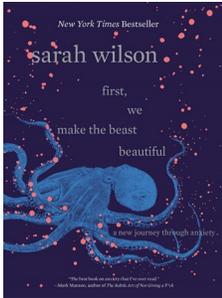
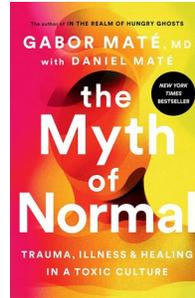


# Summer Reading Challenge 2023

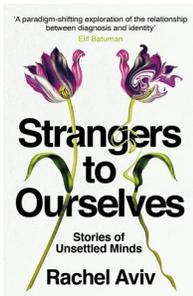
## Adult's Week 4: Be Kind to Yourself



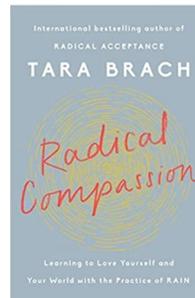
*First, we make the beast beautiful*  
By: Sarah Wilson



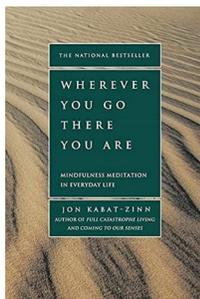
*the Myth of Normal*  
By: Gabor Maté  
With Daniel Maté



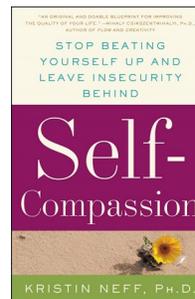
*Strangers to ourselves*  
By: Rachel Aviv



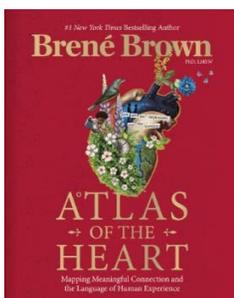
*Radical Compassion*  
By: Angie Manfredi



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



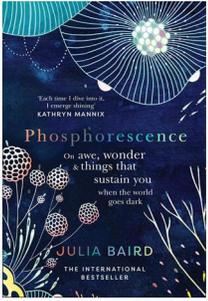
*Self-Compassion*  
By: Kristen Neff



*Atlas of the Heart*  
By: Brené Brown



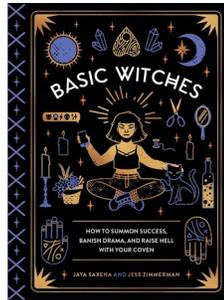
*Bittersweet*  
By: Susan Cain



***Phosphorescence***  
**By: Julia Baird**



***Enchantment***  
**By: Katherine May**



***Basic Witches***  
**By: Jaya Saxena  
& Jess Zimmerman**

