

Resolutions, 2024 Edition
Leasa Sieve, Reference Librarian

If you made New Year's resolutions for 2024, how are you doing? According to a Statista Consumer Insights survey from October 2023, these are the top 2024 New Year's Resolutions. Save More Money (59%), Exercise More (50%) Eat Healthier (47%), Spend More Time with Family/Friends (40%), Lose Weight (35%), Reduce Spending on Living Expenses (26%), Spend Less Time on Social Media (19%), Reduce Stress on the Job (19%).

Look to the library for help with some of these resolutions with the following titles.

"The Wealth Decision: 10 Simple Steps to Achieve Financial Freedom and Build Generational Wealth" by Dominique Broadway and **"Get Good with Money: 10 Simple Steps to Becoming Financially Whole"** by Tiffany Aliche (The Budgetnista) will give you strategies for making better financial decisions.

For your exercise resolution, take a look at **"Built to Move: The 10 Essential Habits to Help you Move Freely and Live Fully"** by Kelly Starrett & Juliet Starrett and **"The Miracle of Flexibility: A Head-To-Toe Program to Increase Strength, Improve Mobility, and Become Pain Free"** by Miranda Esmonde-White. We also have several of Miranda Esmonde-White's exercise dvds.

"Skinnytaste Simple: Easy, Healthy Recipes with 7 Ingredients or Fewer" by Gina Homolka will get you on your way to healthier eating with great nutrition and short ingredient lists. **"Eat to Beat your Diet: Burn Fat, Heal Your Metabolism and Live Longer"** by William W. Li will give you information on foods you can add to your diet to help heal your metabolism, reduce body fat and lose weight.

Here are a couple of thought-provoking books about Social Media. **"Outrage Machine: How Tech Amplifies Discontent, Disrupts Democracy – And What We Can Do About It"** by Tobias Rose-Stockwell and **"The Chaos Machine: The Inside Story of How Social Media Rewired Our Minds And Our World"** by Max Fisher.

Mindfulness is one way to help reduce stress if that is one of your goals for 2024.

"Today I Noticed: A Little Book of Mindfulness That Will Change the Way You See the World" by Willow Older and Deborah Huber encourages you to pay attention to all the good, little things that are all around us if we just notice. Do you remember the saying "Don't Worry, Be Happy?" This book from a Zen Buddhist Monk promises to help you make that a reality. **"Don't Worry: 48 Lessons on Relieving Anxiety"** by Shunmyo Masuno.

New Ulm Public Library is located at 17 N Broadway and is open Monday-Thursday from 9:30 a.m.-8 p.m. and Friday-Saturday from 9:30 a.m.-5 p.m. The library will be closed on Monday, January 15 for Martin Luther King, Jr. Day.