

New Year's Resolutions: Books to Help You Keep Them

positive change.jpg

Happy New Year, everyone! It's that time for reflecting on the past year, and thinking about what we might improve in the new one. But New Year's resolutions have become kind of a lark: are we really going to keep them?

Here's a list of the most common resolutions and related books for helping you stick to the promises you make yourself.

? #1: Reduce Stress & Anxiety

These highly-rated books have helped many folks get some perspective on stress and find peace in everyday life. Here's to finding more *hygge* in 2018 (that's a Danish word for comfort and coziness)!

- *Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World*, Mark Williams
- *The Subtle Art of Not Giving a F*ck*, Mark Manson
- *The Little Book of Hygge: Danish Secrets to Happy Living*, Meik Wiking
- *Hardwiring Happiness: the New Brain Science of Contentment, Calm, and Confidence*, Rick Hanson

? #2: Get Healthier

This is actually three resolutions in one: to move your body more, get fitter, and eat better.

Exercise:

- *The Nalini Method: Transform Your Mind and Body: 7 Workouts for 7 Moods*, Rupa Mehta
- *The One-Minute Workout: Science Shows a Way to Get Fit That's Smarter, Faster, Shorter*, Martin Gibala
- *Embrace the Suck: What I Learned at the Box About Hard Work, (very) Sore Muscles, and Burpees Before Sunrise*, Stephen Madden

Weight Loss:

- *Always Hungry?: Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently*, David Ludwig
- *Foodist: Using Real Food and Real Science to Lose Weight Without Dieting*, Darya Pino Rose
- *The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman*, Timothy Ferriss

Diet:

- *The How Not to Die Cookbook: 100+ Recipes to Help Prevent and Reverse Disease*, Michael Greger
- *The Whole 30 Fast and Easy: 150 Simply Delicious Everyday Recipes for Your Whole 30*, Melissa Hartwig
- *The No Meat Athlete Cookbook: Whole Food, Plant-Based Recipes to Fuel Your Workouts?and the Rest of Your Life*, Matt Frazier
- *Eat Complete: The 21 Nutrients that Fuel Brainpower, Boost Weight Loss, and Transform Your Health*, Drew Ramsey

? #3: Improve Relationships

Some of the most popular books on our most personal connections.

- *The 5 Love Languages: The Secret to Love That Lasts*, Gary Chapman
- *The 7 Principles for Making Marriage Work*, John Gottman
- *Nonviolent Communication: A Language of Life*, Marshall Rosenberg
- *Conflict-free Living*, Joyce Meyer

? #4: Learn a New Skill or Hobby

Depending on what you're into, these may pique your interest in a new talent or hobby. And for amazing, free self-paced learning online, don't forget Lynda.com, available through the Library.

- *Bushcraft 101: A Field Guide to the Art of Wilderness Survival*, Dave Canterbury
- *Beginner's Illustrated Guide to Gardening: Techniques to Help You Get Started*, Katie Elzer-Peters
- *Drawing and Painting Beautiful Faces: A Mixed-Media Portrait Workshop*, Jane Davenport
- *The Complete Medicinal Herbal: A Practical Guide to the Healing Properties of Herbs*, Penelope Ody
- *The Artful Parent: Simple Ways to Fill Your Family's Life with Art and Creativity*, Jean Van't Hul
- *First Time Sewing: The Absolute Beginner's Guide*, Editors of Creative Publishing International
- *The Back to Basics Handbook: A Guide to Buying and Working Land, Raising Livestock, Enjoying your Harvest, Household Skills and Crafts, and More*,

Abigail Gehring

- *How to Cook Everything. The Basics: All You Need to Make Great Food*, Mark Bittman
- *The Complete Book of Woodworking*, Declan O'Donoghue

? #5: Travel More

Inspirations for reaching your new travel goals, without breaking the bank.

- *Vagabonding with Kids*, Amanda K. Turner
- *How to Travel the World on \$50 a Day: Travel Cheaper, Longer, Smarter*, Matt Kepnes
- *The World's Cheapest Destinations: 21 Countries Where Your Money is Worth a Fortune*, Tim Leffel
- *The Not-Quite States of America: Dispatches from the Territories and Other Far-flung Outposts of the USA*, Doug Mack

? #6: Get a New or Better Job

Maybe you're unhappy with your current job?or just hoping to get more out of the one you have. Either way, these books can guide you in finding the perfect new gig.

- *How to Find Fulfilling Work*, Roman Krznaric
- *What Color is Your Parachute?: A Practical Manual for Job-hunters and Career-changers*, Richard Bolles
- *Knock 'em Dead: The Ultimate Job Search Guide*, Martin John Yate
- *Real Happiness at Work: Meditations for Accomplishment, Achievement, and Peace*, Sharon Salzberg

? #7: Reduce Debt & Save Money

We'd all like to figure out how to retire with lots of money! See if any of these books can help you get there.

- *The Total Money Makeover: A Proven Plan for Financial Fitness*, Dave Ramsey
- *Why Didn't They Teach Me This in School?: 99 Personal Money Management Principles to Live*, Cary Siegel
- *Retire Inspired: It's Not an Age, It's a Financial Number*, Chris Hogan
- *You Need a Budget: The Proven System for Breaking the Paycheck-to-paycheck Cycle, Getting Out of Debt, and Living the Life You Want*, Jess Mechem
- *The Power of Focus: How to Hit Your Business, Personal and Financial Targets with Absolute Confidence and Certainty*, Jack Canfield

? #8: Get Organized

Even the tidiest of people can gain something from these helpful guides to organizing your home.

- *Spark Joy: An Illustrated Master Class on the Art of Organizing and Tidying Up*, Marie Kondo?
- *Remodelista: The Organized Home: Simple, Stylish Storage Ideas for All Over the House*, Julie Carlson
- *The Complete Book of Home Organization*, Toni Hammersley

? #9: Quit Smoking

It's one of the most difficult habits to break. You can do it?maybe with help from one of these books.

- *The Easy Way to Stop Smoking*, Allen Carr
- *Quit Smoking Today Without Gaining Weight*, Paul McKenna

? #10: Read More Books

No surprise here, right? For ideas, we recommend browsing our [Staff Picks booklists](#)
?particularly our year-end [Recommended Reads from 2017](#).

Good luck in the new year?and stay resolute!

Posted by Jeannette L. on December 30, 2017

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