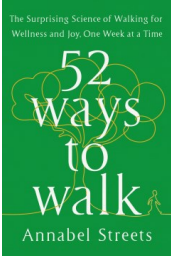




LIFESTYLE 2023



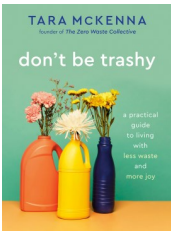
52 Ways to Walk

by Annabel Streets
Encourages and inspires readers to improve how they walk, where they walk and who they walk with to attain the full range of mental and physical benefits of walking and get more out of life one step at a time.



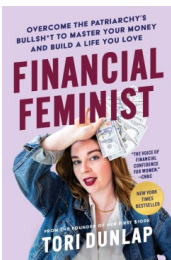
Crochet in a Weekend

by Salena Baca
By using bigger yarn and hooks, openwork patterns, easy stitches, and other quick-crochet techniques, the patterns here can all be worked in approximately 10 to 12 hours or less---perfect for a relaxing weekend (or two) of your favorite hobby.



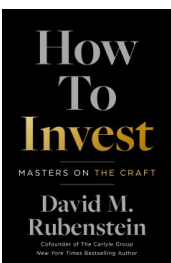
Don't be Trashy

by Tara McKenna
The sustainability expert behind *The Zero Waste Collective* lifestyle blog offers a month-by-month guide for reducing your consumption and waste, including decluttering your home.



Financial Feminist

by Tori Dunlap
A globally recognized money and career expert teaches women how to overcome the unique obstacles standing in the way of financial freedom, with tips on saving, paying off debt, and spending mindfully.



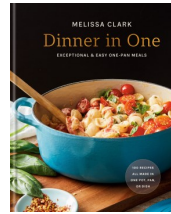
How to Invest

by David M. Rubenstein
An expert who has spent more than three decades in the hypercompetitive world of private equity now distills everything he's learned about the art of investing -- from venture capital, real estate, private equity, and hedge funds, to crypto, and more.



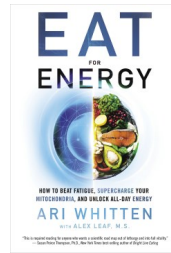
Best of Vegan

by Kim-Julie Hansen
The founder of the popular Instagram account @bestofvegan and author of *Vegan Reset* comes a versatile plant-based cookbook featuring over 100 recipes, including some of the most popular fare from the vegan community.



Dinner in One

by Melissa Clark
Melissa Clark brings her expertise to the world of one-pot or one-pan cooking. With nearly all of the recipes being made in under one hour, the streamlined steps ensure you are in and out of the kitchen without dirtying a multitude of pans.



Eat for Energy

by Ari Whitten
A functional health practitioner and creator of *The Energy Blueprint Program* takes you on a deep dive of our cellular energy centers, exploring the biggest stressors that affect our mitochondria and the holistic workings of our body systems.



How to Fix Stuff

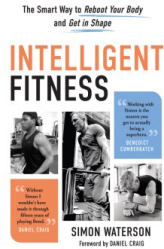
by Tom Scalisi
This helpful guide to DIY home repair will make fixing stuff a breeze. With the know-how from this book, you'll soon discover the satisfaction of doing your own home repairs without hiring an expensive specialist.



How to Keep House While Drowning

by KC Davis
A professional therapist offers support and tips for those struggling to maintain a clean house while struggling with issues such as anxiety, fatigue, depression, ADHD or a lack of support.

LIFESTYLE 2023



Intelligent Fitness

by Simon Waterson

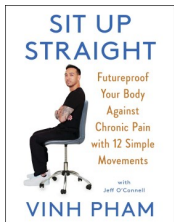
Now you can learn how to transform your fitness and wellbeing with the film industry's most in-demand trainer. His practical and highly accessible approach to reimagining your body encourages you to focus on training, recovery and nutrition to build on your performance.



Marie Kondo's Kurashi at Home

by Marie Kondo

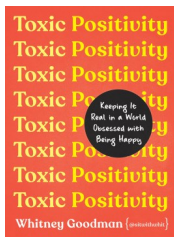
Inspired by the Japanese concept of kurashi, this guide empowers you to embrace what you love about your life and reflect it in your home and relationships.



Sit Up Straight

by Vinh Pham

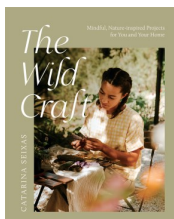
A physical therapist with dozens of celebrity clients outlines a process that starts with a daily posture regimen, provides stretching and exercise routines for ailments, and offers a series of customized movements based on age, gender, and work.



Toxic Positivity

by Whitney Goodman

The radically honest psychotherapist behind the popular Instagram account @sitwithwhit shares the latest research along with examples and client stories that reveal how damaging toxic positivity is to ourselves and our relationships.



The Wild Craft

by Catarina Seixas

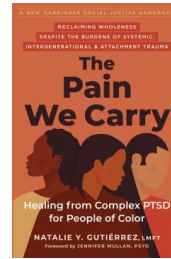
This book is filled with seasonal nature-based projects designed to reignite your love of the natural world and connect you to the earth. Every project will celebrate the wonder and beauty of nature and encourage readers to reconnect to the wild.



Keep the Memories, Lose the Stuff

by Matt Paxton

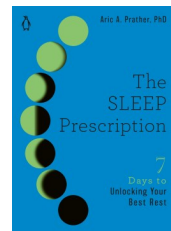
America's top cleaning expert and star of the hit series *Legacy List* distills his fail-proof approach to decluttering and downsizing.



The Pain We Carry

by Natalie Y. Gutiérrez

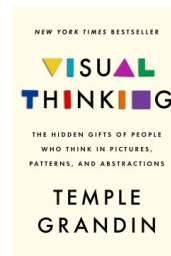
Revealing the phenomena of complex post-traumatic stress disorder as it is uniquely experienced by people of color, this groundbreaking work provides powerful tools to help you understand and begin healing from repeated trauma so you can celebrate and rediscover who you are.



The Sleep Prescription

by Aric Prather

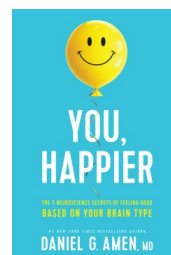
A licensed clinical psychologist who runs one of the world's most successful sleep clinics shares the powerful solutions he uses to help his patients achieve healing and restorative sleep.



Visual Thinking

by Temple Grandin

Temple Grandin, who forever changed how the world understood autism, draws on cutting-edge research to take us inside visual thinking, proposing new approaches to education, parenting, and employing and collaborating with visual thinkers.



You, Happier

by Daniel G. Amen

Offering practical, science-based strategies, the New York Times best-selling author reveals the seven neuroscience secrets for becoming more than 30 percent happier in just 30 days.



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