NEW YEAR—NEW YOU:
A SPECIAL EDITION OF THE READERS’ ADVISORY COMMITTEE STAFF PICKS

Put your best foot forward
New Year’s resolutions are commonplace, but how many actually stick to them beyond January. Check out these suggested books to help your resolutions take hold in the coming new year and new decade.

Where can I find these books?
Your New Castle County Library has the books suggested in this issue. Please ask your librarian for similar books or for help placing them on hold.

New Castle County Library phone numbers are listed on page 4.

New You—Mental Health
Try these titles for delving deep into your mental health.

Stop Self-Sabotage
by Judy Ho
Have you ever had a deadline for a big work project, only to find yourself down to the wire because you spent too much time on social media? Or gotten excited about meeting someone new, only to convince yourself he is not interested? How many Januarys have you resolved that this is the year you are finally going to lose the weight, only to abandon your diet in just a few weeks? If these scenarios sound familiar, you are stuck in a cycle of self-sabotage. Ho takes a fresh look at self-sabotage to help us answer two vital questions: Why do we do it? How do we stop? Combining therapeutically proven strategies with practical tools and self-assessments, Dr. Judy teaches you how to identify your triggers, modify your thoughts and behaviors, find your true motivation, and unlock your willpower to stop this vicious cycle in its tracks. Practical and transformative, this is your ultimate guide to jumpstart lasting, positive change and start living the life you want.

The Nocturnal Brain
by Guy Leschziner
For Dr. Leschziner's patients, there is no rest for the weary in mind and body. Insomnia, narcolepsy, night terrors, apnea, and sleepwalking are just a sampling of conditions afflicting sufferers who cannot sleep. Out-of-sync circadian rhythms confuse the natural body clock’s days and nights. With compassionate stories of his patients and their conditions, Dr. Leschziner illustrates the neuroscience behind our sleeping minds, revealing the many biological and psychological factors necessary in getting the rest that will not only maintain our physical and mental health, but improve our cognitive abilities and overall happiness as well.
**New You—Cooking & Nutrition**

These new titles on healthy eating can help jumpstart your New Year’s Resolutions for better nutrition.

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**The Clean Plate**  
*by Gwyneth Paltrow*

Delicious food can heal the body. Reset and rebalance with clean recipes that are flexible and easy for busy weeknight meals or lunches on the go, and healthy enough for more intensive, doctor-supported cleanses. This collection of 100-plus recipes and customizable meal plans that offer taste, simplicity, and targeted health benefits. Beyond the appealing recipes, The Clean Plate has meal plans, detoxes, and cleanses to address the reader’s specific needs and desired results.

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**Whole Food Cooking Every Day**  
*by Amy Chaplin*

Eating whole foods can transform a diet, and mastering the art of cooking these foods can be easy with the proper techniques and strategies. Chaplin shares ingenious recipes incorporating the foods that are key to a healthy diet: seeds and nuts, fruits and vegetables, whole grains, and other plant-based foods. Chaplin offers her secrets for eating healthy every day: mastering some key recipes and reliable techniques and then varying the ingredients. Once the reader learns one of Chaplin’s base recipes, whether the ways to adapt and customize it are endless: change the fruit depending on the season, include nuts or seeds for extra protein, or even change the dressing or flavoring to keep a diet varied, all worked around local and organic ingredients.

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**Clean 7**  
*by Alejandro Junger*

The culmination of over thirty years of research, education, and practice, Dr. Junger’s revolutionary, seven-day program is based around the core principles of Functional Medicine, Ayurvedic Medicine, and Intermittent Fasting. Each one of these practices alone can have positive and lasting effects, but when used together; they propel the body to health, weight-loss, symptom-reversal, and restoration. The air we breathe, the water we drink and bathe in, the skin products we use, the detergents we clean with, the medications we take, but mostly the foods we eat, are loaded with toxic chemicals that cause all kinds of dysfunctions. We know this, but we feel powerless to control the effects - constipation, body aches and pains, allergies, migraines, stubborn weight, sleeplessness, depression and anxiety to name a few. This one-week program offers day-by-day, hour-by-hour guidance with easy-to-follow meal plans and delicious recipes that guarantee success.
Family Fit Plan by Natalie Muth

This dynamic plan will help the entire family kick-start their health and wellness and set the stage for long-term, lasting improvements in nutrition, fitness, sleep, stress, and screen use habits. Dr. Muth walks families through this thirty-day transformation that establishes a baseline and goals, creates routines and healthy habits, and provides strategies for overcoming frustration and recognizing obstacles. At the end of thirty days, parents and children will have laid the groundwork to continue a lifetime of healthy habits. The plan also includes family-friendly recipes, health and fitness experiments for the kids, and additional wellness tools.

New You—Fitness & Wellness

Everyone can get involved with incorporating a fitness routine into lifestyle changes.

Accessible Yoga by Jivana Heyman

This daring, visionary book revolutionizes yoga practice—and makes it truly accessible to everyone, in every body, at any age, and in any state of health. Yoga practice has so much to offer us physically, emotionally, mentally, and spiritually. Yoga is truly a practice for all—conferring enormous benefits to our overall well-being as our bodies change, age, and navigate various health challenges. The author offers a simple, clear, and wonderfully adaptable practice for all people regardless of ability, health, and body type.

Home Apothecary by Ashley English

This is a primer to creating all-natural body-care and wellness products—complete with 40 accessible DIY recipes to try at home. Ditch store-bought health- and body-care products with their synthetic ingredients! Instead, create your own natural versions with this accessible, carefully curated collection. It features simple, tried-and-true recipes that the author and her family turn to repeatedly. Also included is information on where to source high-quality materials (most of which are readily available), the benefits of those chosen ingredients, and safety tips.

From skin-care classics to first-aid essentials, you will soon fill your cabinets with products that you will feel good about making and using.
New You—
Mindfulness & Mental Health
Suggestions for working on the inner you in the new year.

Outer Order, Inner Calm
by Gretchen Rubin
Gretchen Rubin knows firsthand that creating order can make our lives happier, healthier, more productive, and more creative. However, for most of us, a rigid, one-size-fits-all solution does not work. When we tailor our approach to suit our own particular challenges and habits, we can find inner calm. With a sense of fun, and a clear idea of what is realistic for most people, Rubin suggests dozens of manageable tips and tricks for creating a more serene, orderly environment. By getting rid of things we do not use, do not need, or do not love, we free our minds (and our shelves) for what we truly value.

What Matters Most by Chanel Reynolds
This is must-have advice in the ultimate guide to getting your affairs in order—from wills and advance directives to insurance, finances, and relationships—before the unthinkable happens. Are you prepared for that possibility? As it turns out, most of us are not; we are too busy, in denial, overwhelmed by too much information, uncertain where to start, or just uncomfortable having those difficult conversations. Reynolds lends a human voice to a warren of checklists and forms and emotional confusion, showing readers how to, among other things, create a will, make an emergency plan, and keep secure, updated records of personal information. Authoritative yet personal, grounded but irreverent, Reynolds' voice carries readers through a tough subject with candor and compassion.

Making Money Simple by Peter Lazaroff
From basic financial principles to advanced investing techniques, this guide includes comprehensive coverage of fundamental financial topics with easy-to-follow advice. For those seeking to secure a solid financial future, this roadmap will get you there.