

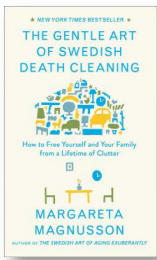


Human Hibernation:

Nonfiction for Winter Rest and Reflection



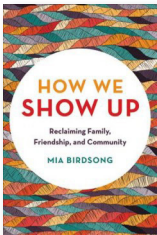
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The Gentle Art of Swedish Death Cleaning: How to Free Yourself and Your Family from a Lifetime of Clutter
by Margareta Magnusson
(Adult Nonfiction - 648.5 Mag)
A funny, wise, and practical guide to letting go of belongings before death. The author discusses mortality with a refreshing matter-of-factness.



How to Do Nothing: Resisting the Attention Economy
by Jenny Odell
(Adult Nonfiction - 303.4833 Ode)
Part how-to guide, part political manifesto, Odell examines ideas about detaching from life online by drawing from other writers, artists, philosophers, and critics.



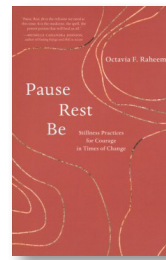
How We Show Up: Reclaiming Family, Friendship, and Community
by Mia Birdsong
(Adult Nonfiction - 307 Bir)
A hopeful how-to on cultivating interdependent communities. The author presents practical ideas through personal anecdotes and cultural critique.



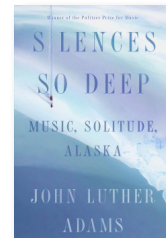
Nothing Much Happens: Cozy and Calming Stories to Soothe Your Mind and Help You Sleep
by Kathryn Nicolai
(Adult Nonfiction - 791.4672 Nic)
For those who have trouble sleeping during winter, wind down with this collection of gentle short stories to help doze off. Based on the charming podcast.



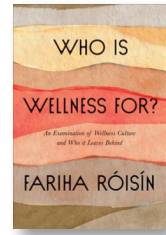
Onigamiising: Seasons of an Ojibwe Year
by Linda LeGarde Grover
(Adult Nonfiction - 977.0049 Gro)
In this engaging collection of essays, Grover reflects on the spiritual beliefs and everyday practices that guide the Ojibwe through the year and connect them to the land known as Onigamiising.



Pause, Rest, Be: Stillness Practices for Courage in Times of Change
by Octavia F. Raheem
(Adult Nonfiction - 158.1 Rah)
Drawing from yoga philosophy and teaching experience, Raheem offers short reflections and practices to help guide the reader through liminal periods of change.



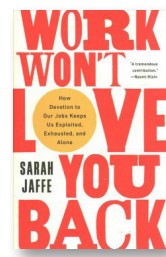
Silences So Deep: Music, Solitude, Alaska
by John Luther Adams
(Adult Nonfiction - 780.92 Ada)
The Pulitzer Prize-winning composer writes about creating music in the four decades he lived in Alaska. Recommended soundtrack: the author's piece *The Far Country*, available on Freegal.



Who is Wellness For?: An Examination of Wellness Culture and Who it Leaves Behind
by Fariha Róisín
(Adult Nonfiction - 613 Roi)
In this blend of memoir and criticism, the author critiques the wellness industry through an exploration of commodification and appropriation. Róisín concludes that wellness must be collective, accessible, and available to all.



Wintering: The Power of Rest and Retreat in Difficult Times
by Katherine May
(Adult Nonfiction - 155.93 May)
May discusses traditions such as winter solstice at Stonehenge, Finnish saunas, and polar bear plunges, in order to reflect on the harshness of life and the "wintering" process it requires.



Work Won't Love You Back: How Devotion to Our Jobs Keeps Us Exploited, Exhausted, and Alone
by Sarah Jaffe
(Adult Nonfiction - 331.2 Jaf)
Jaffe offers a witty and well-researched examination of pay, job security, and work-life balance. For those seeking to imagine new possibilities for the workplace.