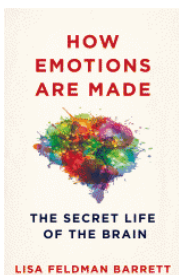


BKLYN BookMatch: Self-Help & Pop Science Picks Similar to Digital Minimalism, Talking to Strangers and Big Friendship

For readers looking for pop science non-fiction and self-help titles similar to Digital Minimalism, Talking to Strangers and Big Friendship. This list was created by a librarian with the Brooklyn Public Library for a reader. Would you like your own personalized list of reading suggestions? Visit BKLYN BookMatch here: bklynlibrary.org/bookmatch ?

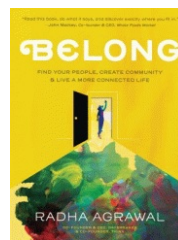
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How emotions are made

Lisa Feldman Barrett.

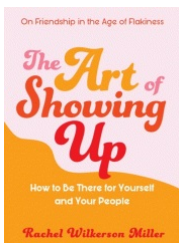
A new theory of how the brain constructs emotions that could revolutionize psychology, health care, law enforcement, and our understanding of the human mind.



Belong : find your people, create community, & live a more connected life

Agrawal, Radha, author.

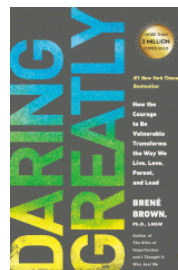
How is it that the internet connects us to a world of people, yet so many of us feel more isolated than ever? That we have hundreds, even thousands of friends on social media, but not a single person to truly confide in? Radha Agrawal calls this "community confusion," and in *Belong* she offers every...



The art of showing up : how to be there for yourself and your people

Miller, Rachel Wilkerson, author.

How to form and maintain genuine friendships in an age of social disconnect.



Daring greatly

Brenê Brown.

A transformative new vision for the way we lead, love, work, parent, and educate that teaches us the power of vulnerability.

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How to do nothing : resisting the attention economy

Odell, Jenny (Multimedia artist), author.

A galvanizing critique of the forces vying for our attention--and our personal information--that redefines what we think of as productivity, reconnects us with the environment, and reveals all that we've been too distracted to see about ourselves

and our world.