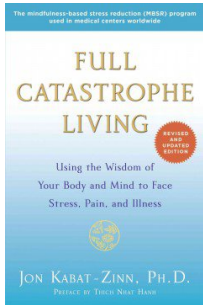


Stress Less



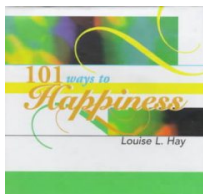
All titles are available in Nassau Digital Doorway

and through the Overdrive and Libby apps.



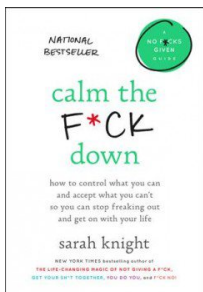
Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness

by Jon Kabat-Zinn
How to use natural, medically proven methods to soothe and heal your body, mind, and spirit.



101 Ways to Happiness

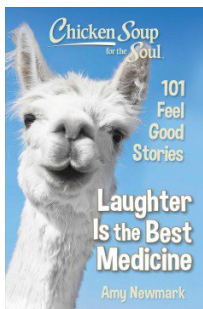
by Louise L. Hay
101 ways to achieve and maintain a joyful state of being. The keys to a happy life are with you, and can be reached at any time.



Calm the f*ck down: how to control what you can and accept what you can't so you can stop freaking out and get on with your life

by Sarah Knight
A customizable "emotional insurance" plan, with warm and

irreverent advice for calming anxiety and moving forward.



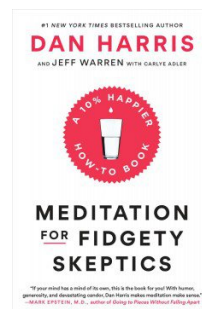
Chicken Soup for the Soul: Laughter Is the Best Medicine: 101 Feel Good Stories

by Amy Newmark
If laughter is the best medicine, then this book is your prescription. Turn off the news and spend a few days not following current events. Instead, return to the basics—humanity's ability to laugh at itself.



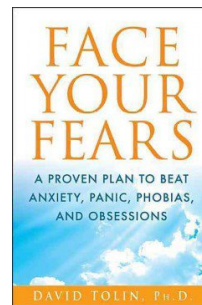
Keep calm and carry on: good advice for hard times

by Andrews McMeel Publishing
Quotations to motivate, entertain, and boost spirits during troubled times.



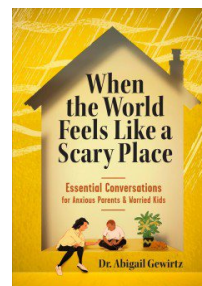
Meditation for fidgety skeptics: a 10% happier how-to book

by Dan Harris
A practical guide to meditation that debunks the myths, misconceptions, and self-deceptions that make many people reluctant to try it and suggests a range of meditation practices.



Face your fears: a proven plan to beat anxiety, panic, phobias, and obsessions

by David F. Tolin
A step-by-step approach to overcoming debilitating fears. Reclaim your life from crippling anxiety with this revolutionary step-by-step approach.



When the World Feels Like a Scary Place: Essential Conversations for Anxious Parents and Worried Kids

by Abigail Gewirtz
A lifesaving guide for parents shows how to use the most basic tool at your disposal—conversation—to help children deal with the worries,

stress, and other negative emotions caused by problems in the world.



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