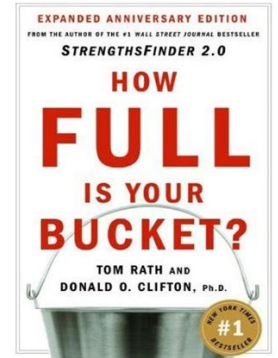
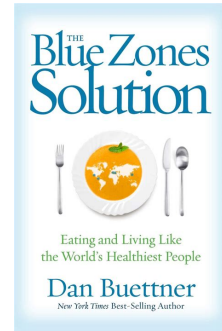
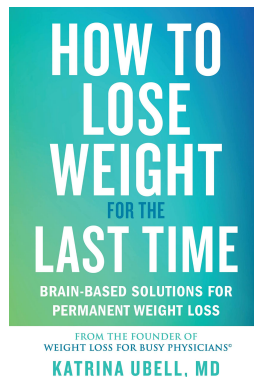
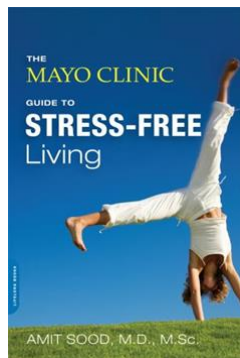
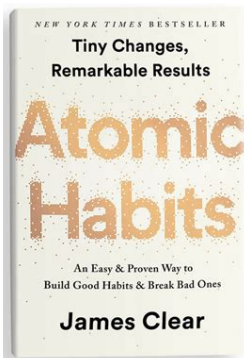


GA Health & Wellness

Great Reads for Your OWN Health & Wellness Journey

ADULTS

- Atomic Habits: Tiny Changes, Remarkable Results by James Clear
- The Mayo Clinic Guide to Stress-Free Living by Amit Sood, MD, MSc
- How Full is Your Bucket: Positive Strategies for Work and Life by Tom Rath & Donald O Clifton
- The Blue Zones Solution by Dan Buettner
- How to Lose Weight for the Last Time: Brain Based Solutions by Katrina Ubell MD



CHILDREN & TEENS

This one is a MUST READ for ages 2 to 102!: A New Alphabet for Humanity Children's Book: A Children's Book of Alphabet Words to Inspire Compassion, Kindness and Positivity "This book contains 26 empowering alphabet lessons that are designed to nurture social and emotional intelligence, activate the potential of our children and create a bright future for humanity." Ex: A is for Abundance, B is for Bravery, and so on!

- Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids by Carol McCloud (age4-9)
- You Are Awesome by Matthew Syed (Children's Book of the Year 2019) (Ages 9 and up)
- Growing Up with a Bucket Full of Happiness – Three Rules for a Happier Life by Carol McCloud (Children to Young Adult)
- How to Make a Better World - For every kid who wants to make a difference by Kelly Swift (Older Children to Teens)
- Step Up! My Anti-Bullying Activity Book By Wellbeck Children's Books (Older Children)

