## SELF-IMPROVEMENT......EBOOKS AVAILABLE ON LIBBY-OVERDRIVE LOVE THIS GENRE...... FROM MS.VEENA

THE ART OF SHOWING UP...How To Be There For Yourself & Your People...by Rachel Wilkerson Miller



A Revolutionary Guide to friendship & self-care for those who feel alone, offers a roadmap to becoming a better friend & happier person. This is an incredibly practical book full of easy yet meaningful ways to develop more friendship & love in your life, in the age of flakiness.

<u>DETOX YOUR THOUGHTS</u>...Quit Negative Self-Talk For Good & Discover The Life You've

Always Wanted...by Andrea Bonior



The psychologist author identifies the 10 most prevalent traps that make people feel anxious, insecure & generally just bad at studying, teaching & practising the science of thoughts, emotions & behavior.

**GROWING OLD...**Notes On Aging With Something Like Grace .by Elizabeth Marshall Thomas



A charmingly intimate account & a broad look at the social & historical traditions related to aging. A hilarious, poignant, fascinating & brutally honest analysis of the pros & cons of old age. The book is an expansive & deeply personal paean to the hearty & the brevity of life that offers understanding for everyone, regardless of age.

METAHUMAN... Unleashing Your Infinite Potential... by Deepak Chopra



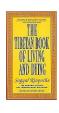
Is it possible to venture beyond daily living & experience heightened status of awareness? In this book the bestselling author says higher consciousness is available here & now, & unlocks the secrets to moving beyond our present limitations to access a field of infinite possibilities.

SEEKING SLOW...Reclaim Moments Of Calm In Your Day... by Melanie Barnes



This book is a well rounded & practical guide to slow living...whether you are curious about getting started or need some inspiration. Many of us want slower & simpler lives as an anecdote to the multitasking busyness of today.

## THE TIBETAN BOOK OF LIVING & DYING ... by Sogyal Rinpoche



The book explores the message of impermanence, evolution, karma & rebirth; the nature of mind through meditation, how to follow a spiritual path in this day & age; the practice of compassion; how to care for & show love to the dying, & spiritual practices for the moment of death.