

Library Corner

— Jennifer McQuade
Owasso Branch Manager

New books at the library to help people live happy, healthy life

Follow your Gut: The Enormous Impact of Tiny Microbes
By Rob Knight

Scientists have shown in the past few years how the microscopic life within our bodies — particularly in our intestines — has a huge impact on our lives.

Your health, mood, sleep patterns, eating preferences, even your likelihood of getting bitten by mosquitoes can be affected by these tiny creatures.

In *Follow Your Gut*, scientist Rob Knight and journalist Brendan Buhler explain why these new findings matter to everyone. This groundbreaking book describes how you can learn about your own micro biome and take steps toward understanding and improving your health.

The Mindful Way Through Stress: The Proven 8-week Path to Health, Happiness, and Well-being

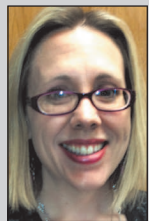
By Shamash Alidina

Shamash Alidina provides a guide to mastering the proven techniques of mindfulness based stress reduction.

Mindfulness techniques can help you attain a new level of physical and emotional well-being by offering tools for remaining calm in any stressful situation, such as work pressures, dealing with difficult people, financial strains or family demands.

You can spend as little as 10 minutes a day in an eight-week period following these guided meditations and easy yoga

exercises. Science has proven that MBSR works, and this book will help you get started.



MCQUADE

The Blue Zones Solution: Eating and Living Like the World's Healthiest People

By Dan Buettner

Dan Buettner, author of *The Blue Zones*, presents a plan to maximize your health based on the practices of the world's healthiest people.

Buettner has identified "Blue Zones" — places where the world's longest-living and healthiest people live, and studied their diets, eating habits and lifestyle practices.

He believes the lifestyles of the world's Blue Zones can be adapted and replicated anywhere, and guides the reader with specific stories of the people, foods and routines of these healthy elders.

Learn the exact foods, including the 50 superfoods, of longevity. The book includes dozens of recipes adapted for Western tastes and markets. *The Blue Zones Solution* is the ultimate blueprint for a healthy, happy life.

Beyond Willpower: The Secret Principle to Achieving Success in Life, Love, and Happiness

By Alex Loyd

In *Beyond Willpower*, Alexander Loyd reveals why using willpower to achieve success will nearly always fail and offers a highly effective program to help you achieve the life you want.

Science has proven that stress, or internal fear, is the primary source of almost any problem we encounter.

New research has shown that fear is actually programmed into us at the cellular level, which is why most of us are unable to turn off our stress response by willpower alone.

This book teaches you how to change your cellular programming from fear to love by triggering a natural chemical chain reaction.

This 40-day holistic program rooted in science, ancient wisdom, and proven therapeutic techniques will help you make the shift from fear to love with three simple tools.

No matter how you define success, *Beyond Willpower* teaches you how to achieve it.

Better Than Before: Mastering the Habits of Our Everyday Lives

By Gretchen Rubin

The author of the bestselling book "The Happiness Project" takes a look at why we form habits and how to change them.

Rubin provides tools to help you better understand yourself, and presents strategies so you can take an individualized approach.

She tackles each strategy herself and in doing so demonstrates the importance of knowing ourselves and our own habit tendencies.

Armed with self-knowledge, you can pursue habits in ways that will truly work

for you, rather than against you.

Rubin believes a foundation of good habits will help you build a life that reflects your values and goals.

The New Health Rules: Simple Changes to Achieve Whole-body Wellness

By Frank Lipman

Lipman discusses the often contradictory information about health appearing in headlines every day and provides common sense, simple tips to improve every aspect of our health, covering food, exercise, supplements, sleep, emotional wellness and many other areas.

Readers will learn about simple rules for getting a good night's sleep, why a daily dose of sunlight is crucial, consuming nutrient rich food, how to use supplements and more.

The Sweet Spot: How to Find your Groove at Home and Work

By Christine Carter

Christine Carter introduces her "Sweet Spot Equation" to reveal the secret to success and happiness at work and at home.

She explains why her equation works instead of the usual strategies of delegating, multitasking and prioritizing.

Focus on the "Sweet Spot Equation: Take Recess + Switch Autopilot On + Unshackle Yourself from Unhelpful Technologies + Prioritize Relationships + Tolerate Some Discomfort = Finding Your Groove and Getting Out of Your Rut."

Carter offers a way not just to cope with modern pressures, but to truly thrive.



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