

Lagom by Niki Brantmark

This book offers insightful suggestions and bite-sized actions to help you make subtle changes to your life, so you too can make time for the things that matter most and find greater happiness.

646.7 BRANTMARK

The Little Book of Hygge by Meik Wiking

In this book, Wiking shows readers how to experience more joy and contentment the Danish way.

646.7 WIKING

A New Model by Ashley Graham

In this book, Ashley offers support for every woman coming to terms with who she is, bolster her self-confidence, and motivates her to be her strongest, healthiest, and most beautiful self.

746.9 GRAHAM

Tears We Cannot Stop by Michael Eric Dyson

All Americans who care about the current, and long-burning crisis, in race relations will want to read this book.

305.8 DYSON