidance, The Year of Less will leave you questioning what you’re holding on to in your own life—and, quite possibly, lead you to find your own path of less.”</p>
	<p>Grit – Angela Duckworth (BF637.S8D83 2018)</p>	<p>“Winningly personal, insightful, and even life-changing, Grit is a book about what goes through your head when you fall down, and how that not talent or luck makes all the difference.”</p>
	<p>Off: Your Digital Detox for a Better Life – Tanya Goodin (RC569.5.I54G65 2018)</p>	<p>“This canny little bible will help you log off and wake up to less stress and more time. Enjoy real experiences, real connections and real happiness. Reset your boundaries with carefully crafted exercises, new outlooks and wise words.”</p>
	<p>Bad with Money: The Imperfect Art of Getting Your Financial Sh*t Together – Gaby Dunn (HG179.D92 2019)</p>	<p>“Weaving her own stories with the perspectives of various researchers, artists, students, her parents, a financial psychologist, her exes, and more, she reveals the ways that money makes us feel confused, hopeless, and terrified, and what it might look like to start taking control of our financial futures.”</p>
	<p>Girl Stop Apologizing - Rachel Hollis (BF637.S4H74 2019)</p>	<p>“With a challenge to women everywhere to stop talking themselves out of their dreams, Hollis identifies the excuses to let go of, the behaviors to adopt, and the skills to acquire on the path to growth, confidence, and believing in yourself.”</p>

*Descriptions compiled from multiple sources including, but not limited to: publisher websites, GoodReads, Google Books, etc.