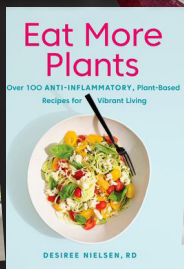
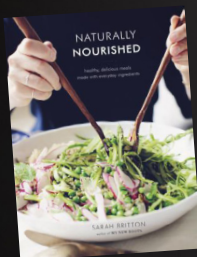


JANUARY 2024

RECOMMENDED READS, MOVIES & MORE!

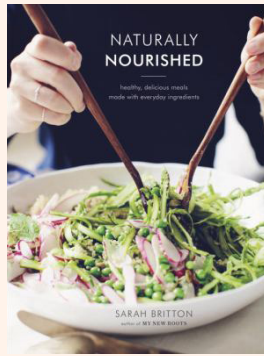
8 Nutrient-Packed Cookbooks to Start the Year



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FOR ADULTS

8 Nutrient-Packed Cookbooks to Start the Year



Naturally Nourished

by Sarah Britton

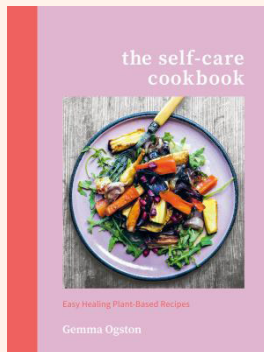
With vibrant photography and easy-to-follow instructions, this book features delightful recipes made with high-quality ingredients that can be easily found in grocery stores.



Love & Lemons Every Day

by Jeanine Donofrio

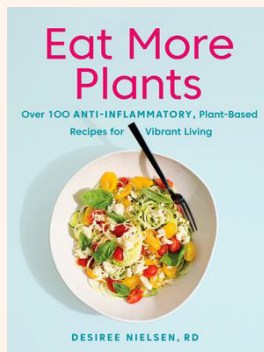
Delicious meals don't have to be complicated. Filled with helpful cooking techniques, the book provides over 100 simple yet creative recipes that will have you covered through breakfast, lunch, and supper.



The Self-care Cookbook

by Gemma Ogston

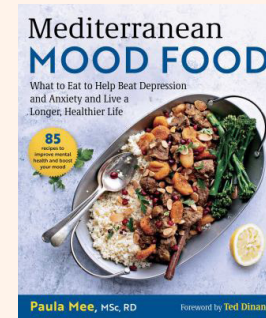
Preparing food is a beautiful act of self-care. Plant-based chef Gemma Ogston offers carefully selected recipes that help regulate emotions and feel more relaxed.



Eat More Plants

by Desiree Nielsen

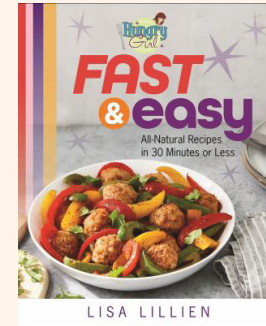
Plants have the power to restore balance and transform your life. Made with anti-inflammatory ingredients, these veggie-packed recipes will inspire both health enthusiasts and home chefs.



Mediterranean Mood Food

by Paula Mee

Rich in whole grains, seeds, and vegetables, Mediterranean diet can help boost your energy levels and reduce the risk of a number of diseases. Enjoy these healthful meals with your friends and family!



Fast & Easy

by Lisa Lillien

Perfect for anyone without a lot of time to spend in the kitchen, this cookbook shares family-approved and all-natural recipes that are ready in 30 minutes or less.



Just the Good Stuff

by Rachel Mansfield

Straightforward and approachable, this cookbook provides guilt-free recipes that burst with flavors and textures. Live a healthy life with a balanced diet!



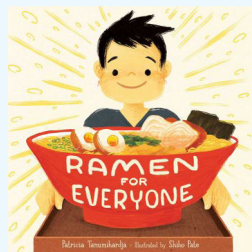
Oh She Glows for Dinner

by Angela Liddon

From user-friendly meal plans to exquisite menus, this thoughtful guide will help you create mouth-watering dinners your loved ones won't be able to stop talking about.

FOR ALL AGES

10 Exciting New Titles to Discover



Ramen for Everyone

By Patricia Tanumihardja

We can all learn a lot from young protagonist Hiro's determination to make an excellent bowl of ramen.



Big

By Vashti Harrison

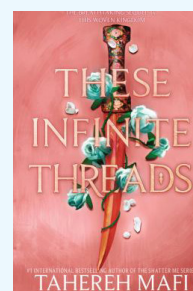
This picture book from writer/illustrator Vashti Harrison has an important message about loving yourself, no matter what size you are.



The Next New Syrian Girl

By Ream Shukairy

Two very different Syrian teenage girls form an unexpected friendship when one of them journeys to the suburbs of Detroit as a refugee.



These Infinite Threads

By Tahereh Mafi

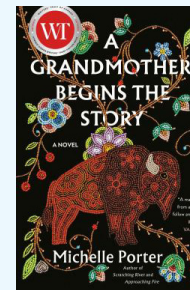
This young adult, fantasy romance is the sequel to This Woven Kingdom. A classic, star-crossed lovers premise is given new life when the heir to the Jinn throne falls in love with the crown prince of the "Ardunian Empire."



Ab(solutely) Normal

Short Stories That Smash Mental Health Stereotypes

This short story collection for teens aims to debunk stereotypes of mental illness. Contributing writers share their own experience with the subject after each story.



A Grandmother Begins the Story

By Michelle Porter

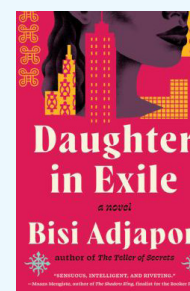
Métis writer Michelle Porter has struck a chord with her debut novel. Structured like a series of notes, the narrative draws from Porter's musician ancestors and family history to tell her own story.



Loathe to Love You

By Ali Hazelwood

This is a collection of "STEMinist" novellas from The Love Hypothesis author Ali Hazelwood. It's an intriguing concept for a romance novel -- each love story is situated in the context of science, engineering, technology, or mathematics.



Daughter in Exile

By Bisi Adjapon

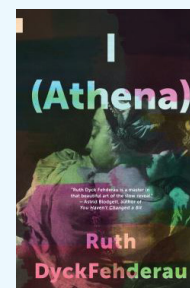
Love motivates a young Ghanaian woman named Lola to give up her life in Senegal to travel to the US. As an undocumented immigrant, she must navigate a new, challenging world.



The Seven Moons of Maali Almeida

By Shehan Karunatilaka

Set during the Sri Lankan Civil War and winner of the Booker Prize in 2022, this novel follows war photographer Maali Almeida in the afterlife as he comes to grips with the life he's led.



I (Athena)

By Ruth DyckFehderau

Independent Edmonton publisher NeWest Press brings us the striking story of Athena, a woman who was institutionalized as a young girl when she lost her hearing.

FOR TEENS

8 Inspiring Guides to Self-Care for Teens

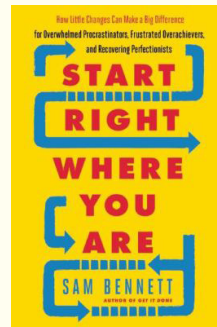
be kind to yourself



Definitive Guide to Self-Care

by Anna Borges

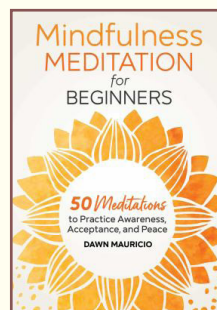
Explore the four self-care realms (physical, mental, social, and spiritual) with this approachable A-Z guide to self-care.



Start Right Where You Are

by Sam Bennett

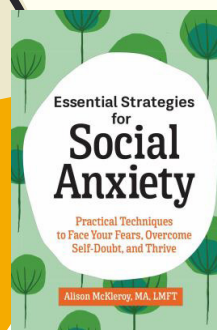
Do you ever feel overwhelmed? Do you procrastinate, or strive for perfection? This book of tips will help you get out of your own way!



Mindfulness Meditation for Beginners

by Dawn Mauricio

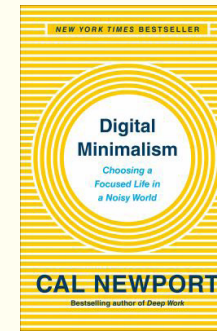
Quiet your mind with this gentle meditation guide aimed at beginners, including easy exercises to develop your own practice.



Essential Strategies for Social Anxiety

by Alison McKleroy

If you struggle with social anxiety, you're not alone! This workbook uses a variety of therapy techniques to overcome this common fear.



Digital Minimalism

by Cal Newport

Minimize screen time with these helpful (and realistic) tips and start to use technology in a way that serves you.



The Art of Rest

by Claudia Hammond

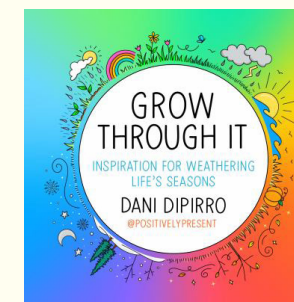
Sleep is important, but did you know rest is too? Explore the ten most restful activities worldwide and allow yourself to recharge.



It's Your Weirdness That Makes You Wonderful

by Kate Allan

This compilation of affirmations and writing prompts is designed to help express our feelings—and find self-acceptance in the process.



Grow Through It

by Dani DiPirro

There's a lot to be negative about these days. Hone your positivity skills with the author of the @positivelypresent Instagram account.

FOR KIDS

8 Exciting Books About Winter Fun



Forest Club Winter

by Kris Hirschmann

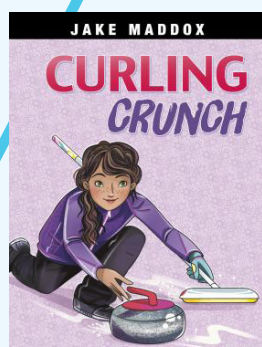
Connect your child with nature with this book of crafts and activities focused on the outdoors, specifically designed for winter!



Kids Winter Fun Book

by Claire Gillman

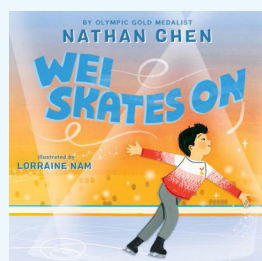
Learn how to ice-fish, build an igloo, and go tobogganing (or just curl up by the fireplace) with this instructional guide to winter fun.



Curling Crunch

by Jake Maddox

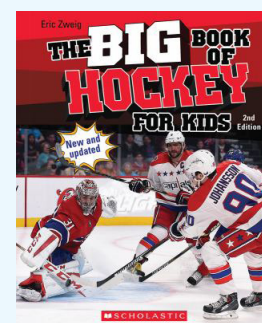
After moving to Minnesota amidst her parents' divorce, Maisie finds new friends by joining a curling team.



Wei Skates On

by Nathan Chen

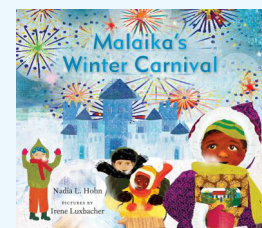
Olympic figure skating champion Nathan Chen shares a story of perseverance, overcoming fear, and finding joy in ice skating.



The Big Book of Hockey for Kids

by Eric Sweig

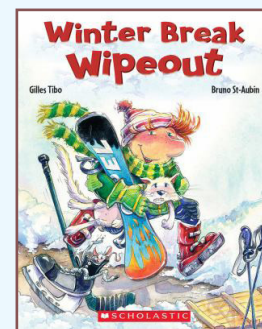
Love hockey? Learn all there is to know about this popular winter sport, from historic facts to team stats.



Malaika's Winter Carnival

by Nadia L. Hohn

Caribbean immigrant Malaika experiences her first winter carnival in Quebec! This story of family and new beginnings is written in English and patois.



Winter Break Wipeout

by Gilles Tibo

Nicholas can't wait to go on a ski vacation with his family over winter break—but he needs a vacation just from preparing for the trip!



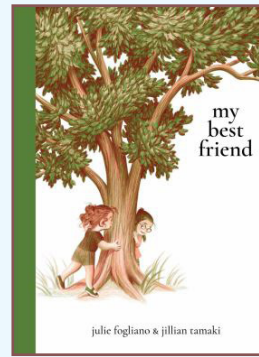
The Intrepid Canadian Expedition

by Sara Pennypacker

Flat Stanley acts as a snowboard in this wacky adventure story! Follow Stanley and his new friend Nick as they trek across Canada.

FOR KIDS

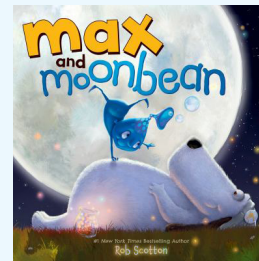
9 Adorable Picture Books about Friendship



My Best Friend

by Julie Fogliano

How do you know if someone is your best friend? This story illustrates the unique bond that exists between friends.



Max and Moonbean

by Rob Scotton

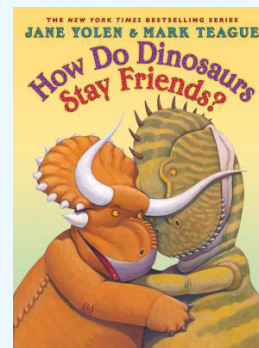
Max is not sure he can come up with a fun story for their show-and-tell at school. See how Moonbean helps him overcome his fear and gain confidence.



Croc & Turtle

by Mike Wohnoutka

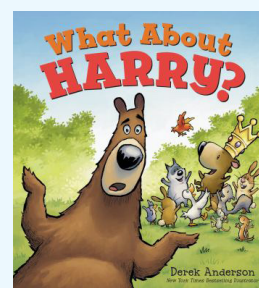
Uplifting and enjoyable, the story follows Croc and Turtle who have different preferences. Will they be able to meet halfway and enjoy their snow day?



How Do Dinosaurs Stay Friends?

by Jane Yolen

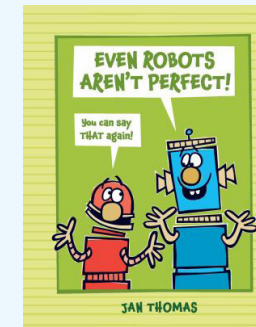
How do dinosaurs manage to stay friends after having a fight? Packed with colorful illustrations, this is a charming tale about forgiveness and sticking together.



What About Harry?

by Derek Anderson

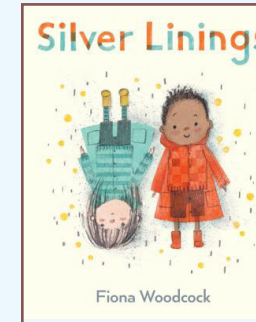
Harry becomes jealous when he sees Sam excelling at everything. He will probably be happier without his friend. A thought-provoking story with a powerful message.



Even Robots Aren't Perfect!

by Jan Thomas

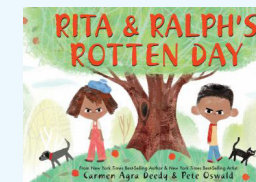
What do you do when you get a little upset with your dear friend? In this charming collection of three stories, Blue Robot and Red Robot learn how to handle disagreements and make peace.



Silver Linings

by Fiona Woodcock

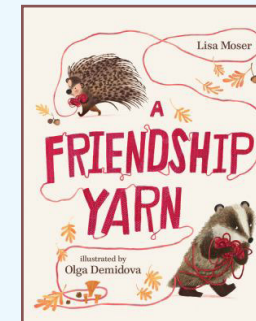
Every cloud has a silver lining. This heartwarming story shows how friends can inspire each other to have a positive mindset and see the brighter side of any situation.



Rita and Ralph's Rotten Day

by Carmen Agra Deedy

Every morning, Rita and Ralph meet under the apple tree and play together. When a new game ends up ruining their day, they'll need to find a way to save their friendship.



A Friendship Yarn

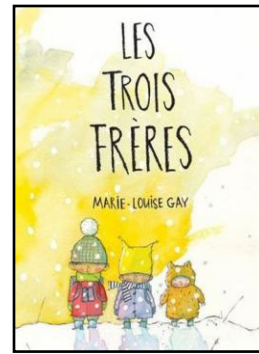
by Lisa Moser

Badger and Porcupine are always there for each other. Let's find out what happens when a ball of yarn unrolls in the woods. A sweet story about caring and resilience.

FOR ALL AGES

8 Livres d'hiver pour se réchauffer

8 Wintry Books to Cozy Up With



Les trois frères

par Marie-Louise Gay

Trois frères qui adorent explorer partent en aventure durant une tempête de neige pour chercher les animaux qui vivent dans la forêt. Pour les tout-petits. *Three brothers who love exploring go out during a snowstorm to look for the interesting animals that live in the forest. For young readers.*



La ruelle d'hiver

par Céline Comtois

Élodie et ses amis jouent dans la ruelle, dans la neige. Ce livre est une célébration de l'amitié et de l'hiver. Pour les tout-petits. *Elodie and her friends enjoy playing together in the alley, in the snow. This book is a celebration of friendship and winter. For young readers.*



Silence, c'est l'hiver

par Katy Hudson

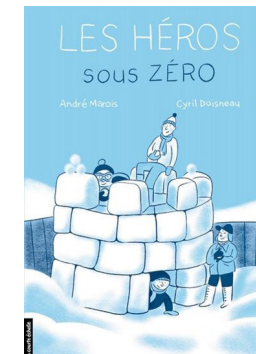
Tutu Tortue essaie de trouver un endroit pour dormir car les tortues n'aiment pas l'hiver. Ses amis, cependant, tentent de garder Tutu Tortue réveillée pour lui montrer toutes les joies de l'hiver. Pour les tout-petits. *Tortoise tries to settle down for his annual winter nap, but his friends are trying to keep him awake to show him all the joys of winter. For young readers.*



Un ours polaire dans la neige

par Mac Barnett

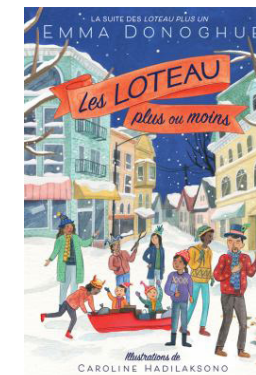
Suivez le parcours d'un ours polaire à travers l'Arctique. Avec des illustrations et phrases simples, cet album sera bien aimé par les petits. Pour les tout-petits. *Follow a polar bear's track through the Arctic with this easy to read picture book that will surely become a favourite amongst little ones. For young readers.*



Les héros sous zéro

par André Marios

Étienne essaie de convaincre ses amis de jouer dans la neige avec lui, mais ils sont plus intéressés aux jeux vidéo. Réussira-t-il à faire sortir ses amis de chez eux pour faire des forts de neige avec lui? Pour les enfants d'âge scolaire. *Etienne tries to get his friends to stop playing video games and play in the snow, since making snow forts alone is quite boring. For school-aged children.*



Les Loteau plus ou moins

par Emma Donoghue

Dans ce deuxième roman de la série, Sumac Loteau tente de garder les traditions familiales pendant les fêtes, mais une tempête de neige et un visiteur qui reste plus longtemps que prévu semblent changer son plan. Pour les enfants d'âge scolaire. *In this 2nd book in the series, Sumac tries to keep holiday traditions alive, despite a series on events that seem determined to derail her plans. For school-aged children.*



Un flamant rose pour un hiver morose

par Daniel Brouillette

Les vacances de Noël sont l'occasion parfaite pour passer du temps en famille, mais la mère de Bine fait un achat étrange qui pourrait faire dérailler ses plans pour les fêtes. Pour les enfants d'âge scolaire. *Christmas vacation is the perfect time of the year to be with family, but Bine's mother makes a strange purchase that could derail her plans for quality time. For school-aged children.*



Ils sont venus du froid

par Caryl Férey

Trois adolescentes doivent faire preuve de solidarité pour survivre sur une Terre gelée. Pour les ados. *Three determined teens need to prove their loyalty to one another to survive on a frozen Earth. For teens.*



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