

NEW Year You

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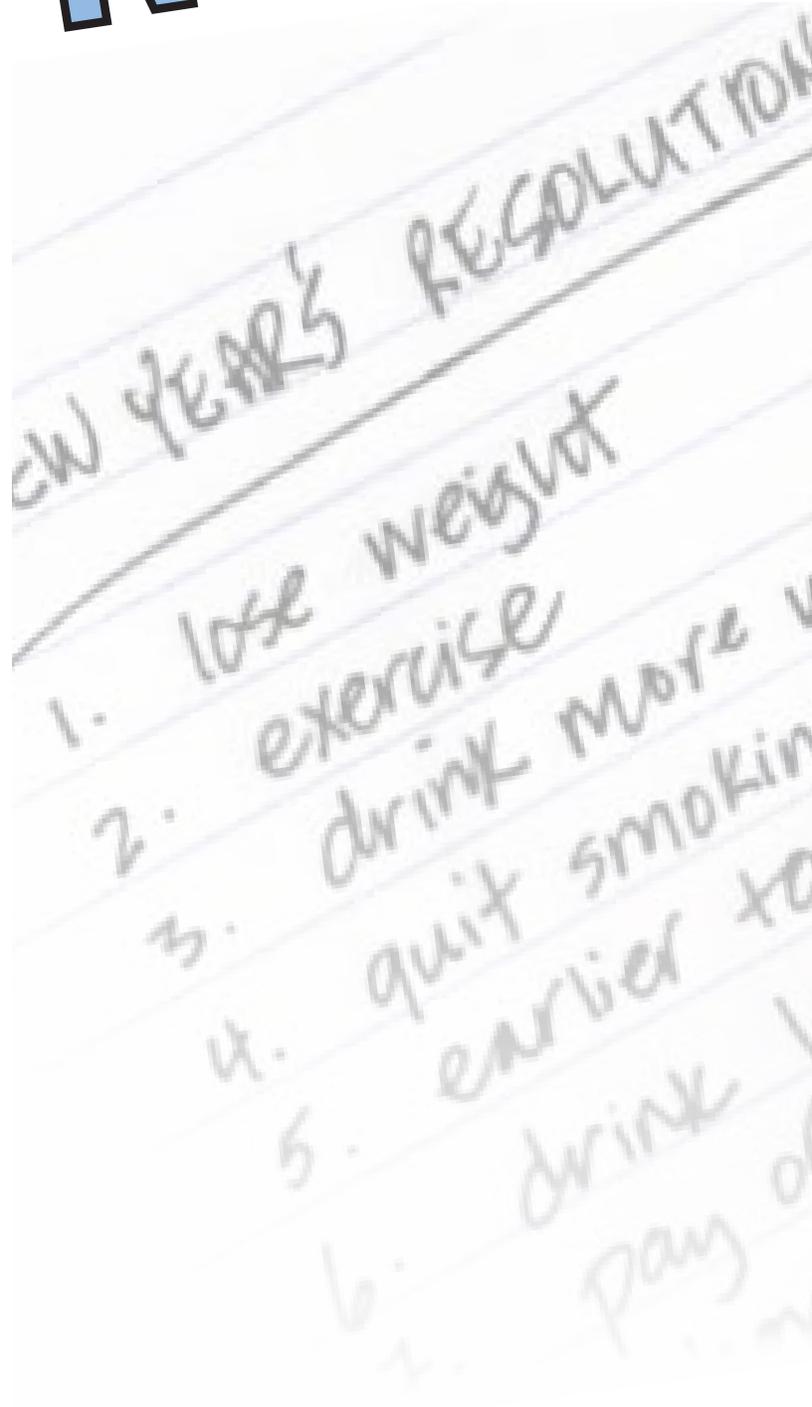
Kerri Rosalia
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Hours

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.

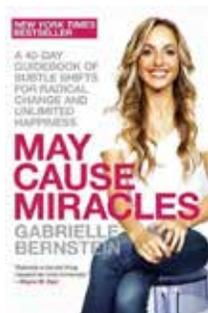


May cause miracles : a 40-day guidebook of subtle shifts for radical change and unlimited happiness

Gabrielle Bernstein

2013, *New books* 158.1 BERNSTEIN

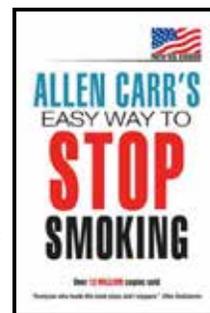
Offers a plan for releasing fear and embracing gratitude, the acclaimed author of *Spirit Junkies* reveals how simple, consistent shifts in our thinking and actions can lead to miraculous changes in our daily lives.



Allen Carr's easy way to stop smoking

Allen Carr, 2011, 616.86506 CARR

Allen Carr helps smokers discover the psychological reasons behind their smoking dependency, explains in detail how to handle the withdrawal symptoms, shows them how to avoid situations when temptation might become too strong, and enables them to stay smoke-free.



Hungry for change: ditch the diets, conquer the cravings, and eat your way to lifelong health

James Colquhoun

2012, *613.25 COLQUHOUN*

A practical, prescriptive guide to help you transform your eating habits and change your life. *Hungry for Change* exposes the truth about the diet industries and the dangers of food addictions, and enables you to take charge of your health and strengthen your mind and body.

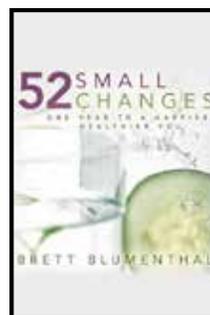


52 small changes: one year to a happier, healthier you

Brett Blumenthal

2011, *158.1 BLUMENTHAL*

Contains a surprisingly simple method to make positive changes in your life: make one small change per week, for fifty-two weeks, and at the end of a year, you'll be happier and healthier. All areas of well-being are addressed, including nutrition, exercise, stress management, mental wellness, and even the health of one's home environment.

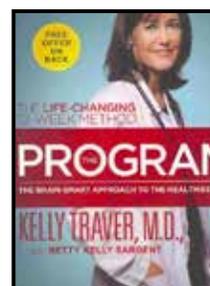


The program: the brain-smart approach to the healthiest you: the life-changing 12-week method

Kelly Traver and Betty Kelly Sargent

2009, *613 TRAVER*

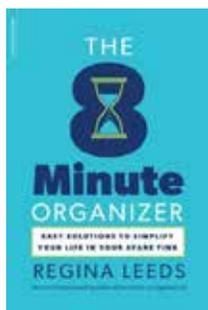
By combining cutting-edge discoveries in neuroscience with the latest information in medicine, nutrition and fitness, the author developed the "Healthiest You" program. With the powerful tools provided by *The Healthiest You*, you can learn to change your body and your life, simply by understanding and working with your brain.



The 8-minute organizer : easy solutions to simplify your life in your spare time

Regina Leeds, 2012, 640.43 LEEDS

Whether you are busy dealing with a demanding job, raising kids, or coping with illness, simply finding the time to get organized can be a challenge. Regina Leeds shows how anyone can organize their home with just a few minutes each day.



Jumpstart to skinny : the simple 3-week plan for supercharged weight loss

Bob Harper, 2013, 613.25 HARPER

Features thirteen short-term Rules that will supercharge your weight loss. Harper also provides a day-by-day plan for success, including his body-toning "Jumpstart Moves" and deliciously slimming recipes specially designed for your get-skinny needs.



Switch: how to change things when change is hard

Chip Heath and Dan Heath

2010, *303.4 HEATH*

The Heaths show how everyday people have united both their rational and emotional minds and, as a result, achieved dramatic results. *Switch* shows that successful changes follow a pattern, a pattern you can use to make the changes that matter to you, whether your interest is in changing the world or changing your waistline.

