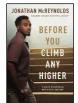
### BOOK NEWS FROM THE LIBRARY

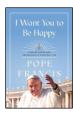


### RELIGIOUS TITLES COMING IN FEBRUARY 2025

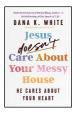


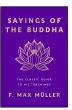
















Before You Climb Any Higher: Valley Wisdom for Mountain Dreams by Jonathan McReynolds

Believe: Why Everyone Should Be Religious by Ross Douthat

Breaking the Patterns That Break You: Healing from the Pain of Your Past and Finding Real Hope
That Lasts by Tori Hope Petersen

**Hinduism for Dummies** by Amrutur V. Srinivasan

I Want You to Be Happy: Finding Peace and Abundance in Everyday Life by Pope Francis
I've Got Questions: The Spiritual Practice of Having It Out with God by Erin Hicks Moon

Jesus Doesn't Care about Your Messy House: He Cares about Your Heart by Dana K. White Jesus Wept: Seven Popes and the Battle for the Soul of the Catholic Church by Philip Shenon

Kabbalah for Dummies by Arthur Kurzweil

Sayings of the Buddha: The Classic Guide to His Teachings by F. Max Müller Trauma Aware: A Christian's Guide to Providing Help and Care by Eliza Huie

Wiccan Handbook: A Modern Guide to the Symbols, Spells and Rituals of Witchcraft by Susan Bowes

## DIY TITLES COMING IN FEBRUARY 2025

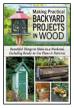
Introduction to Whitework Embroidery with Colour: 10 Stunning Projects with Reusable Iron-On Transfers by Trish Burr

Making Practical Backyard Projects in Wood: Beautiful Things to Make in a Weekend, Including Ready-To-Use Plans & Patterns by Alan & Gill Bridgewater

No-Sew Mini Amigurumi: 40 Crochet Patterns for Super Cute, Super Small Plushies by Genna Tatu Punch Needle Rug Hooking Handbook: Techniques & Playful Projects by Crystal Ross School of Quilting (with Lay-Flat Binding): The Definitive Guide to All Things Patchwork by Jessica Ahlstrand Kwan

Secret Public: How Music Moved Queer Culture from the Margins to the Mainstream by Jon Savage Sewing Guide to Cancer (or Other Very Annoying Long Term Illnesses): Useful Craft Projects for Patients and Caregivers by Heather Grant















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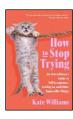


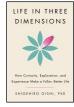
# Personal Growth Titles Coming in February 2025

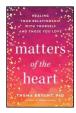




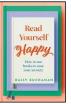


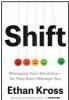














Fewer Rules, Better People: The Case for Discretion by Barry Lam

Gentle: Rest More, Stress Less, and Live the Life You Actually Want by Courtney Carver

**Grieving Body: How the Stress of Loss Can Be an Opportunity for Healing** by Mary-Frances O'Connor Happy Relationships: 25 Buddhist Practices to Transform Your Connections with Your Partner,

Family, and Friends by Kimberly Brown

How to Stop Trying: An Overachiever's Guide to Self-Acceptance, Letting Go, and Other Impossible Things by Kate Williams

**Life in Three Dimensions: How Curiosity, Exploration, and Experience Make a Fuller, Better Life** by Shigehiro Oishi

Matters of the Heart: Healing Your Relationship with Yourself and Those You Love by Thema Bryant Perfect Is Boring (and It Tastes Like Kale): Finding Belonging and Purpose Without Changing Who You Are by Jess Johnston

Read Yourself Happy: How to Use Books to Ease Your Anxiety by Daisy Buchanan

Shift: Managing Your Emotions--So They Don't Manage You by Ethan Kross

Stoicism 101: From Marcus Aurelius and Epictetus to the Role of Reason and Amor Fati, an Essential Primer on Stoic Philosophy by Erick Cloward

Sun & Ssukgat: The Korean Art of Self-Care, Wellness & Longevity by Michelle Jungmin Bang

### SCIENCE & NATURE TITLES COMING IN FEBRUARY 2025

**Booster Shots: The Urgent Lessons of Measles and the Uncertain Future of Children's Health** by Adam Ratner

Math Book: From Pythagoras to the 57th Dimension (Revised) by Clifford A. Pickover

Physics Book: From the Big Bang to Quantum Resurrection (Revised) by Clifford A. Pickover Tamed: From Wild to Domesticated, the Ten Animals and Plants That Changed Human History by

Alice Roberts

Treenotes: A Year in the Company of Trees by Nalini Nadkarni

