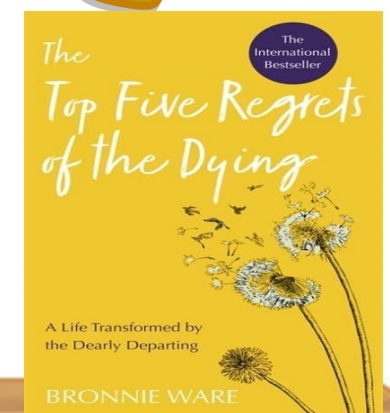
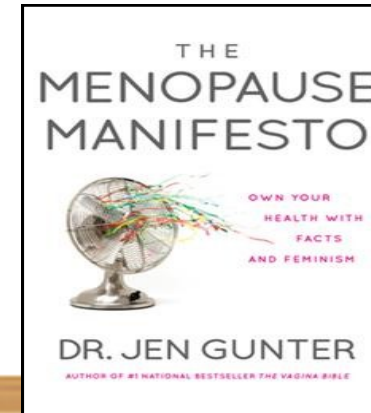
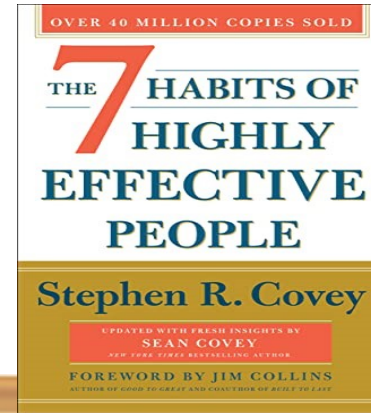
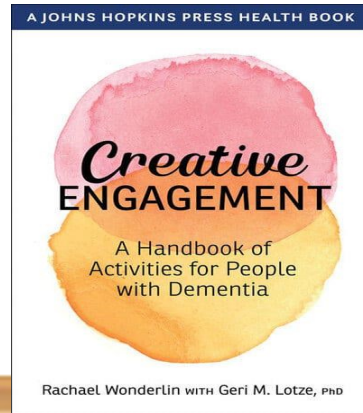
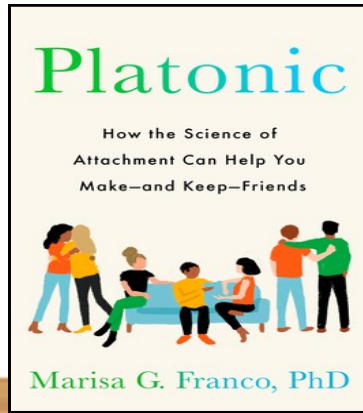
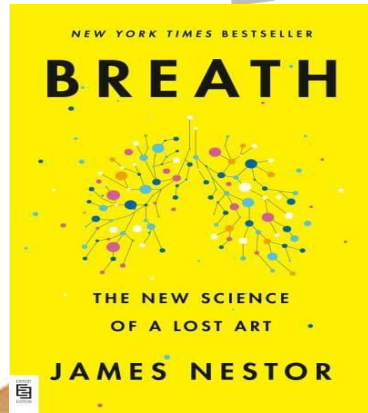


New Titles June 2023



***Breath: The new science of a lost art* / Nestor**

Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. After reading this New York Times Bestseller you will never breathe the same again.

[WF 105 N47 2020](#)

***Platonic: How the science of attachment can help you make and keep friends as an adult* / Franco**

Making new friends, and deepening longstanding relationships is possible at any age—in fact, it's essential. *Platonic* provides a clear and actionable blueprint for forging strong and lasting connections using insights of attachment theory and the latest scientific research on friendship.

[HM 1161 F72 2022](#)

***Creative Engagement: A handbook of activities for people with dementia* / Wonderlin & Lotze**

Teaching caregivers how to find dementia-friendly daily activities and introduce them into a person's life, this comprehensive, empathetic guide is aimed at both family members and professionals. Focusing on both group and individual dynamics, the book offers proven, creative, and hands-on strategies to engage people living with cognitive loss.

[WT 157 W62 2020](#)

***The 7 Habits of Highly Effective People: Powerful lessons in personal change* / Covey**

This 30th anniversary edition of the timeless classic commemorates the wisdom of the habits with modern additions. The habits have become famous and are integrated into everyday thinking by millions of people. Why? Because they work! With added takeaways on how the habits can be used in our modern age, the book has been refreshed for a new generation of leaders.

[BF 637.S8 C68 2020](#)

***The Menopause Manifesto: Own your health with facts and feminism* / Gunter**

In her follow-up to the #1 bestseller *The Vagina Bible*, Dr. Jen Gunter, Canadian OB/GYN and the internet's most fearless advocate for women's health, brings us empowerment through knowledge by countering stubborn myths and misunderstandings about menopause with hard facts, real science, fascinating historical perspective, and expert advice.

[WP 580 G86 2021](#)

***The Top Five Regrets of the Dying: A life transformed by the dearly departing* / Ware**

In this revised edition of the best-selling memoir that has been read by millions worldwide, the author expresses how significant regrets are and how we can positively address issues while we still have the time. It is a courageous, life-changing book that will leave you feeling more compassionate and inspired to live the life you are truly here to live.

[BF 575 W37 2019](#)



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