

Princeton Public Library
Adult Summer Reading Club 2008



Home, Health and Personal Time

The 12 day body shaping miracle: change your shape, transform problem areas, beat fat for good / by Michael Thurmond, 2007

The national bestselling author of "6-Day Body Makeover" is back with a unique workout program that can transform any body shape in just 12 days.

New Books, Non-Fiction 613.71 Thu

Does this clutter make my butt look fat?: an easy plan for consuming less and living more / Peter Walsh, 2008

The "New York Times" bestselling author of "Its All Too Much" uses his organizational wisdom to help readers accomplish a healthy lifestyle. Walsh shows readers that the same habits that lead to a cluttered home also sabotage their best efforts to control their weight.

New Books, Non-Fiction 613.25 Wal15

Gracefully: looking and being your best at any age / Valerie Ramsey, 2008

With a little help from her friends in the health, beauty, and medical industries, Valerie Ramsey has discovered a truly beautiful approach to aging, one that combines practical advice and personal insight with heartwarming anecdotes and inspiring guidance.

New Books, Non-Fiction 613.2 Ram

Green This! Greening your cleaning / Deirdre Imus, 2007

The founder and president of the Deirdre Imus Environmental Center for Pediatric Oncology offers this guide to keeping one's family healthy by cleaning the home in an environmentally friendly way.

New Books, Non-Fiction 648.5 Imu

How did I get so busy? : the 28-day plan to free your time, reclaim your schedule, and reconnect with what matters most / Valorie Burton, 2007

Burton's practical 28-day plan challenges readers to cut the fat from their schedules and replace it with soul-nourishing time for the people, activities, and goals that matter most--and create a fulfilling lifestyle that reflects God's intent for their lives.

New Books, Non-Fiction 640.43 Bur

The How of Happiness: a scientific approach to getting the life you want / Sonja Lyubomirsky, 2008

Always emphasizing how much an individual's happiness is within his or her control, Lyubomirsky addresses the scientific how of her happiness research, and provides a powerful contribution to the field of positive psychology.

New Books, Non-Fiction 158 Lyu

The Not So Big Life : making room for what really matters / Sarah Susanka, 2007

Bestselling author, architect, and cultural visionary Susanka takes the revolutionary principles she put forth in "The Not So Big House" and adapts them to how readers experience their lives.

Non-Fiction 158.1 Sus

Organic Housekeeping: in which the nontoxic avenger shows you how to improve your health and that of your family while you save time, money, and, perhaps, your sanity / Ellen Sandbeck, 2006

This comprehensive guide covers every aspect of creating and maintaining a nontoxic, hypoallergenic home that is clean and safe using affordable products.

New Books, Non-Fiction 648.5 San

Quantum Wellness: a practical and spiritual guide to health and happiness / Kathy Freston, 2008

Kathy Freston, the "New York Times" bestselling author of "The One," is back with a life-changing guide to increasing health of the mind, body, and spirit through small steps that can yield extraordinary changes.

New Books, Non-Fiction 239 Fre

Strength for Life: the fitness plan for the best of your life / Shawn Phillips, 2008

Strength for Life is an easy-to-implement program to help you get in fantastic shape, enjoy abundant energy, and maintain a lean, strong physique-not just for 12 weeks but for the rest of your life.

New Books, Non-Fiction 613.7 Phi

Utmost Living: creating and savoring your best life now / Tim Storey, 2008

Acclaimed speaker, writer, and life coach Storey provides readers with the tools, techniques, and motivation to achieve their goals and realize their dreams.

New Books, Non-Fiction 158.1 Sto

You: the owner's manual: an insider's guide to the body that will make you healthier and younger (updated, expanded) / Michael F. Roizen, 2008

Two powerhouse doctors team up once again to present this updated edition of their bestselling book. This expanded version features more than 75 pages of new information and updated content throughout.

New Books, Non-Fiction 613.2 Roi

List prepared by Ji Hae Ju, Reference and Adult Services.