Summer Reading Challenge 2023
Adult’s Week 4:
Be Kind to Yourself

First, we make the beast beautiful
By: Sarah Wilson

the Myth of Normal
By: Gabor Maté
With Daniel Maté

Strangers to ourselves
By: Rachel Aviv

Radical Compassion
By: Angie Manfredi

Wherever You Go There You Are
By: Jon Kabat-Zinn

Self-Compassion
By: Kristen Neff

Atlas of the Heart
By: Brené Brown

Bittersweet
By: Susan Cain
Phosphorescence
By: Julia Baird

Enchantment
By: Katherine May

Basic Witches
By: Jaya Saxena & Jess Zimmerman