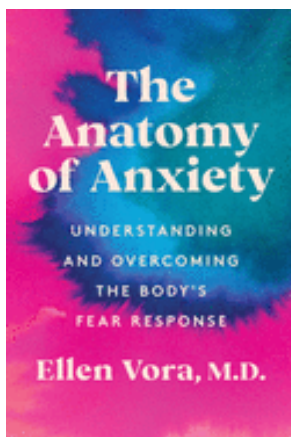




# SELF-CARE: YOUR BODY



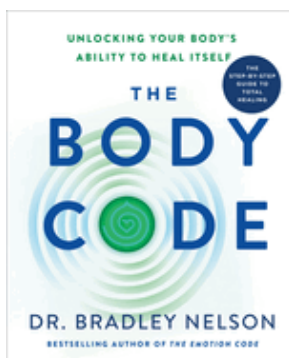
take care of your body. it's the only one you get.



## ***The Anatomy of Anxiety : Understanding and Overcoming the Body's Fear Response***

by Ellen Vora

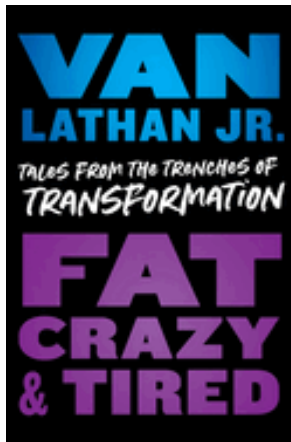
Anxiety affects more than forty million Americans -- a number that continues to climb in the wake of the COVID-19 pandemic. While conventional medicine tends to view anxiety as a "neck-up" problem -- that is, one of brain chemistry and psychology--the truth is that the origins of anxiety are rooted in the body.



## ***The Body Code : Unlocking Your Body's Ability to Heal Itself***

by Bradley Nelson

Based on the simple premise that the body is self-healing and knows what it needs in order to thrive and flourish. The Body Code method allows readers to tap into this inner knowing, and find imbalances in 6 key areas.



## **Fat, Crazy, & Tired : Tales From the Trenches of Transformation**

by Van Lathan

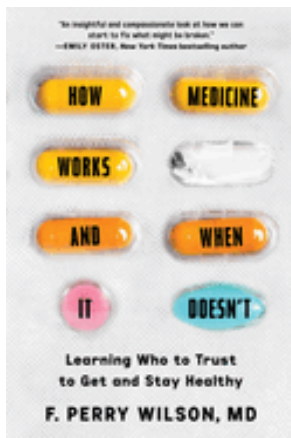
A podcast cohost describes his lifelong issues from being overweight and offers a humorous and honest critique of the anxiety and unspoken obstacles that prevent many people from overcoming their mental and physical health battles.



## **Fitter. Calmer. Stronger. : a Mindful Approach to Exercise and Nutrition**

by Ellie Goulding

Combining a mindful approach to exercise with delicious, nutritious recipes, this book will help you kickstart healthy habits, develop a positive mindset, and establish clear, achievable goals



## **How Medicine Works and When it Doesn't : Learning Who to Trust to Get and Stay Healthy**

by F. Perry Wilson

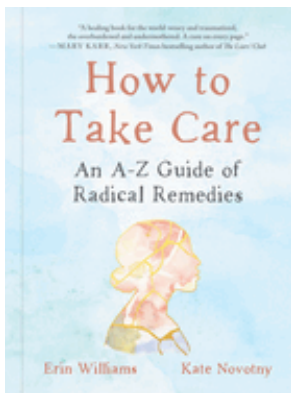
We live in an age of medical miracles. Never in the history of humankind has so much talent and energy been harnessed to cure disease. So why does it feel like it's getting harder to live our healthiest lives?



## **Hello Sleep : the Science and Art of Overcoming Insomnia Without Medications**

by Jade Wu

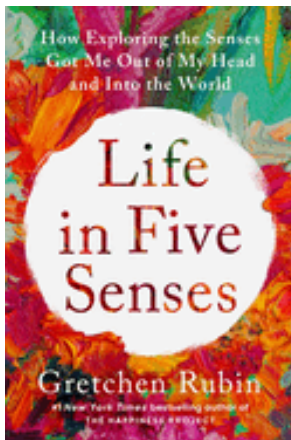
For the twenty-five million Americans who struggle with insomnia, each night feels like a battle with their racing minds instead of a blissful surrender into sleep. Hello Sleep is a guide for the tired but wired people who just want sleep to be easy.



## **How to Take care : an A-Z Guide of Radical Remedies**

by Erin Williams

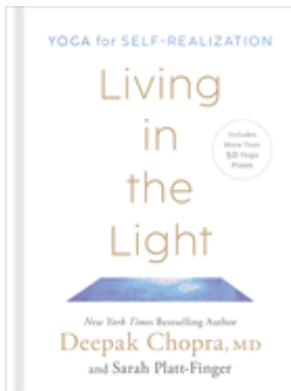
Healing is not just for people who have their s&\*t together. Healing is, most important, for people who are falling apart. This book will help you learn to trust your instincts, listen to your body, and practice small, easy steps to soothe anxiety, burnout, and symptoms of PTSD.



## **Life in Five Senses : How Exploring the Senses Got Me Out of My Head and Into the World**

by Gretchen Rubin

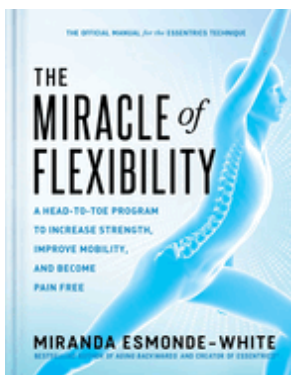
Rubin show us how to experience each day with depth, delight, and connection. In the rush of daily life, she finds, our five senses offer us an immediate, sustainable way to cheer up, calm down, and engage the world around us -- as well as a way to glimpse the soul and touch the transcendent.



## **Living in the Light : Yoga for Self-realization**

by Deepak Chopra

This thirty-day program will help you break limiting habits and belief system with an in-depth exploration of stimulating and restorative yoga poses that will unite the mind, body, and soul.



## **The Miracle of Flexibility : a Head-to-toe Program to Increase Strength, Improve Mobility, and Become Pain Free**

by Miranda Esmonde-White

Gain strength and mobility while living a pain-free life at any age using this revolutionary technique created by former ballerina.



***Move the Body, Heal the Mind : Overcome Anxiety, Depression, and Dementia and Improve Focus, Creativity, and Sleep***

by Jennifer J. Heisz

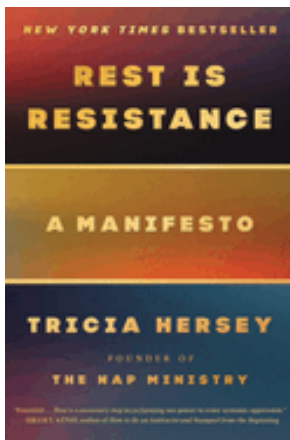
Heisz shares paradigm-shifting research on how exercise affects the brain, finding that intervals of intense workouts, or even leisurely walks, help stop depression and dementia, lessen anxiety and ADHD, and encourage better sleep, creativity, and resilience.



***Real Self-care : a Transformative Program for Redefining Wellness (Crystals, Cleanses, and Bubble Baths Not Included)***

by Pooja Lakshmin

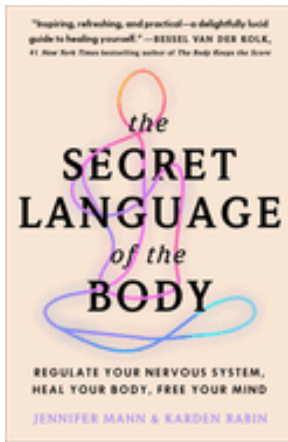
Lakshmin provides a step-by-step program for real and sustainable change and solace. Packed with actionable strategies to deal with common problems, this book is a complete roadmap for women to set boundaries and move past guilt, treat themselves with compassion, get closer to themselves, and assert their power.



***Rest is Resistance : a Manifesto***

by Tricia Hersey

This book is a call to action, a battle cry, a field guide, and a manifesto for all of us who are sleep deprived, searching for justice, and longing to be liberated from the oppressive grip of Grind Culture.



## ***The Secret Language of the Body : Regulate Your Nervous System, Heal Your Body, Free Your Mind***

by Jennifer Mann

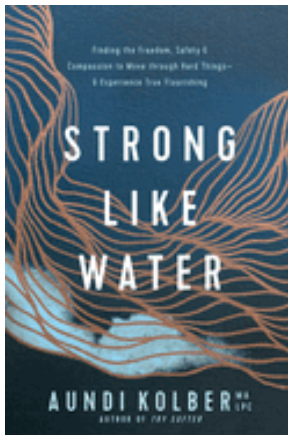
When you experience stress, anxiety, or trauma, your nervous system formulates responses to keep you alive. But you can also become trapped in survival mode if you're consistently exposed to unsafe environments, toxic relationships, or destructive thought patterns.



## ***Sleep Reimagined : the Fast Track to a Revitalized Life***

by Pedram Navab

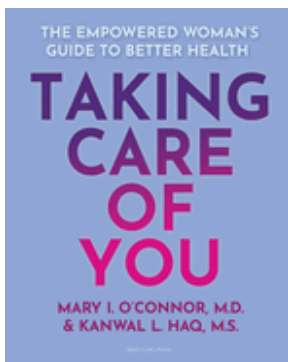
A neurologist and sleep medicine specialist of 15 years presents a 6-step cognitive behavioral therapy program that guides readers to new and improved sleep in as little as four weeks.



## ***Strong Like Water : Finding the Freedom, Safety, & Compassion to Move Through Hard Things -- & Experience True Flourishing***

by Aundi Kolber

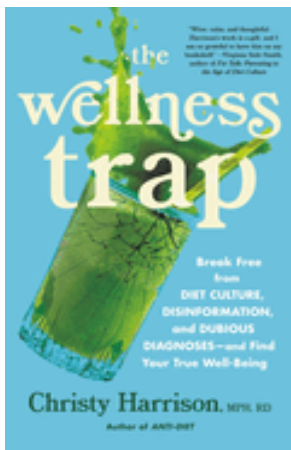
Could there be a different way to be strong? Could strength mean more than pushing on and pushing through pain, bearing every heavy burden on our own? What if, instead, true strength were more like the tide: soft and bold, fierce and gentle, moving together as one powerful force?



## ***Taking Care of You : the Empowered Woman's Guide to Better Health***

by Mary I. O'Connor

A practical and extensive resource guide for women who want to understand and take charge of their own health and healthcare, presented in short, focused, easy-to-read chapters.



***The Wellness Trap : Break Free From Diet Culture, Disinformation, and Dubious Diagnoses -- and Find Your True Well-being***

by Christy Harrison

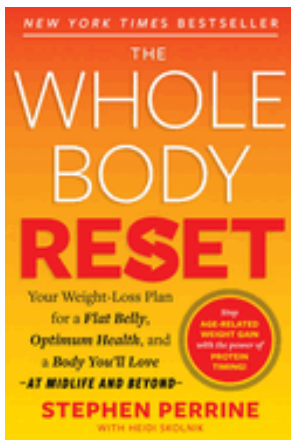
From the lack of pre-market safety testing on herbal and dietary supplements, to the unfounded claims made by many wellness influencers and functional-medicine providers, to the social-media algorithms driving users down rabbit holes of wellness mis- and disinformation, it can often feel like no one is looking out for us in the face of the \$4.4 trillion global wellness industry.



***What My Bones Know : a Memoir of Healing From Complex Trauma***

by Stephanie Foo

Behind her office door, Foo was having panic attacks and sobbing at her desk every morning. After years of questioning what was wrong with herself, she was diagnosed with complex PTSD -- a condition that occurs when trauma happens continuously, over the course of years.



***The Whole Body Reset : Your Weight-loss Plan for a Flat Belly, Optimum Health, and a Body You'll Love -- at Midlife and Beyond***

by Stephen Perrine

Stop -- and even reverse! -- age-related weight gain and muscle loss with the first-ever weight-loss plan specifically designed to shrink your belly, extend your life, and create your healthiest self at mid-life and beyond.

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