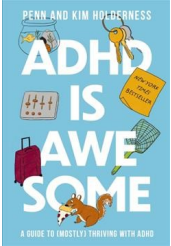




# LIFESTYLE 2025



## ADHD is Awesome

by Penn Holderness

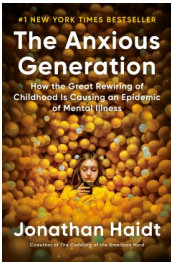
The couple behind the massively popular Holderness family videos share their story of living with ADHD by rejecting traditional views and embracing creative and life-affirming solutions that focus on how ADHD can often be beneficial.



## And Then We Rise

by Common

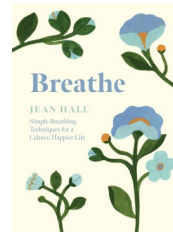
Common has achieved success in many facets of his life and career, from music to acting to writing. But for a long time, he didn't feel that he had found fulfillment in his body and spirit. Common's journey to wellness is a vital element of his success.



## The Anxious Generation

by Jonathan Haidt

After more than a decade of stability or improvement, the mental health of adolescents plunged in the early 2010s. Social psychologist Jonathan Haidt gives the facts of the teen mental illness epidemic that hit many countries at the same time.



## Breathe

by Jean Hall

Discover how to harness the power of your breath with 20 simple breathwork techniques. Breathing is essential to life, and it is one of the simplest methods to increase your energy, improve your sleep and reduce stress.



## The Danish secret to Happy Kids

by Helen Russell

After a decade of living in Denmark, Helen Russell noticed that Nordic kids are different from children raised in other parts of the world. And then they grow up to be some of the happiest adults on the planet. So her question was: how?



## Happy Skin Kitchen

by Elisa Rossi

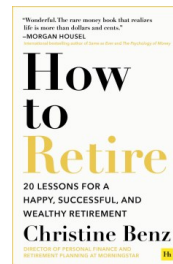
The creator and recipe developer of the Happy Skin Kitchen website shares more than 100 everyday, skin-enriching, plant-based recipes for better health and a youthful radiant complexion.



## Health Nut

by Jess Damuck

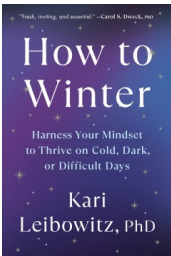
When good-for-you food tastes like this, it's pretty easy to be a health nut. With more than 100 of her favorite recipes, the author turns her talent for creating gorgeous, obsession-worthy recipes to healthy food.



## How to Retire

by Christine Benz

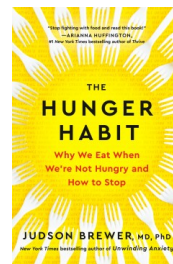
The author asks each of twenty retirement thought leaders for a single lesson that they believe contributes to success in retirement.



## How to Winter

by Kari Leibowitz

A blend of mindset science, original research and cultural insights into cultivating a positive "wintertime mindset," to cure winter blues and learn to find joy and comfort in dark times year-round.

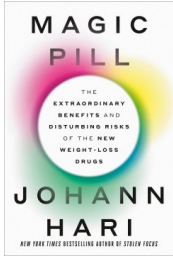


## The Hunger Habit

by Judson Brewer

An internationally renowned addiction psychiatrist offers a proven step-by-step program, grounded in cutting-edge neuroscience, that will help us understand what's going on in our brains so we can heal the guilt and frustration we experience around eating.

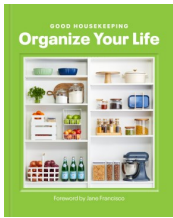
# LIFESTYLE 2025



## Magic Pill

by Johann Hari

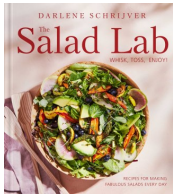
The bestselling author offers a revelatory look at the new drugs transforming weight loss as we know it -- from his personal experience on Ozempic to our ability to heal our society's dysfunctional relationship with food, weight, and our bodies.



## Organize Your Life

by Kelsey Mulvey

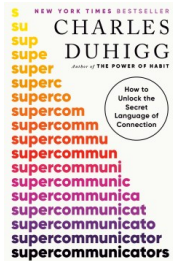
Provides a step-by-step action plan for decluttering every room of your home and helping decide what to keep and what to let go while tidying closets, organizing the junk drawer and making room in the refrigerator and pantry. Illustrations.



## The Salad Lab

by Darlene Schrijver

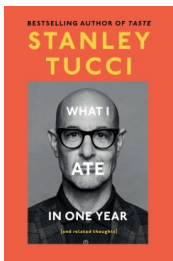
With both favorite and all-new recipes, TikTok's beloved salad recipe creator shows readers how to make creative, healthy, and delicious salads through careful instructions and smart salad-making tips.



## Supercommunicators

by Charles Duhigg

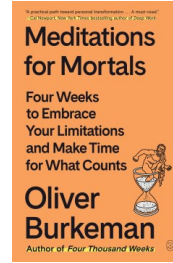
A Pulitzer Prize-winning investigative journalist, studying people capable of connecting with anyone, reveals how, everyone time we speak, we're actually engaging in one of three conversations.



## What I Ate in One Year

by Stanley Tucci

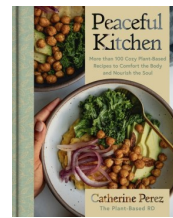
Ranging from the mouth-wateringly memorable to the comfortingly domestic and to the infuriatingly inedible, the meals memorialised in this diary are a prism for him to reflect on the ways his life, and his family, are constantly evolving.



## Meditations for Mortals

by Oliver Burkeman

Takes readers on a liberating, invigorating journey toward a more meaningful life -- a journey that begins not with fantasies of the ideal existence but with the reality in which we actually find ourselves.



## Peaceful Kitchen

by Catherine Pérez

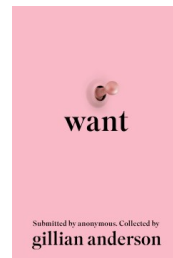
An expert chef, registered dietician, and social media star presents more than 100 one-of-a-kind plant-based recipes that are infused with Mexican and Dominican flavors, inspiring you to cultivate calm as you prepare mindful, sustainable meals.



## Small Space Revolution

by Tayshan Hayden-Smith

Transform small spaces to make a big difference. Join an activist on his mission to turn grey, concrete jungles into green sanctuaries planting seeds not only in the ground but also in minds to bring joy to people, places, and planet.



## Want

by Gillian Anderson

A raw, revelatory, and inclusive exploration of women's sexual fantasies, this book is a collection of anonymous letters written by women across the world, curated by the legendary Gillian Anderson.



## Whole House Budget-Friendly DIY

by Family Handyman

This illustrated guide from the pages of *Family Handyman* on how to affordably complete home upgrades contains tips to help update your kitchen, bathroom, garage, yard and more



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