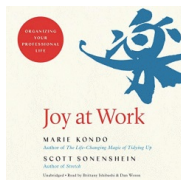


"Borrowed" - Reopening

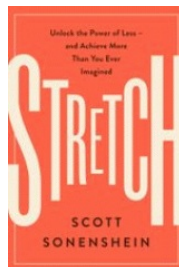
BookMatch librarian recommendations curated for BPL's podcast "Borrowed," Episode 1, Season 3: "Reopening."

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Joy at work : organizing your professional life

Kond?, Marie, author.



Stretch

Scott Sonenshein.



Thrive

Arianna Huffington.



Better Than Before

Gretchen Rubin.



Burnout : the secret to unlocking the stress cycle

Nagoski, Emily, author.



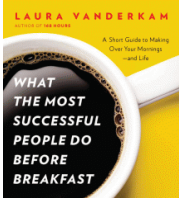
Overwhelmed

Brigid Schulte.

"Borrowed" - Reopening

BookMatch librarian recommendations curated for BPL's podcast "Borrowed," Episode 1, Season 3: "Reopening."

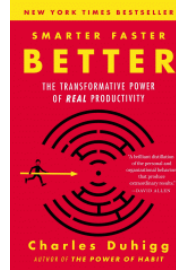
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What the most successful people do before breakfast [electronic resource] : A short guide to making over your mornings—and

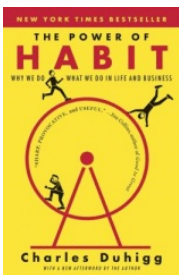
life.

Vanderkam, Laura.



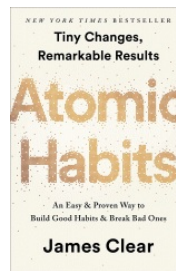
Smarter faster better

Charles Duhigg.



The power of habit [electronic resource] : Why we do what we do in life and business.

Duhigg, Charles.



Atomic habits: tiny changes,

remarkable results

[electronic resource] : An easy & proven way to build good habits & break bad ones.

Clear, James.