

Eat Well, Sleep Well, Live Well
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I hope everyone is doing ok during these strange times we are living in. In honor of August - National Wellness Month, I have chosen a few books on wellness to tell you about this week.

Eat Well

Do we really need a book to tell us how to eat? With the deluge of conflicting information about food that we get from everywhere, maybe we do! Mark Bittman, author of the “How to Cook Everything” series has teamed up with David L. Katz, MD to answer many of the questions you have about eating with **“How to Eat: All Your Food and Diet Questions Answered” (613.2 Bittman)**.

This next book had me at the title. **“Winner! Winner! Chicken Dinner: 50 Ways to Cook it Up!” (641.665 Billis)**, is the perfect choice if you need some chicken inspiration. Besides the recipes, with beautiful color pictures, you will find many simple, useful poultry tips. I found this one to be a wealth of information.

Sleep Well

Sleep is essential for good health, but women often have trouble getting a good night's rest. Ada Calhoun has researched the reasons why, and reassured all women that they are not alone in **“Why We Can't Sleep: Women's New Midlife Crisis” (305.244 Calhoun)**.

“Sleep Revolution: Transforming Your Life, One Night at a Time” (613.794 Huffing) offers recommendations and tips for improving your sleep, so you can get the rest your body needs. A little tidbit of trivia...did you know that if you start typing “why am...” into Google, the first suggestion that pops up is “Why am I so tired!” Interesting!

Live Well

In **“A Year of Living Kindly: Choices That Will Change Your Life and the World Around You” (177.7 Cameron)**, Donna Cameron offers many tips to help you make kindness a part of your life. Practicing kindness may even help you be healthier and live longer, so spread the kindness far and wide!

We have all heard that meditation is great for our health and wellbeing. But, where do you start? **“Meditation for Fidgety Skeptics” (158.12 Harris)** will help you figure that out with practical, real life tips and meditations.

The term “wellness” means something different to everyone. If these books aren’t what you are looking for, stop in and browse our library shelves, or give the library a call and we will be happy to help you find what you are looking for. Keep in mind that the library offers contactless pickup of items if you would rather not come into the library at this time. Call us and set up an appointment and we will have your books waiting for you.

“Everyone is a bit scared” said the horse. “But we are less scared together.”
“The boy, the mole, the fox and the horse” / Charlie Mackesy.