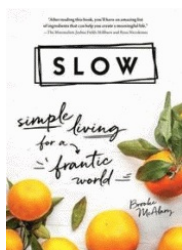


# Finding your Happy Place

Books and other materials to help you find a new perspective

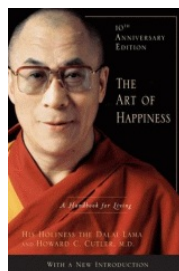
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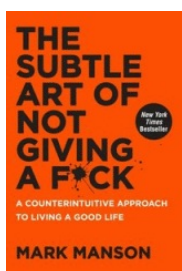
Slow : simple living for a frantic world / Brooke McAlary.

McAlary, Brooke, author.



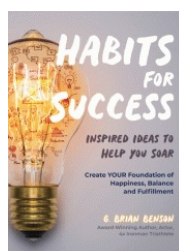
The art of happiness : a handbook for living / His Holiness the Dalai Lama and Howard C. Cutler.

Bstan-'dzin-rgya-mtsho, Dalai Lama XIV, 1935-



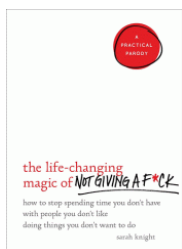
The Subtle Art of Not Giving a F\*ck [electronic resource] : A Counterintuitive Approach to Living a Good Life/ Manson, Mark.

Manson, Mark.



Habits for Success [electronic resource] : Inspired Ideas to Help You Soar/ Benson, G. Brian.

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The Life-Changing Magic of Not Giving a F\*ck [electronic resource] : How to Stop Spending Time You Don't Have with People You Don't Like Doing Things

You Don't Want to Do/ Knight, Sarah.

Knight, Sarah.



Self-Confidence: The Ultimate Guide to Building Confidence and Self-Esteem [electronic resource] : Williams, G.D..

Williams, G.D..

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Books and other materials to help you find a new perspective

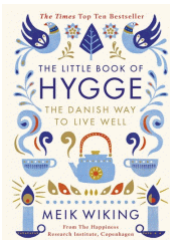
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Everything Is F\*cked  
[electronic resource] : A  
Book About Hope/ Manson,  
Mark.

Manson, Mark.



The Little Book of Hygge  
[electronic resource] : The  
Danish Way to Live Well/  
Wiking, Meik.

Wiking, Meik.



The Hygge Life [electronic  
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Through Recipes,  
Entertaining, Decorating,

Simple Rituals, and Family Traditions/  
Gíslason, Gunnar Karl; Eddy, Jody.

Gíslason, Gunnar Karl; Eddy, Jody.



The Minimalist Home  
[electronic resource] : A  
Room-by-Room Guide to a  
Decluttered, Refocused Life/  
Becker, Joshua.

Becker, Joshua.