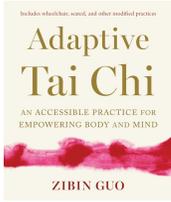




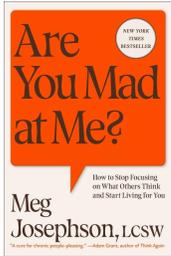
LIFESTYLE 2026



Adaptive Tai Chi

by Zibin Guo

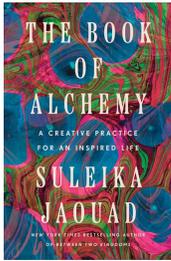
Adaptive Tai Chi is an innovative approach that makes Tai Chi accessible and beneficial to people with a range of body conditions or ambulatory impairments.



Are You Mad at Me?

by Meg Josephson

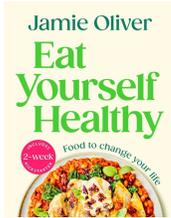
Psychotherapist Meg Josephson is here to show you that people-pleasing is not a personality trait. It's a common trauma response known as fawning an instinct often learned in childhood to become more appealing to a perceived threat in order to feel safe.



The Book of Alchemy

by Suleika Jaouad

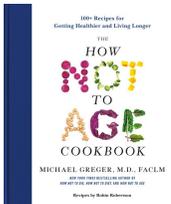
For many people keeping a journal is an essential tool for navigating both the personal peaks and valleys and the collective challenges of modern life. Explore the art of journaling and learn about how this life-altering practice can help us tap into creativity.



Eat Yourself Healthy

by Jamie Oliver

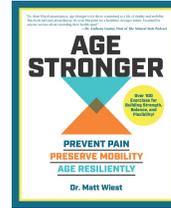
In response to the changing food environment and industry working against us, Jamie Oliver uses his chef experience to help us wrestle back control and build a relationship with good food, embracing its power to make us healthier and happier.



The How Not to Age Cookbook

by Michael Greger

In this companion to *How Not to Age*, decades of scientific research are put to use in over a hundred recipes that will leave readers feeling nourished for years to come.



Age Stronger

by Matt Wiest

The Aging Stronger Fix offers a realistic and sustainable 3-tier functional fitness approach that builds strength and mobility for your later years.



Birdwatching Guide

by Elissa Wolfson

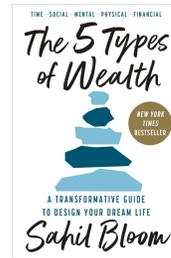
Start your birdwatching journey in the safe hands of a lifelong birder. Through a series of chapters, you will build from an absolute beginner, exploring your own backyard, soaking up useful tips and insights gained from years of birdwatching.



Disrupt Everything -- And Win

by James Patterson and Patrick Leddin

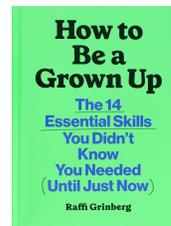
Disruption is the most powerful force of change in our lifetime. Every day we are confronted with sudden pivots at our workplace and in the job market. This book is about taking back control.



The 5 Types of Wealth

by Sahil Bloom

Reject the default path, define your priorities, and achieve lasting happiness with this transformative guide to your dream life built around five specific traits.



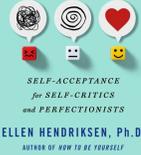
How to Be a Grown Up

by Raffi Grinberg

A guide to learning the answers to adult life's greatest mysteries that were never taught in school but should have been -- launching your career, finding your purpose, investing money, and much more.

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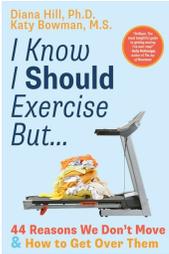
HOW TO BE ENOUGH



How to Be Enough

by Ellen Hendriksen

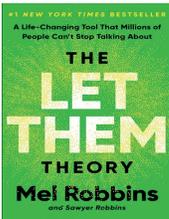
A lot likely goes well in your life: You might earn compliments, admiration, or accomplishments. Your high standards and hard work pay off. But privately, you may feel like you're falling behind or faking it. Learn to be good to yourself with this clear and compassionate guide.



I Know I Should Exercise, But...

by Diana Hill and Katy Bowman

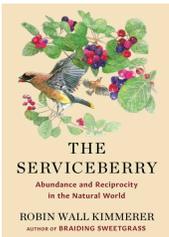
We all have our excuses for not getting the physical activity we know would be good for us. With care, humor, and compassion, learn how to apply simple but effective principles of psychological flexibility.



The Let Them Theory

by Mel Robbins

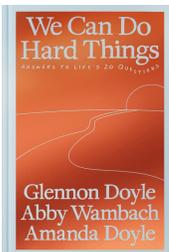
What if the key to happiness, success, and love was as simple as two words? If you've ever felt stuck, overwhelmed, or frustrated, the problem isn't you. The problem is the power you give to other people. Two simple words -- Let Them -- will set you free.



The Serviceberry

by Robin Wall Kimmerer

The bestselling author of *Braiding Sweetgrass* explains how to orient our lives around gratitude, reciprocity and community, based on the lessons of the natural world.



We Can Do Hard Things

by Glennon Doyle, Abby Wambach, and Amanda Doyle

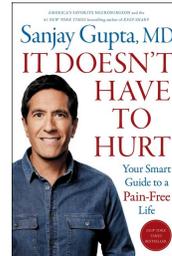
When you travel through a new country, you need a guidebook. This is a guidebook for travel through life, love, heartbreak, joy, parenting, friendship, uncertainty, aging, grief, and new beginnings.



How to Design a Garden

by Pollyanna Wilkinson

Design the garden of your dreams. Untap your garden's potential and customize the design to suit you and your space: whether that be an extension of your living space or a calming oasis to relax in.



It Doesn't Have to Hurt

by Sanjay Gupta

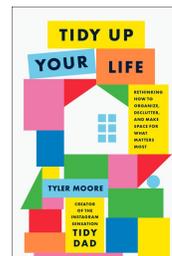
There are effective options for relief that you can start practicing today to greatly reduce your chances of suffering pain tomorrow. Pain carries an enormous amount of physical, social, and emotional baggage, which is, in part, why it has been so hard to treat, and too often ignored.



The Other Side of Change

by Maya Shankar

Life has a way of thwarting our best-laid plans. Out of nowhere, we're confronting the end of a relationship, an unexpected diagnosis, the loss of a job, or some other twist of fate. Shankar explores how to find meaning, resilience, and personal growth during disruptive life changes.



Tidy Up Your Life

by Tyler Moore

Bring order to your home and focus to your busy life with Tidy Dad's guiding principles and practical routines for organizing, cleaning, and prioritizing -- both emotionally and physically.



A Year of Compassion

by Colleen Patrick-Goudreau

Affectionately known as the Joyful Vegan, Colleen Patrick-Goudreau shares simple, effective, and impactful actions we can all take to make humankind a little kinder--by protecting animals, supporting the planet, and optimizing our own health.



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