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[Me and White Supremacy](#) by Layla Saad

Saad takes readers on a 28-day journey of how to dismantle the privilege within themselves so that they can stop (often unconsciously) inflicting damage on people of color, and in turn, help other white people do better, too.

[Fast. Feast. Repeat.](#) By Gin Stephens

Learn how to work a variety of intermittent fasting approaches into your life—no matter what your circumstances or schedule—along with strengthening your mindset, research behind fasting, and the answers to all the most frequently asked questions on the subject.

[Burnout: The Secret to Unlocking the Stress Cycle](#) by Emily and Amelia Nagoski

What's expected of women and what it's really like to be a woman in today's world are two very different things—and women exhaust themselves trying to close the gap between them. With the help of eye-opening science, advice, and exercises, all women will find something transformative in this book.

[My Lovely Wife](#) by Samantha Downing

Our love story is simple. I met a gorgeous woman. We fell in love. We had kids. And then we got bored. We all have our secrets to keeping a marriage alive. Ours just happens to be getting away with murder.