

2025 BE WELL @ BML

Reading and More to Inspire
Health & Wellbeing



"Wellness is an active process through which people become aware of, and make choices toward, a more successful existence."

~ National Wellness Institute

Outlive: The Science and Art of Longevity

by Peter Attia with Bill Gifford (2023) Book, BOC, eBook, eAudiobook

The Brain-Gut Connection with Dr. Emeran Mayer

(2024) DVD. View this PBS documentary or read books by this author.

The Blue Zones series

by Dan Buettner (2009-2023) Books, eBooks, eAudiobooks. Read the books or listen to "[Blue Zones and Lifestyle Medicine](#)" (2024) YouTube; Aspen Institute, 54min. discussion with Allison Aubrey, Dan Buettner, and Dean Ornish.

Break the Cycle: A Guide to Healing Intergenerational Trauma

by Mariel Buqué (2024) Book

7 Habits of Highly Effective Families: Creating a Nurturing Family in a Turbulent World

by Stephen R. Covey (2022) Book, eAudiobook

How to Keep House While Drowning

by KC Davis (2022) Book, eBook, eAudiobook

The Book of Joy: Lasting Happiness in a Changing World

by His Holiness the Dalai Lama XIV and Archbishop Desmond Tutu (2016) Book, LP, BOC, eBook, eAudiobook

Real Self-Care: A Transformative Program for Redefining Wellness

by Pooja Lakshmin (2023) Book

Mayo Clinic on Healthy Aging

(2024) Book

The Song of the Cell: An Exploration of Medicine and the New Human

by Siddhartha Mukherjee (2022) Book, BOC, eBook, eAudiobook

BE WELL @ BML 2025

Reading and More to Inspire
Health & Wellbeing



Undo It!: How Simple Lifestyle Changes Can Reverse Most Chronic Diseases

by Dean Ornish and Anne Ornish (2019) Book, eBook

For Brown Girls with Sharp Edges and Tender Hearts

by Priscilla Rodríguez (2021) Book, eBook, eAudiobook

Reversing Alzheimer's

by Heather Sandison (2024) Book, BOC, eBook, eAudiobook

Healthy Kids, Happy Kids: An Integrative Pediatrician's Guide

by Elisa Song (2024) Book

Hello Sleep

by Jade Wu (2023) Book



Additional Resources

MED-project (Medication Education & Disposal)

Visit Brighton Library's community counter to pick up a mail-back envelope and instructions for safe disposal of medications. Never flush medications down the drain!

hsph.harvard.edu/nutritionsource Harvard School of Public Health's **Healthy Eating Plate** and **Healthy Living Guide**; see also the US Department of Agriculture's **My Plate** at www.myplate.gov

[Medlineplus.gov](https://medlineplus.gov) National Library of Medicine

[NIH.gov/health-information](https://nih.gov/health-information) National Institutes of Health

nmlm.gov/nmlm-reading-club National Library of Medicine's Reading Club; click on topics for information and reading suggestions.

ted.com/playlists/856 "Ted Talks to Be a Better You in 2025" or find presentations by Brené Brown, Robert Waldinger, Malcom Gladwell, and others.

Brighton Memorial Library

2300 Elmwood Ave. Rochester, NY 14618
585-784-5300 | www.brightonlibrary.org