

November 2021 Challenge

Self Care

Readers Advisory/Teen

- We Ride Upon Sticks* by Quan Barry *
- It's Been a Pleasure, Noni Blake* by Claire Christian *
- The Alchemist* by Paulo Coehlo #*
- Murder in G Major* by Alexia Gordon *
- Erotic Stories for Punjabi Widows* by Balli Kaur Jaswal *
- The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce ^*
- The House in the Cerulean Sea* by T.J. Klune *

Reference

- The Courage to Rise* by Liz Arch *
- Good Clean Beauty* by Caroline Bercaw *
- How to Relax* by Thích Nhất Hạnh
- The Life-Changing Magic of Tidying Up* by Marie Kondō #^*
- The Art of Simple Living* by Shunmyō Masuno #
- Together* by Vivek Murthy *
- Wisdom from a Humble Jellyfish* by Rani Shah *
- Yoke* by Jessamyn Stanley *
- Over the Top* by Jonathan Van Ness ^*

Disponible en Español | ^ Available in Audiobook or Large Print

* Available via library streaming & download services



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Self Care

Audiovisual

13 Going On 30 *

Binge Box: You Only Live Once

The Bounce Back

Boundless Potential with Mark Walton

The Mindful Day by Laurie Cameron *

The Good Place, Season 1 ^

The Intouchables

Life, Animated *

Meditation for Beginners

Be Ok by Ingrid Michaelson *

Mindfulness Goes Mainstream

A Perfect Planet

A Street Cat Named Bob *

Stress: Portrait of a Killer *

Survival Guide for Pain-Free Living *

Wellness & Harmony: Pure Relaxation

* Available via library streaming & download services

^ Available via Netflix, Hulu, HBO Max, Paramount+, Disney+, or Prime Video

