



SELF-CARE: OTHER PEOPLE MATTER



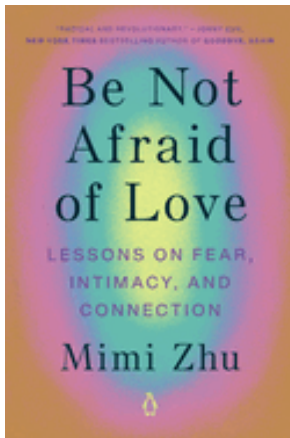
finding and improving relationships @ work, @ play,
@ love, while volunteering, and more ...



B.F.F. : a Memoir of Friendship Lost and Found

by Christie Tate

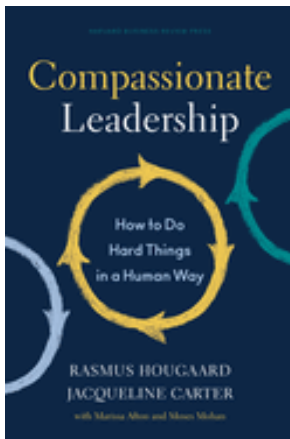
Tate dissects the nature of her bonds with women. She recalls ghosting most of her friends in Texas when she relocated to Chicago for college, then letting all of her graduate school friendships "wither, quickly and fatally," in favor of placating an alcoholic boyfriend. As Tate demonstrates, this legacy extends back to grade school, when she sacrificed bonds with girls for popularity and dating.



Be Not Afraid of Love : Lessons on Fear, Intimacy, and Connection

by Mimi Zhu

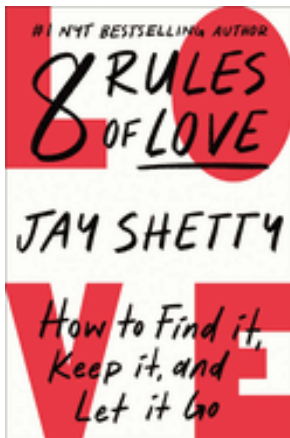
In their early twenties, Mimi Zhu was a survivor of intimate-partner abuse. This left them broken, in search of healing and ways to re-learn love. This work is a testament to the strength and adaptability all humans possess, a tribute to love.



Compassionate Leadership : How to Do Hard Things in a Human Way

by Rasmus Hougaard

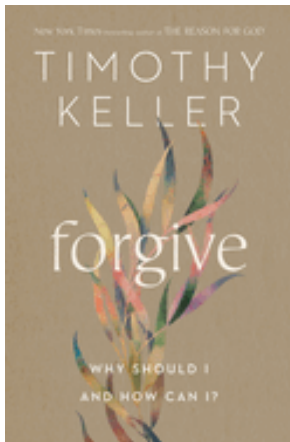
In hard times like these, leaders need to make hard decisions-- deliver negative feedback, make difficult choices that disappoint people, and in some cases lay people off. How do you do the hard things that come with the responsibility of leadership while remaining a good human being and bringing out the best in others?



8 Rules of Love : How to Find it, Keep it, and Let it Go

by Jay Shetty

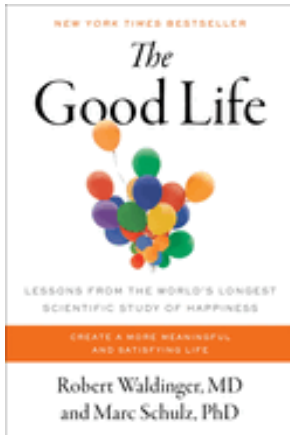
Nobody sits us down and teaches us how to love. So we're often thrown into relationships with nothing but romance movies and pop culture to help us muddle through. Until now. Instead of presenting love as an ethereal concept or a collection of cliches, Jay Shetty lays out specific, actionable steps to help you develop the skills to practice and nurture love better than ever before.



Forgive : Why Should I and How Can I?

by Timothy Keller

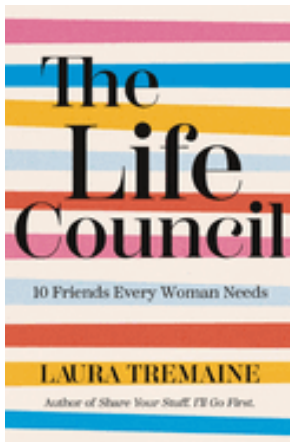
Forgiving anyone in a meaningful way is one of the hardest things a person has to do. If you do not, resentment and vengeance begin to consume you. It is nearly impossible to move past transgression without forgiveness, but few people have the resources and the tools to forgive others fully and move on with their lives.



The Good Life : Lessons From the World's Longest Scientific Study of Happiness

by Robert J. Waldinger

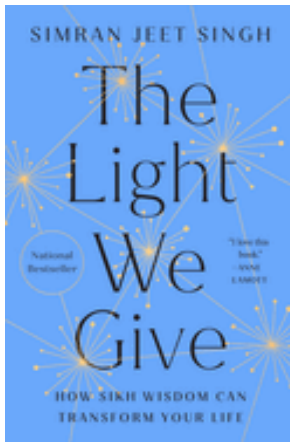
What makes a life fulfilling and meaningful? The simple but surprising answer is: relationships. The stronger our relationships, the more likely we are to live happy, satisfying, and healthier lives. In fact, the Harvard Study of Adult Development reveals that the strength of our connections with others can predict the health of both our bodies and our brains as we go through life.



The Life Council : 10 Friends Every Woman Needs

by Laura Tremain

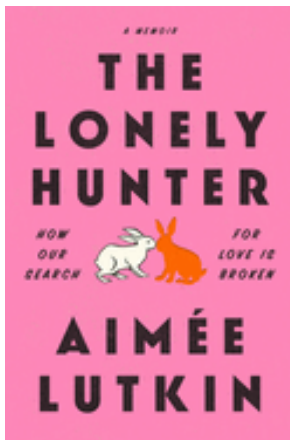
You'd love to have a "ride or die" posse like you see on social media, but instead you have a host of really good . . . acquaintances. After all, trying to find a soul friend in the midst of dirty dishes, deadlines, and, oh, a crazy busy life can be overwhelming. But what if developing great friendships was actually easier than we thought And what if finding a "soul friend" wasn't necessarily our highest goal.



The Light We Give : How Sikh Wisdom Can Transform Your Life

by Simran Jeet Singh

Singh draws from Sikh teachings to seek out the good in every situation and find positive ways to direct his energy. These tenets of love, caring, and service to others have empowered him to forge a life of connection and a commitment to justice that have brought him deep happiness and made him a national figure in the areas of diversity, inclusion, and social justice.



The Lonely Hunter : How Our Search for Love is Broken

by Aimée Lutkin

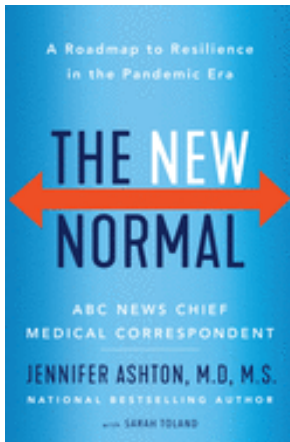
Lutkin wondered, Why, when there are more unmarried adults than ever before, is there so much pressure to couple up? Why does everyone treat me as though my real life won't start until I find a partner? Isn't this my real life, the one I'm living right now? Is there something wrong with me, or is there something wrong with our culture?



Missing Each Other : How to Cultivate Meaningful Connections

by Edward Brodtkin

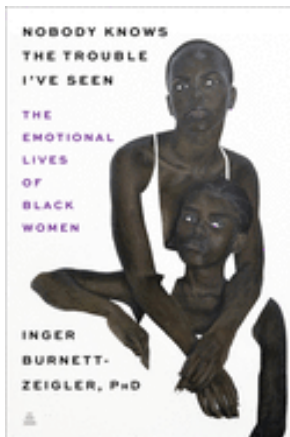
In our fast-paced, tech-obsessed lives, rarely do we pay genuine, close attention to one another. With all that's going on in the world and the never-ending demands of our daily lives, most of us are too stressed and preoccupied to be able to really listen to each other. Often, we misunderstand or talk past each other. Many of us are left wishing that the people in our lives could really listen, understand, and genuinely connect with us.



The New Normal : a Roadmap to Resilience in the Pandemic Era

by Jennifer Ashton

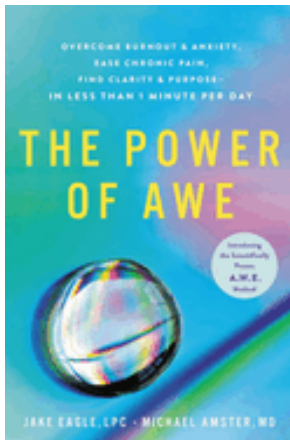
In March 2020, "normal" life changed, perhaps forever. In its place we were confronted with life and routines that were unusual and different: the new normal. As we've all learned since then, the new normal isn't just about wearing masks and standing six feet apart - it's about recognizing how to stay safe and sane in a world that is suddenly unfamiliar.



Nobody Knows the Trouble I've Seen : the Emotional Lives of Black Women

by Inger Burnett-Zeigler

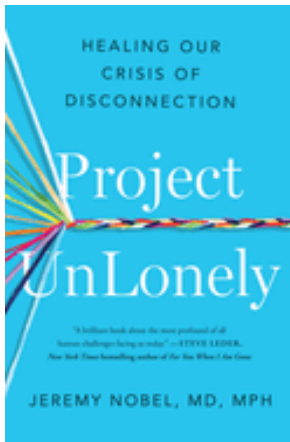
Trauma often impacts mental and physical well-being. It can contribute to stress, anxiety, PTSD, and depression. Unaddressed it can lead to hypertension, diabetes, heart disease, overeating, and alcohol and drug abuse, and other chronic health issues. Dr. Burnett-Zeigler explains that the strong Black woman image does not take into account the urgency of Black women's needs, which must be identified in order to lead abundant lives.



The Power of Awe : Overcome Burnout & Anxiety, Ease Chronic Pain, Find Clarity & Purpose -- in Less Than 1 Minute Per Day : Introducing the Scientifically Proven A.W.E. Method

by Jake Eagle

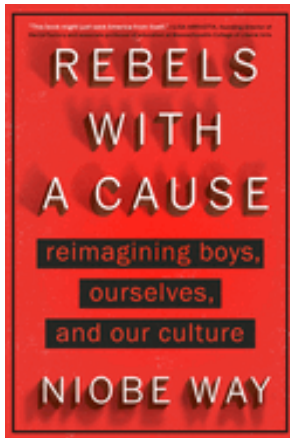
As lifelong meditators and mindfulness teachers, (the authors) confess we were almost embarrassed when we stumbled onto a 5-15 second shortcut to transcendence. This idea ran counter to everything we knew about meditation before we began our research. But, yes, it is possible. It only requires accessing the powerful emotion of awe in ordinary, everyday life.



Project unLonely : Healing Our Crisis of Disconnection

by Jeremy Nobel

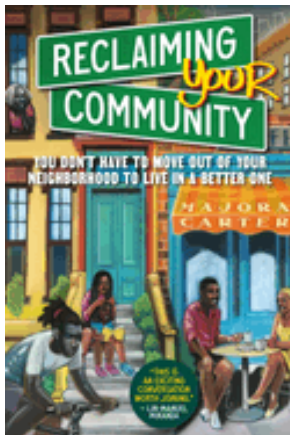
Loneliness assumes many forms, from enduring physical isolation to feeling rejected because of difference, and it can have devastating consequences for our physical and mental health. As the founder of Project UnLonely, Jeremy Nobel unpacks our personal and national experiences of loneliness to discover its roots and to show how we can take steps to find comfort and connection.



Rebels With a Cause : Reimagining Boys, Ourselves, and Our Culture

by Niobe Way

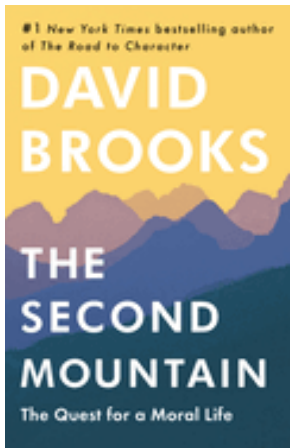
In 1990, 3 percent of men reported having no close friends; now, 15 percent do. This crisis of connection has led to 'toxic masculinity,' 'the epidemic of fatherlessness,' and most sensationally 'the end of men,' while real boys all around us are experiencing more depression, anxiety, loneliness, even suicide and violence.



Reclaiming Your Community : You Don't Have to Move Out of Your Neighborhood to Live in a Better One

by Majora Carter

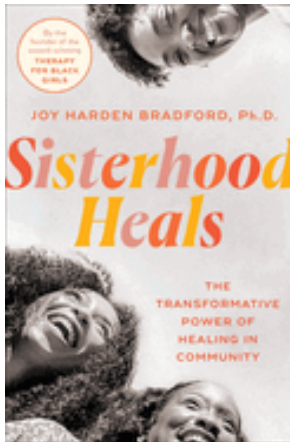
How can we solve the problem of persistent poverty in low-status communities? Majora Carter argues that these areas need a talent-retention strategy, just like the ones companies have. Retaining homegrown talent is a critical part of creating a strong local economy that can resist gentrification.



The Second Mountain : the Quest for a Moral Life

by David Brooks

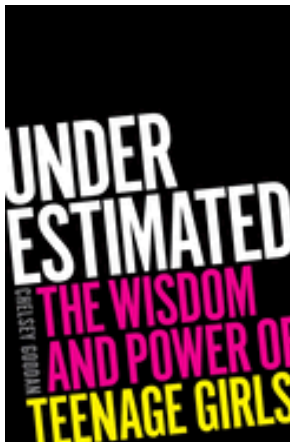
David Brooks explores the four commitments that define a life of meaning and purpose: to a spouse and family, to a vocation, to a philosophy or faith, and to a community. Our personal fulfillment depends on how well we choose and execute these commitments.



Sisterhood Heals : the Transformative Power of Healing in Community

by Joy Harden Bradford

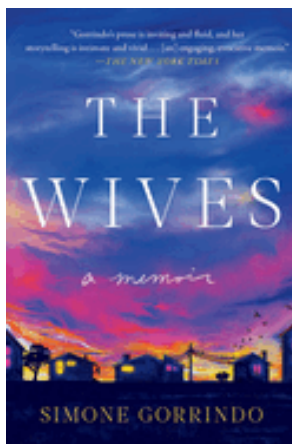
Sisterhood is that sacred space where all the masks that are worn for the world fall off. It's the place where you lay down your load, refill your cup, and laugh until your belly aches. Our sister circles literally prolong our lives. However, building and keeping healthy friendships take work.



Underestimated : the Wisdom and Power of Teenage Girls

by Chelsey Goodan

With topics and language directly chosen by girls, Goodan reveals how the solutions to a girl's well-being lie within her. She offers parents the exact words they can use to help her discover these solutions and demonstrates how adults can better support a teenage girl's voice to create positive change.



The Wives : a Memoir

by Simone Gorrindo

When her new husband joins an elite Army unit, Simone Gorrindo is uprooted from New York City and dropped into Columbus, Georgia. With her husband frequently deployed, Simone is left to find her place in this new world, alone -- until she meets the wives.

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