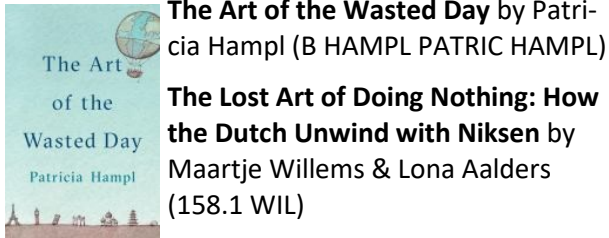


Are you one of those people who feel a bit low when the days grow shorter and colder?

Here are some books/CDs that may help you to cope with winter for those who find it challenging!

"That's what winter is: an exercise in remembering how to still yourself then how to come pliantly back to life again."— Ali Smith

How to take it extremely easy throughout the year

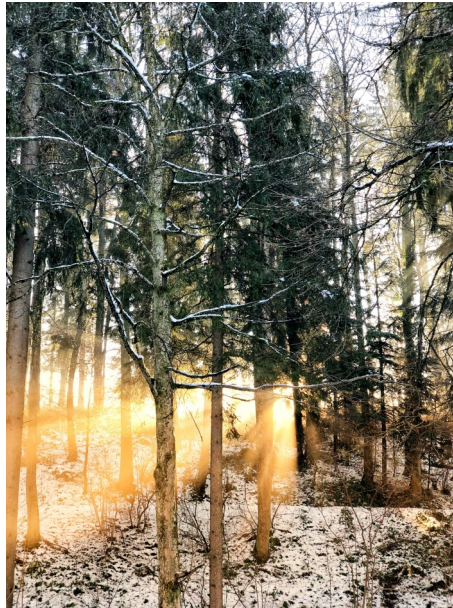
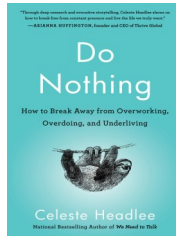


The Art of the Wasted Day by Patricia Hampl (B HAMPL PATRIC HAMPL)

The Lost Art of Doing Nothing: How the Dutch Unwind with Niksen by Maartje Willems & Lona Aalders (158.1 WIL)

Niksen: Embracing the Dutch Art of Doing Nothing by Olga Mecking (158.1 MEC)

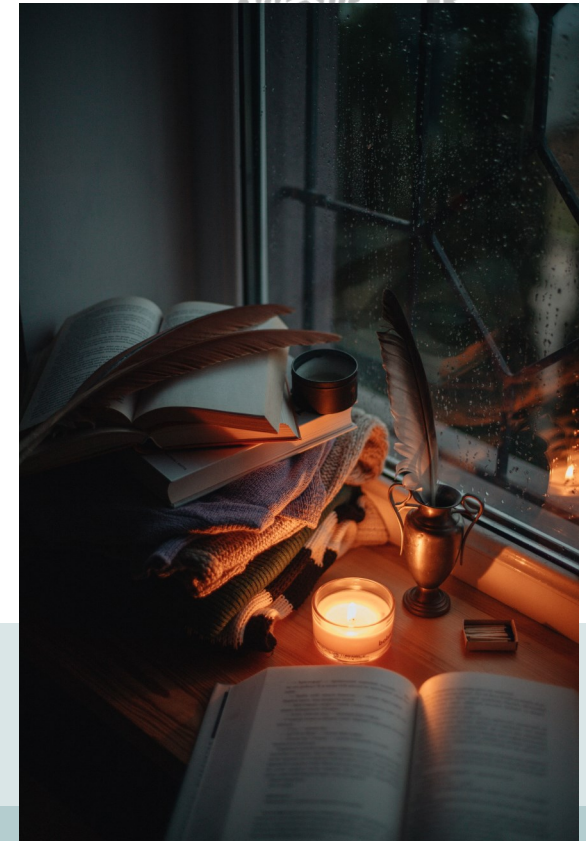
Do Nothing: How to Break Away from Overworking, Overdoing, and Underliving by Celeste Headlee (ebook & e-audiobook)



"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it's the time for home."
—Edith Sitwell



Beat the Winter Blues
Relax...
Get cozy...
Take care of yourself



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March 2024

Unwind the Scandinavian way

Hygge: Unlock the Danish Art of Coziness and Happiness by Barbara Hayden (158.1 HAY)



The Little Book of Hygge: Danish Secrets to Happy Living by Meik Wiking (158.1 WIK)

How to Hygge: The Nordic Secrets to a Happy Life by Signe Johansen (646.700948 JOH)

There's No Such Thing as Bad Weather: A Scandinavian Mom's Secrets for Raising Healthy, Resilient, and Confident Kids (From Friluftsliv to Hygge) by Linda Akeson McGurk (649.10948 MCG)

The Cozy Life: Rediscover the Joy of the Simple Things Through the Danish Concept of Hygge by Pia Edberg (158.1 EDB)

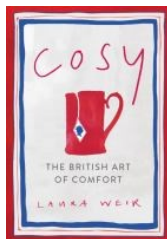
The Finnish Way: Finding Courage, Wellness, and Happiness Through the Power of Sisu by Katja Pantzar (646.7 PAN)

Happy as a Dane: 10 Secrets of the Happiest People in the World by Malene Rydahl (158.1 RYD)

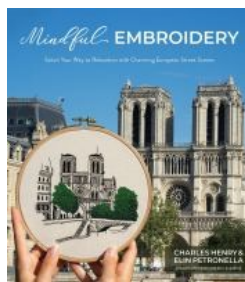
The Year of Living Danishly: Uncovering the Secrets of the World's Happiest Country by Helen Russell (948.9 RUS)

Unwind the British way

Cosy: The British Art of Comfort by Laura Weir (646.7 WEI)



Soothing activities



Mindful Embroidery: Stitch Your Way to Relaxation with Charming European Street Scenes by Charles Henry & Elin Petronella (746.44 HEN)

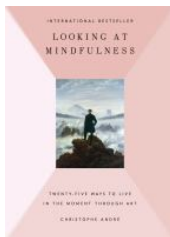
One Zentangle a Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun by Beckah Krahula (741.2 KRA)

The Year of Cozy: 125 Recipes, Crafts, and Other Home-made Adventures by Adriana Adarme (641.3 ADA)

Nothing Much Happens: Cozy and Calming Stories to Soothe Your Mind and Help You Sleep by Kathryn Nicolai (FIC NICOLA K)



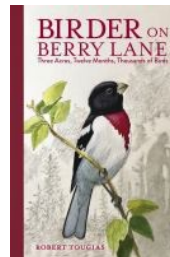
Hygge Knits: Nordic and Fair Isle Sweaters, Scarves, Hats and More to Keep You Cozy by Nicki Trench (746.432 TRE)



Looking at Mindfulness: 25 Ways to Live in the Moment Through Art by Christophe André (158.12 AND)

"People don't notice whether it's winter or summer when they're happy."
—Anton Chekhov

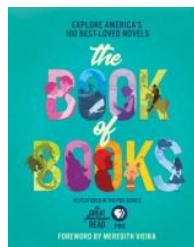
Birder on Berry Lane: Three Acres, Twelve Months, Thousands of Birds by Robert Tougias (598.07234746 TOU)



Snowmen: Snow Creatures, Crafts, and Other Winter Projects by Peter Cole, Frankie Frankeny & Leslie Jonath (745.5 COL)

50 More Ways to Soothe Yourself Without Food by Susan Albers (616.8526 ALB)

Essential Yoga for Inflexible People by Michael Wohl (DVD 613.7046)



The Book of Books: Explore America's 100 Best-Loved Novels by Jessica Allen (016.80883 ALL)

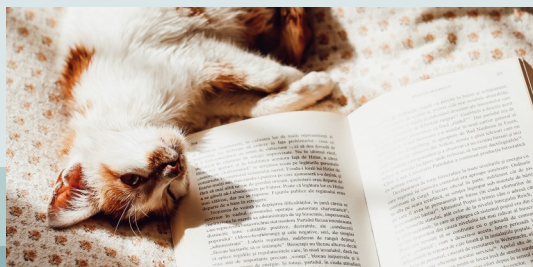
Relax with Bach: volume one (CD CLASSI BACH)

The Heart of Aromatherapy: An Easy-to-Use Guide for Essential Oils by Andrea Butje (615.3219 BUT)

The Book of Ichigo Ichie : The Art of Making the Most of Every Moment, the Japanese Way by Héctor García and Francesc Miralles.(158.1 GAR}

Cozy White Cottage: 100 Ways to Love the Feeling of Being Home by Liz Marie Galvan (747 GAL)

Natural Meditation: A Guide to Effortless Meditative Practice by Dean Sluyter (158.12 SLU)



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