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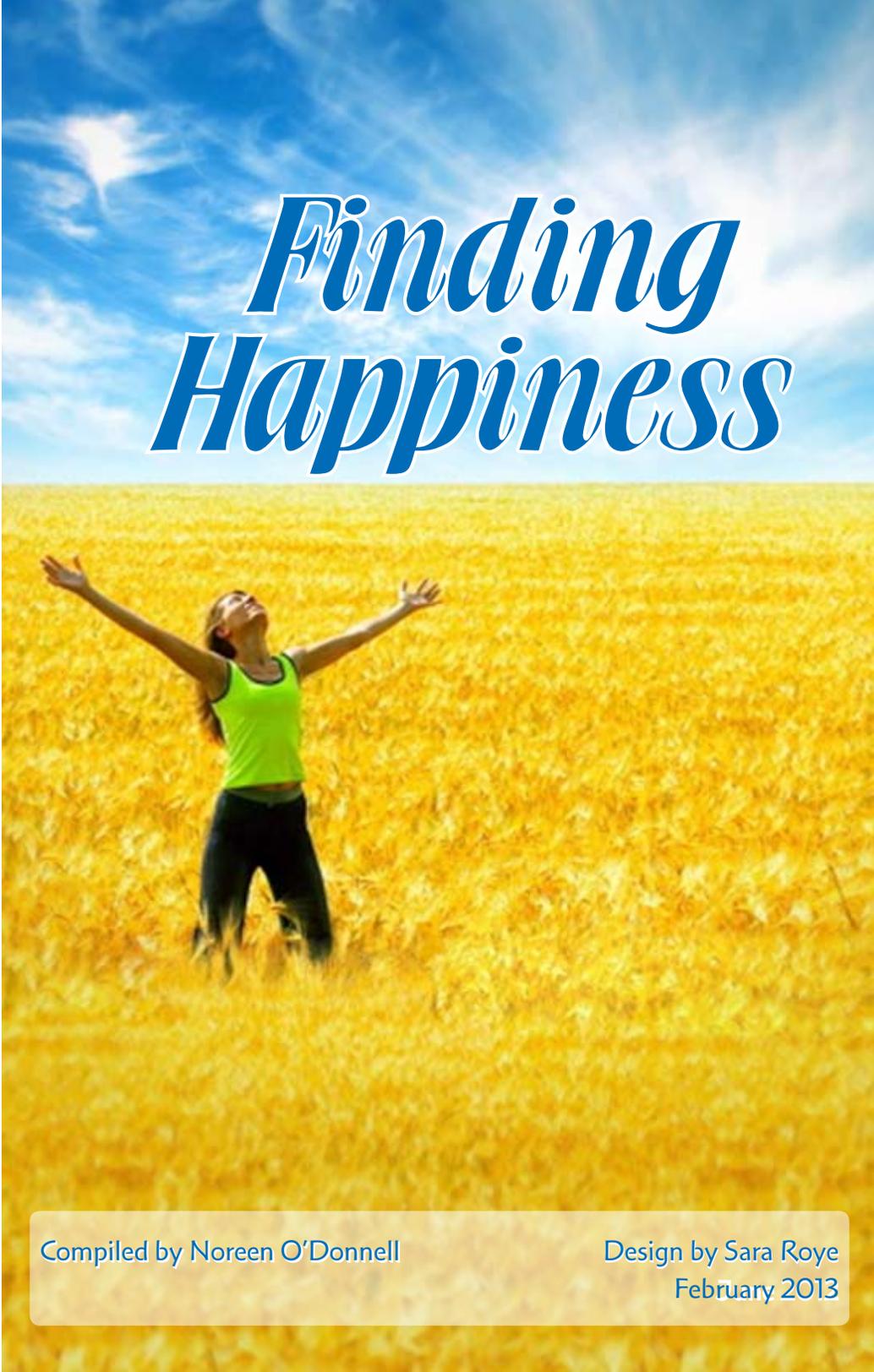
Kerri Rosalia
krosalia@gmail.com

**Department Head,
Reference & Adult Services**

Josephine Wuthenow
jwuthenow@gmail.com

Hours

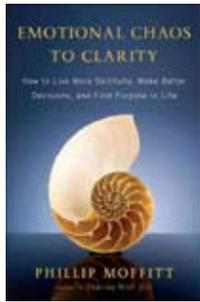
Monday - Thursday	9:00 a.m. - 9:00 p.m.
Friday	9:00 a.m. - 6:00 p.m.
Saturday	9:00 a.m. - 5:00 p.m.
Sunday (opened mid Sept.- mid June)	12:00 p.m. - 4:00 p.m.



Finding Happiness

Compiled by Noreen O'Donnell

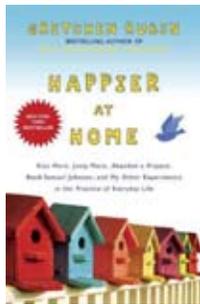
Design by Sara Roye
February 2013



**EMOTIONAL CHAOS TO CLARITY:
HOW TO LIVE MORE SKILLFULLY, MAKE BETTER
DECISIONS, AND FIND PURPOSE IN LIFE**

Phillip Moffitt, 2012, New Books 152.4 MOFFITT

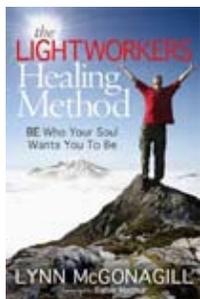
In this book, Moffitt shows us how to move from emotional chaos of the reactive mind to the clarity of the responsive mind in order to empowers us to live more satisfying lives and move towards our goals without fear.



**HAPPIER AT HOME:
KISS MORE, JUMP MORE, ABANDON A PROJECT,
READ SAMUEL JOHNSON, AND MY OTHER
EXPERIMENTS IN THE PRACTICE OF EVERYDAY LIFE**

Gretchen Rubin, 2012, New Books 158 RUBIN

Recounts the author's efforts to render her home a place of greater simplicity, comfort, and love, discussing how she experimented with a range of concrete resolutions and came to redefine her views about family, time, and material comforts.



**THE LIGHTWORKERS HEALING METHOD:
BE WHO YOUR SOUL WANTS YOU TO BE**

Lynn McGonagill, 2013, New Books 131 MCGONAGI

The Lightworkers Healing Method (LHM) is spiritual growth vehicle and a healing system with an exceptional goal: to align us with our soul's life purpose. LHM is a teachable, learnable skill that applies to any arena of life: physical, mental, emotional, spiritual, financial, or interpersonal.



**9 DAYS TO FEEL FANTASTIC:
HOW TO CREATE HAPPINESS FROM THE INSIDE OUT**

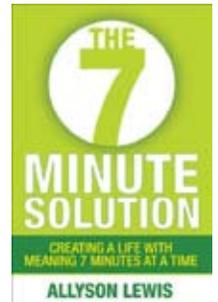
John Whiteman, 2012, New Books 158 WHITEMAN

This book is a practical step-by-step guide that will take you on a fabulous journey to a more energetic and fulfilled way of living that will stay with you forever. By doing the exercises provided and using these nine simple but effective elements as tools to self-regulate your energy and emotions, you will start to experience how they create happiness from the inside out.

**THE 7 MINUTE SOLUTION: CREATING A LIFE OF
MEANING 7 MINUTES AT A TIME**

Allyson Lewis, 2012, New Books 158 LEWIS

Simple, effective strategies to help prioritize organize and simplify your life for greater meaning and productivity. Applying proven, practical science, this book tackles sometimes overwhelming challenges in manageable chunks.



**STOP LIVING IN THIS LAND:
GO TO THE EVERLASTING WORLD OF HAPPINESS:
LIVE THERE FOREVER**

Woo Myung, 2012, 158.128 MYUNG

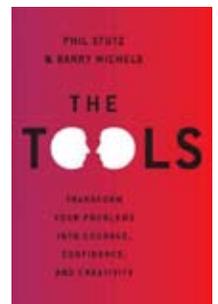
This book unveils the mystery of the human mind and teaches the ultimate solution to become liberated from the illusion of the false self and live forever as Truth. It gives all people hope to be free of pain and suffering.



**THE TOOLS: TRANSFORM YOUR PROBLEMS
INTO COURAGE, CONFIDENCE, AND CREATIVITY**

Phil Stutz and Barry Michels, 2012, 158 STUTZ

This is a groundbreaking book about personal growth that presents a uniquely effective set of five tools that bring about dynamic change. It offers a set of techniques that allow patients to use their problems as levers that access the power of the unconscious and propel them into action.



**WISHES FULFILLED:
MASTERING THE ART OF MANIFESTING**

Wayne Dyer, 2012, 204.4 Dyer

This book is dedicated to your mastery of the art of realizing your desires. It is designed to take you on a voyage of discovery, wherein you can begin to tap into the amazing manifesting powers that you possess within you and create a life in which all that you imagine for yourself becomes a present fact.

