

2023 BE WELL @ BML

Reading and More to Inspire
Health & Wellness



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

~ National Wellness Institute

The Self-Care Solution: A Year of Becoming Happier, Healthier, and Fitter -- One Month at a Time

by Jennifer Ashton (2019) Book, eBook, eAudiobook

Healthy Heart, Healthy Brain by Bradley Bale and Amy Doneen (2022) Book

Atlas of the Heart by Brene Brown (2021)
Book, LP, BOC, eBook, eAudiobook

The Blue Zones Challenge: A 4-Week Plan for a Longer, Better Life by Dan Buettner (2021) Book

Seeking Wisdom: The Spiritual Path to Creative Connection by Julia Cameron (2022) Book

Atomic Habits: Tiny Changes, Remarkable Results
by James Clear (2018) Book, BOC, eBook, eAudiobook

7 Habits of Highly Effective Families: Creating a Nurturing Family in a Turbulent World
by Stephen R. Covey (2022) Book

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

Immune: A Journey Into the Mysterious System That Keeps You Alive by Philipp Dettmer (2021) Book, eBook

Breathing Lessons: A Doctor's Guide to Lung Health
by Meilan K. Han (2022) Book

The Myth of Normal by Gabor Mate (2022) Book

The Song of the Cell: An Exploration of Medicine and the New Human by Siddhartha Mukherjee (2022)
Book, BOC, eBook, eAudiobook

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Undo It!: How Simple Lifestyle Changes Can Reverse Most Chronic Diseases by Dean Ornish and Anne Ornish (2019) Book, eBook

The Neuroscience of You: How Every Brain is Different and How to Understand Yours
by Chantel Prat (2022) Book

Brighter By the Day: Waking Up to New Hopes and Dreams by Robin Roberts (2022)
Book, LP, BOC, eBook, eAudiobook

Outer Order, Inner Calm by Gretchen Rubin (2019) Book, LP

The Body Keeps the Score by Bessel Van Der Kolk (2014) Book, BOC, eBook, eAudiobook

The Path Made Clear by Oprah Winfrey (2019) Book, BOC, Playaway, eBook, eAudiobook



Additional Resources

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

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

Brighton Memorial Library

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