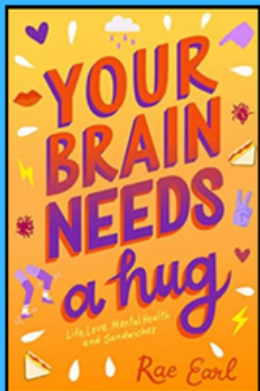
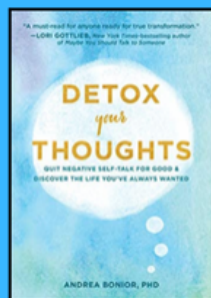
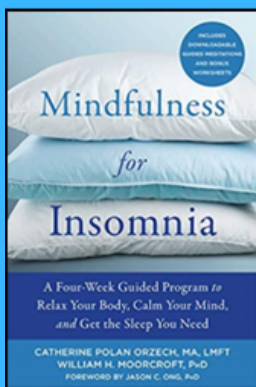


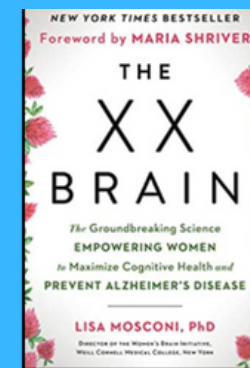
# New Books To Help You Get and Stay Healthy



- *Your Brain Needs a Hug: Life, Love, Mental Health and Sandwiches* by Rae Earl
- *Boys & Sex: Young Men on Hookups, Love, Porn, Consent, and Navigating the New Masculinity* by Peggy Orenstein
- *Mindfulness for Insomnia: A Four-Week Guided Program To Relax your Body, Calm Your Mind, and Get the Sleep You Need* by Catherine Polan Orzech and William H. Moorcroft
- *The XX Brain: The Groundbreaking Science Empowering Women To Maximize Cognitive Health and Prevent Alzheimer's Disease* by Lisa Mosconi



- *Detox Your Thoughts: Quit Negative Self-Talk for Good and Discover the Life You've Always Wanted* by Andrea Bonior



Take a look at the July edition of Health Beat, the health newsletter of the Meriden Public Library, for a list of 17 new health-related books. These and other items are available for check out and pick up curbside at the Meriden Public Library. Just call 203 238-2346