

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

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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

Healthy Eating Plate and Healthy Living Guide (Harvard School of Public Health)

hsph.harvard.edu/nutritionsource or see US Dept. of Agriculture's **My Plate** at myplate.gov

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

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

National Library of Medicine's Reading Club
nnlm.gov Search for "Reading Club" then choose a health topic for information and reading suggestions.

Safely Dispose of Pharmaceuticals

Disposal Box at Town of Brighton's Public Safety Building or see services at Monroe County's ecopark
monroecounty.gov/des-PharmaceuticalWasteDisposal

"Ted Talks to Be a Better You in 2025."

Presentations by Brené Brown, Robert Waldinger, Malcom Gladwell, and others. ted.com/playlists/856

Brighton Memorial Library

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