

This year I resolve to...

Leasa Sieve, Reference Librarian

Once again I am looking toward a new year and thinking about what I can do better. Dictionary.com says a resolution is the “act of resolving or determining upon an action, course of action, method, procedure, etc.” I have no problem with the deciding to do something part of that definition. I even have the course of action figured out every January 1st. The part I have difficulty with is the sticking to it part...sigh!

America's Top New Year's Resolutions for 2020 according to a survey (Ipsos for Urban Plates) of 2,011 U.S. adults came up with the most popular resolutions. Keep reading to take a look at their top five resolutions, along with some books you can find at the New Ulm Public Library to help with your resolve.

Manage Finances Better (51%):

- Dumb Things Smart People Do With Their Money: Thirteen ways to Right your Financial Wrongs by Jill Schlesinger (332.024 Schlesi)
- Financially Forward: How to Use Today's Digital Tools to Earn More, Save Better, and Spend Smarter by Alexa Von Tobel (332.024 VonTobe)

Eat Healthier (51%):

- Crazy Busy Keto: Recipes, Shortcuts and Tips for Surviving without Sugar and Starch by Kristie H. Sullivan (641.5638 Sulliva)
- Blue Zones Kitchen: 100 Recipes to Live to 100 by Dan Buettner (641.5 Buettne)

Be More Active (50%):

- Walking for Fitness: The Low-impact Workout that Tones and Shapes by Nina Barough (613.717 Barough)
- Holy Spokes: A Biking Bible for Everyone by Rob Coppolillo (Young Adult 796.6 Coppoli)

Lose Weight (42%):

- 28-Day Pegan Diet: More Than 120 Easy Recipes for Healthy Weight Loss by Isabel Minunni (641.5638 Minunni)
- How Not To Diet: the Groundbreaking Science of Healthy, Permanent Weight Loss by Michael Greger (613.25 Greger)

Improve Mental Well-being (38%):

- Real World Mindfulness For Beginners: Navigate Daily Life One Practice at a Time (151.1 Real)
- I Wanted Fries with That: How to Ask for What You Want and Get What You Need by Amy Fish (158.2 Fish)

I also found "Good Habits, Bad Habits: Science of Making Positive Changes that Stick" by Wendy Wood (152.33 Wood). Maybe this one would help me with the sticking to it part of my resolutions! Stop by the library and pick out a book to help you stick to all your 2020 resolutions.