2026 BE WELL @ BML
Reading and More to Inspire
Health & Wellness

How to Be Well by Amy Larocca (2025) Book

Mind Your Body: A Revolutionary Program to Release Chronic Pain and Anxiety
by Nicole J. Sachs (2025)

Mayo Clinic on Healthy Aging
LeBrasseur and Chen, editors (2024) Book

Slowing Down to the Speed of Joy: The Simple Art of Taking Back Your Life by Matthew Kelly (2024) Book

The Backyard Bird Chronicles
by Amy Tan (2024) Book

Music and Mind: Harnessing the Arts for Health and Wellness Renée Fleming, editor (2024) Book

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 watch ***Blue Zones and Lifestyle Medicine*** (2024) YouTube, Aspen Institute, 54min. discussion with Allison Aubrey, Dan Buettner, and Dean Ornish.

Hello Sleep by Jade Wu (2023) Book

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

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

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

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

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

Additional Resources

Wellness Wheel and Dimensions of Health
Try using a wellness wheel to help assess your overall balance of health and find a focus for improvement.
Eight Dimensions of Wellness (SAMSHA video)
Why is the Wellness Wheel Important? by Corey Lewis and Team 1AND1
1and1life.com/blog/wellness-wheel

Healthy Eating Plate and Healthy Living Guide
Harvard School of Public Health
nutritionsource.hsph.harvard.edu or see US Dept. of Agriculture's **My Plate** at **myplate.gov**

National Library of Medicine Medlineplus.gov
NNLM Reading Club
nnlm.gov/reading-club Choose a health topic for information and reading suggestions.

National Institutes of Health
NIH.gov/health-information

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 Boost Your Brain in 2026." Give your mind a reset withtalks that spark insight, creativity and calm. **ted.com/playlists/893**