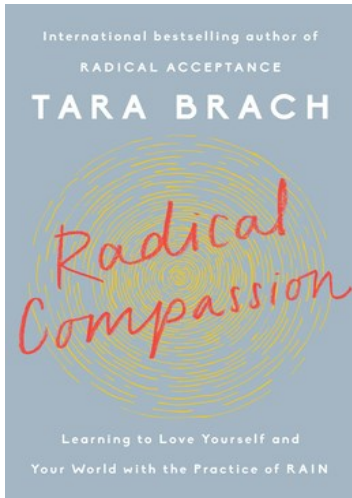




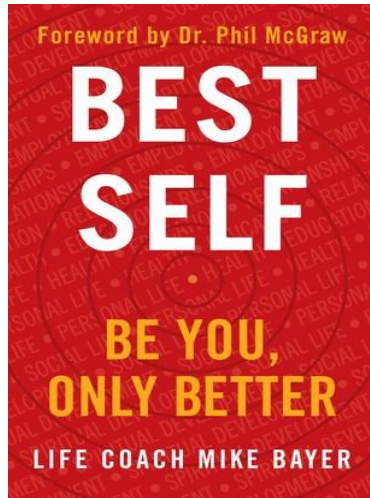
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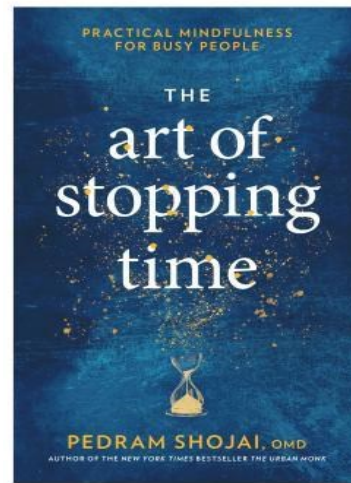
## Self Care



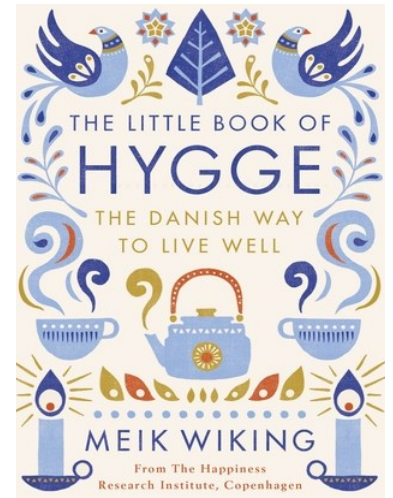
**Brach, Tara**  
*Radical Compassion*  
158 Bra



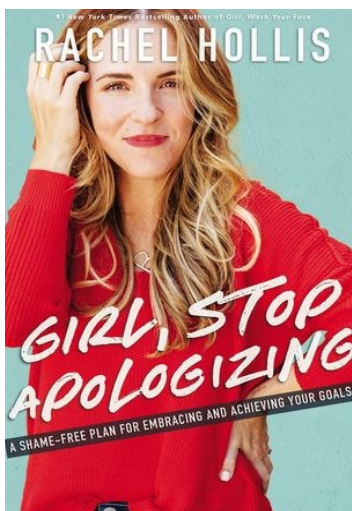
**Bayer, Mike**  
*Best Self*  
158.1 Bay



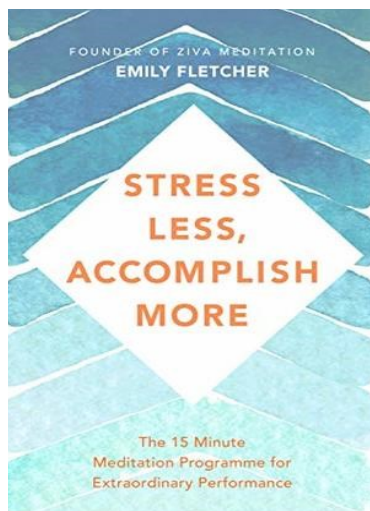
**Shojai, Pedram**  
*The Art of Stopping Time*  
158.1 Sho



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



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



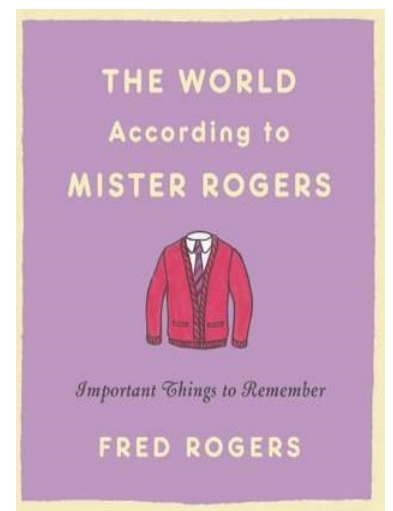
**Fletcher, Emily**  
*Stress Less, Accomplish More*  
158.12 Fle

#1 NEW YORK TIMES BESTSELLING AUTHOR  
**DAN HARRIS**  
AND JEFF WARREN WITH CARLYE ADLER



**MEDITATION FOR FIDGETY SKEPTICS**

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

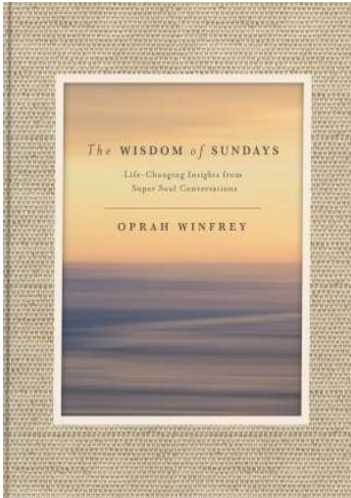


**Rogers, Fred**  
*The World According to Mister Rogers*  
170.44 R

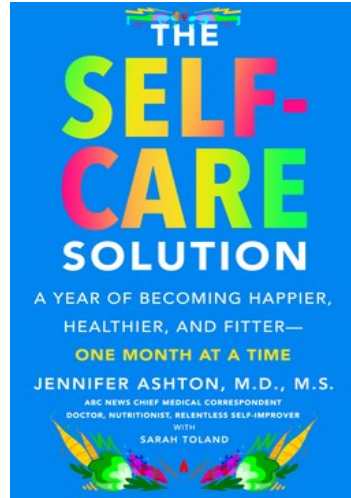




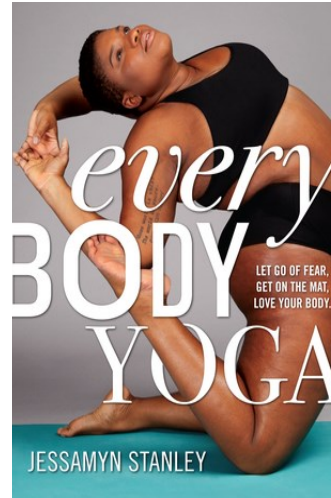
# Self Care



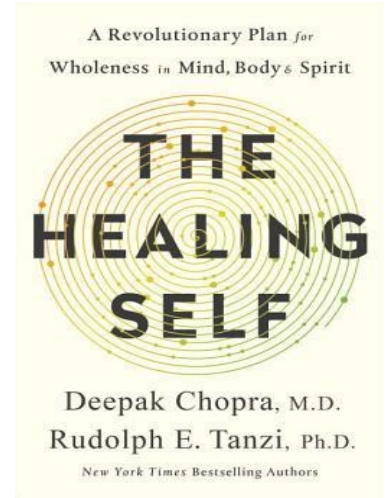
**Winfrey, Oprah**  
*The Wisdom of Sundays*  
204 Win



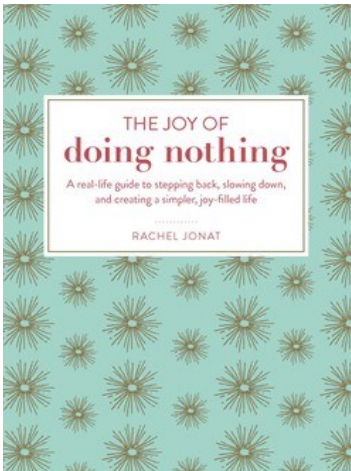
**Ashton, Jennifer**  
*The Self-Care Solution*  
613.2 Ash



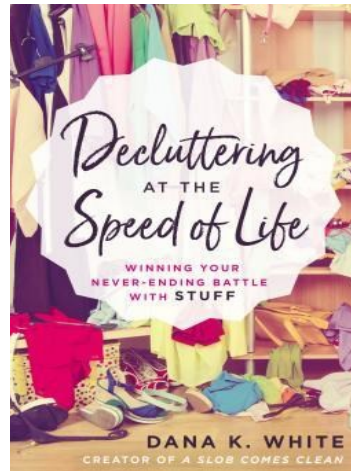
**Stanley, Jessamyn**  
*Every Body Yoga*  
613.7046 Sta



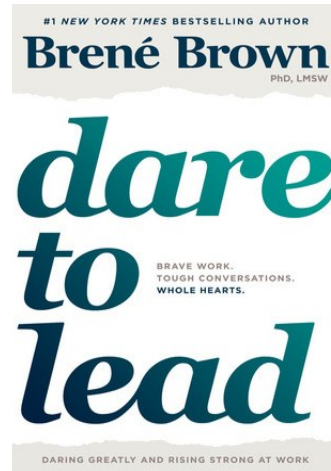
**Chopra, Deepak & Rudolph E. Tanzi**  
*The Healing Self*  
615.851 Cho



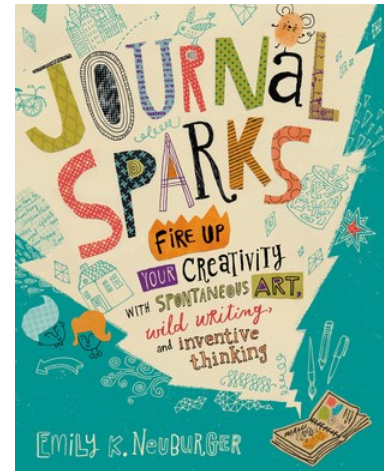
**Jonat, Rachel**  
*The Joy of Doing Nothing*  
646.7 Jon



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



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



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