

Renew Reset Refresh
Leasa Sieve, Reference Librarian

Good-bye 2020... We're moving on to 2021! If ever there was a time to renew, reset and refresh, it is now!

A common goal at the start of a new year is the intention to eat better. If you are considering a more plant-based diet, you can't go wrong with a cookbook from America's Test Kitchen! They have just released **"The Complete Plant Based Cookbook: 500 Inspired, Flexible Recipes for Eating Well Without Meat"** (641.5636 Complet). All of the recipes can be prepared vegan or vegetarian, it's up to you!

Brittany Williams, a favorite author of mine, has written a new cookbook. **"Instant Loss on a Budget: Super Affordable Recipes for the Health Conscious Cook"** (641.563 William). I have several favorite recipes from her previous books, and I have no doubt that I will find more from this new release. The recipes in this book take advantage of your electric pressure cooker, air fryer and of course, your oven.

Do you want to be more active but feel that you can't physically do it? **"Fitness for Everyone: 50 Exercises for Every Type of Body"** by Louise Green is for you. No matter your age, size, or ability, there is a modification for all the exercises contained in the book. Her goal is that everyone can get fit with a few modifications.

"In Case You Get Hit by a Bus: How to Organize Your Life Now For When You're Not Around Later" by Abby Schneiderman (306.9 Schneid), will give you a step-by-step guide to organizing your life. For example, have you ever thought about making sure someone knows where to find the passwords for your online accounts? Something to think about!

Now on to taking care of your mental health. Dr. Sanjay Gupta's latest book is **"Keep Sharp: Build a Better Brain at Any Age"** (153.4 Gupta). Dr. Gupta shares the latest information to keep your brain sharp with a 12-week program to strengthen your brain every day.

Find time in your crazy, busy day to meditate, are you kidding!? **"The Illustrated Book of Mindful Meditations for Mindless Moments"** by Courtney Ackerman (158.12 Ackerma) will help you think about meditating while you are doing simple tasks throughout your day. How about meditating while folding laundry or washing the dishes?

I couldn't resist mentioning these last two books. Many people have tried out new hobbies during the pandemic. If you gave knitting a try, then **"Knit Happy with Self-Striping Yarn: Bright, Fun, and Colorful Sweaters and Accessories"** written by Stephanie Lotvan (746.423 Lotven) is just what you're looking for. I love self-striping yarn, it makes your project look complicated, but all those stripes just happen as you knit. The cover shows a colorful pair of fingerless mitts that I would be delighted to wear.

I have to admit, I ordered this next book for me. I've heard that learning to make sourdough bread was a popular pursuit during the pandemic lockdown. So if you tried your hand at it, you realize you have starter that gets thrown away every time you refresh it. The waste of that always bothers me, so I'm looking forward to taking a look at **"Sourdough Every Day: Your Guide to Using Active and Discard Starter for Artisan Bread, Rolls, Pasta, Sweets and More"** by Hannah Dela Cruz (641.815 DelaCruz).

These books are brand new and some are still being processed, but you can find all of them in the library catalog, so go ahead and put a hold on them. You can browse and place holds using our online catalog at newulmlibrary.org, or give us a call at the library (359-8331). You can also stop in and ask for anything you are looking for, we would be happy to look things up for you! The library is open Monday – Thursday from 9:30am – 7pm, and Friday and Saturday 9:30am – 5pm. Contactless pickup of items is also available, just call to set up a time.

May 2021 be a better year for all!