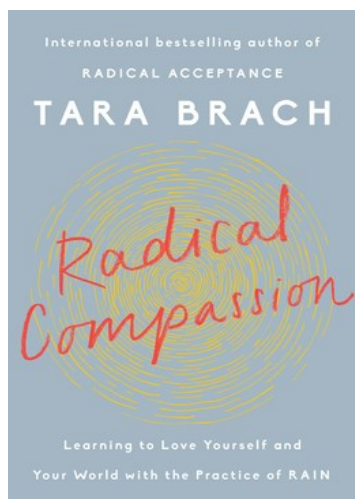




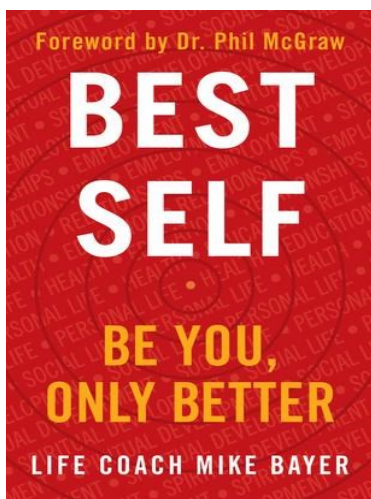
# INFORMATION SERVICES

WOOD COUNTY DISTRICT PUBLIC LIBRARY

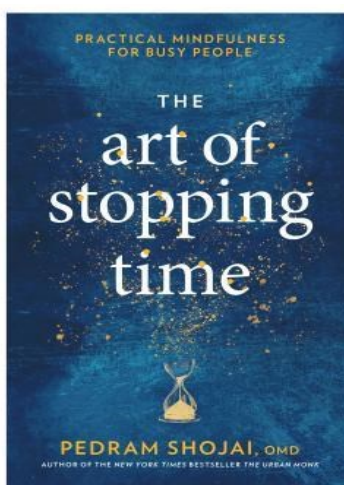
## Self Care



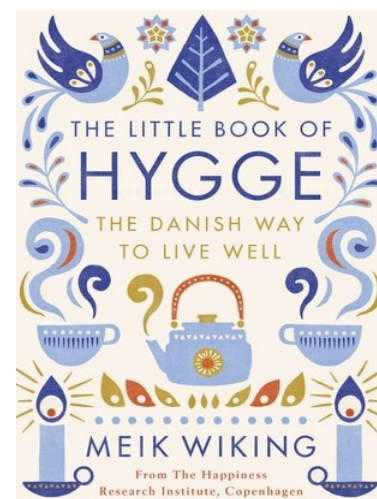
**Brach, Tara**  
*Radical Compassion*  
158 Bra 2019



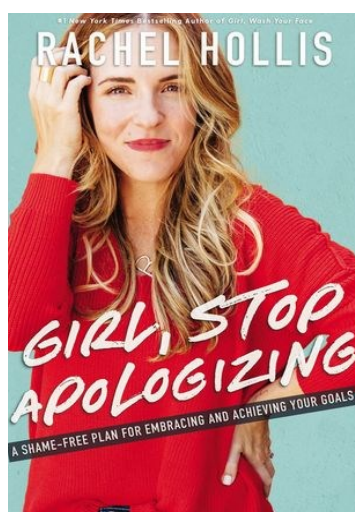
**Bayer, Mike**  
*Best Self*  
158.1 Bay 2019



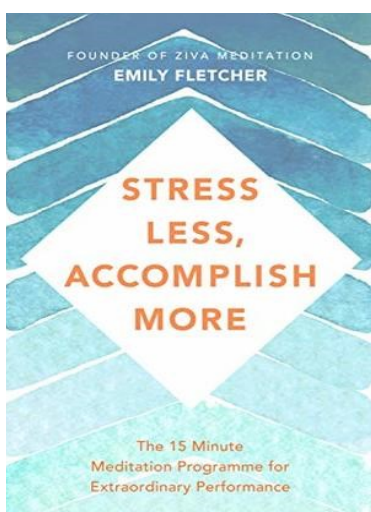
**Shojai, Pedram**  
*The Art of Stopping Time*  
158.1 Sho 2017



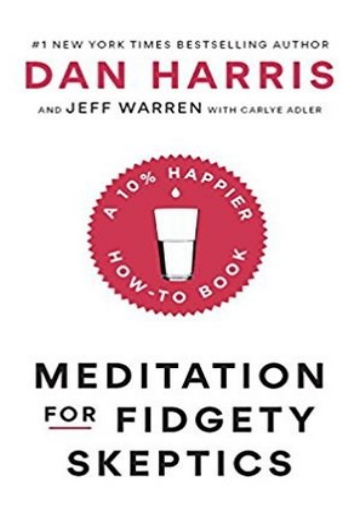
**Wiking, Meik**  
*The Little Book of Hygge*  
158.1 Wik 2017



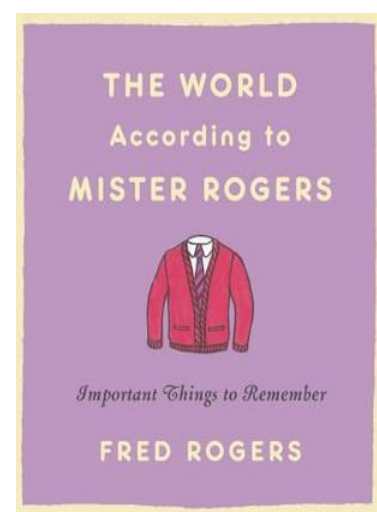
**Hollis, Rachel**  
*Girl, Stop Apologizing*  
158.1082 Hol 2019



**Fletcher, Emily**  
*Stress Less, Accomplish More*  
158.12 Fle 2019

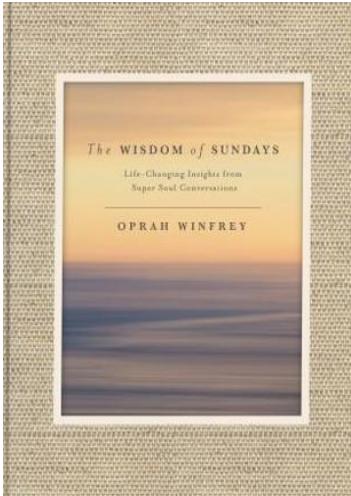


**Harris, Dan**  
*Meditation for Fidgety Skeptics*  
158.12 Har 2017

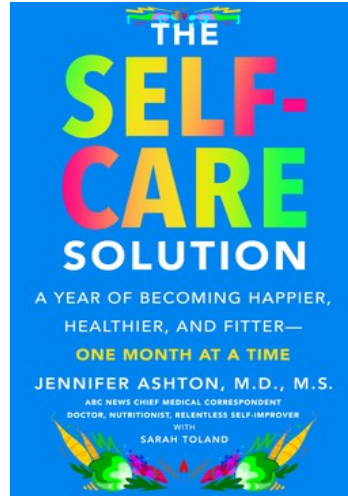


**Rogers, Fred**  
*The World According to Mister Rogers*  
170.44 R

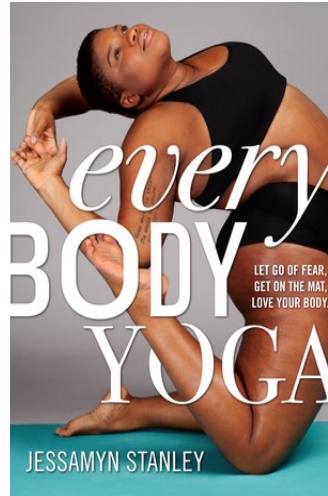
# Self Care



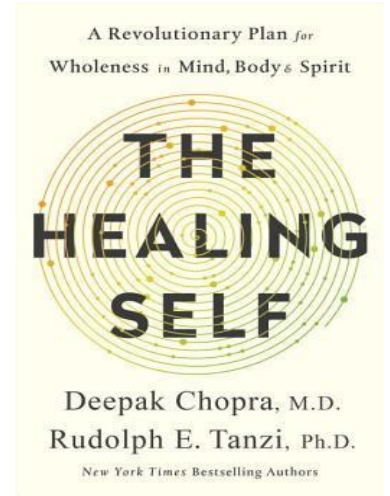
**Winfrey, Oprah**  
*The Wisdom of  
Sundays*  
204 Win 2017



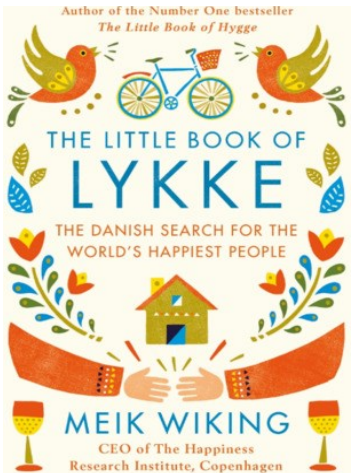
**Ashton, Jennifer**  
*The Self-Care  
Solution*  
613.2 Ash 2019



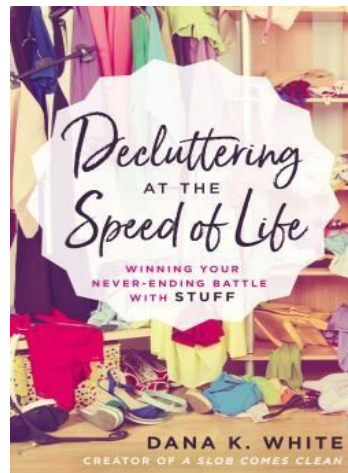
**Stanley, Jessamyn**  
*Every Body Yoga*  
613.7046 Sta 2017



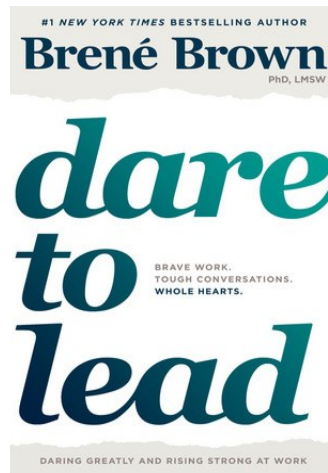
**Chopra, Deepak  
& Rudolph E. Tanzi**  
*The Healing Self*  
615.851 Cho 2018



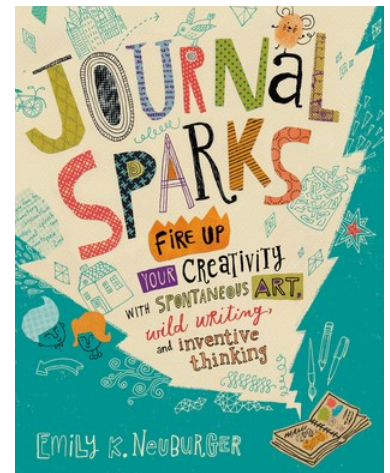
**Wiking, Meik**  
*The Little Book of  
Lykke*  
646.70094 Wik 2017



**White, Dana K.**  
*Decluttering at the  
Speed of Life*  
648.8 Whi 2018



**Brown, Brené**  
*Dare to Lead*  
658.4092 Bro 2018



**Neuburger, Emily K.**  
*Journal Sparks*  
745.5 Neu 2017