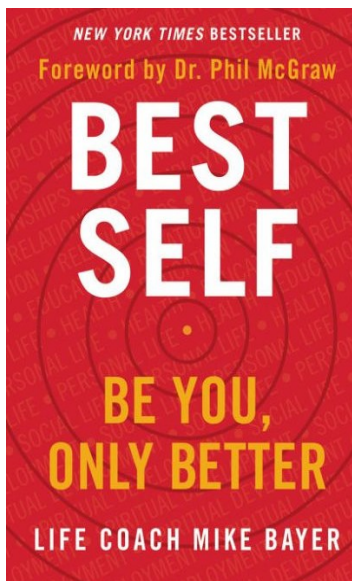


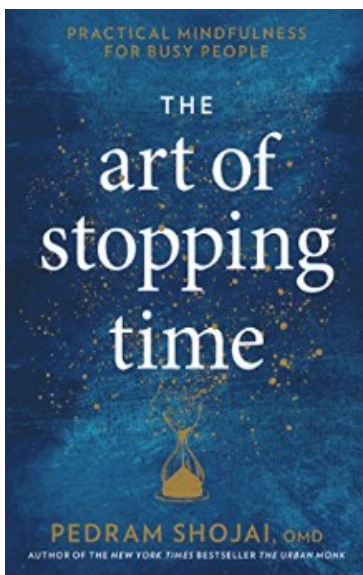


# Self-Care Resources

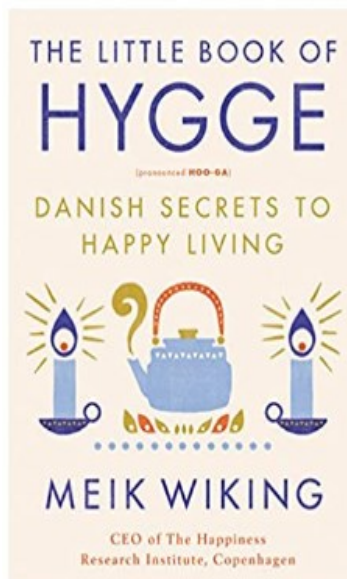
**Bayer, Mike**  
*Best Self*  
158.1 Bay 2019



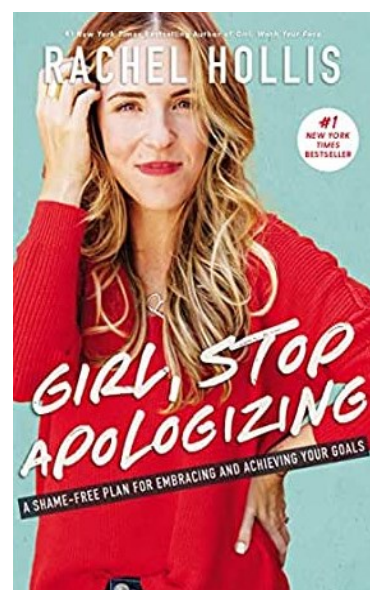
**Shojai, Pedram**  
*The Art of Stopping Time*  
158.1 Sho 2017



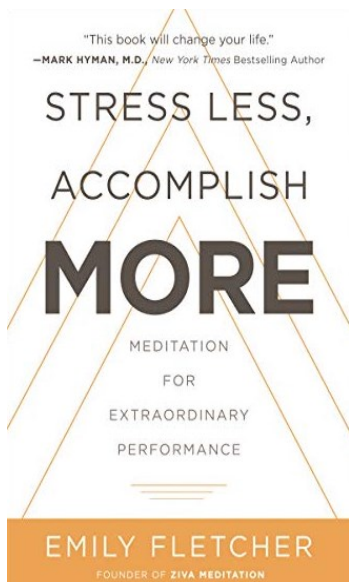
**Wiking, Meik**  
*The Little Book of Hygge*  
158.1 Wik 2017



**Hollis, Rachel**  
*Girl, Stop Apologizing*  
158.1082 Hol 2019



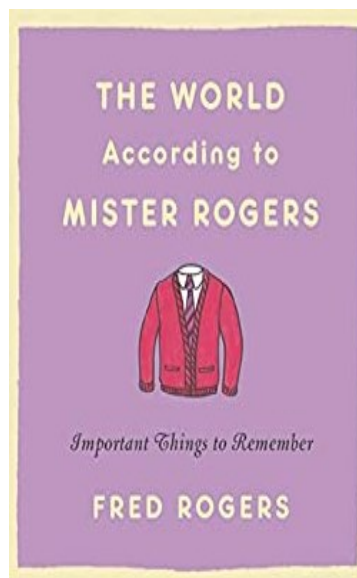
**Fletcher, Emily**  
*Stress Less, Accomplish More*  
158.12 Fle 2019



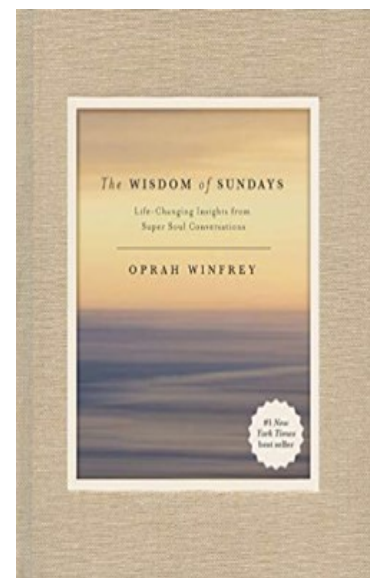
**Harris, Dan**  
*Meditation for Fidgety Skeptics*  
158.12 Har 2017



**Rogers, Fred**  
*The World According to Mister Rogers*  
170.44 R



**Winfrey, Oprah**  
*The Wisdom of Sundays*  
204 Win 2017



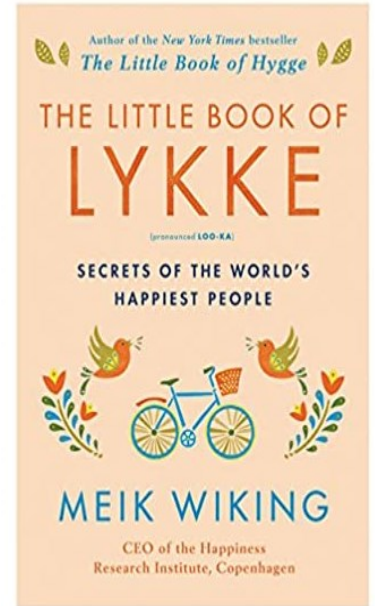
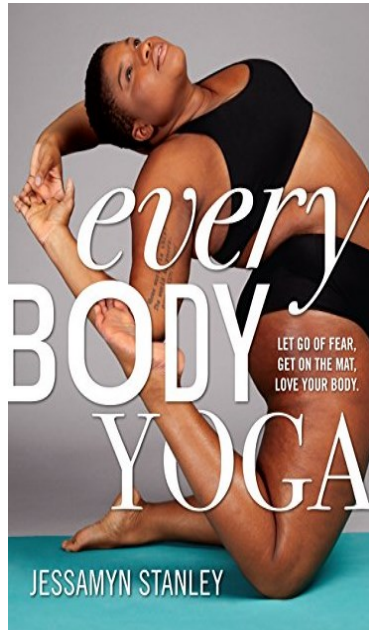
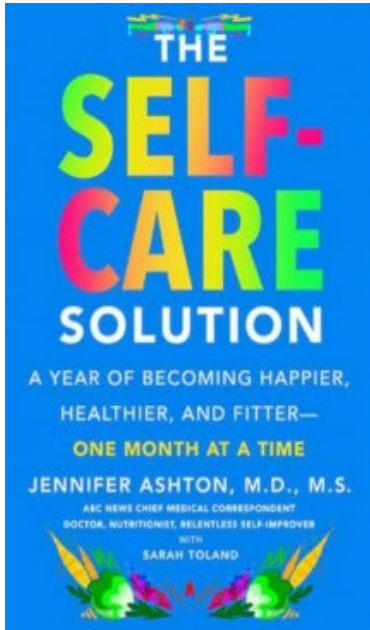
# Self-Care Resources

**Ashton, Jennifer**  
*The Self-Care Solution*  
 613.2 Ash 2019

**Stanley, Jessamyn**  
*Every Body Yoga*  
 613.7046 Sta 2017

**Chopra, Deepak & Rudolph E. Tanzi**  
*The Healing Self*  
 615.851 Cho 2018

**Wiking, Meik**  
*The Little Book of Lykke*  
 646.70094 Wik 2017



**White, Dana K.**  
*Decluttering at the Speed of Life*  
 648.8 Whi 2018

**Brown, Brené**  
*Dare to Lead*  
 658.4092 Bro 2018

**Neuburger, Emily K.**  
*Journal Sparks*  
 745.5 Neu 2017

**Pastiloff, Jennifer**  
*On Being Human*  
 B Pastiloff 2019

