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Featured Bookshelf: 2017 Resolutions

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For the month of January, the UCF Libraries Bookshelf is celebrating books which help you make and keep (and sometimes ignore) resolutions. These are our faculty and staff choices for starting the new year off in the best ways possible.

Clear your Clutter with Feng Shui by Karen Kingston

<http://www.worldcat.org/oclc/40267553>

In this revised and updated edition of her classic, bestselling book, Karen Kingston draws on her wealth of experience as a clutter clearing, space-clearing, and feng shui practitioner to show you how to transform your life by letting go of clutter. Her unique approach lies in understanding that clutter is stuck energy that has far-reaching physical, mental, emotional, and spiritual effects. You'll be motivated to clutter clear as never before when you realize just how much your junk has been holding you back!

Suggested by Sandy Avila, Subject Librarian.

Fat is the New 30: the sweet potato queens' guide to coping with (the crappy parts of) Life by Jill Connor Browne

<http://www.worldcat.org/oclc/775410440>

The Sweet Potato Queens® are back and bawdier than ever in Southern belle extraordinaire Jill Conner Browne's ninth edition of the hysterical series. Having experienced pretty much ALL of the crappy parts of life, Browne feels it is her duty to render whatever assistance she can to her fellow sufferers -- and she does so in her own inimitable fashion.

Suggested by Megan Haught, Teaching & Engagement/Research & Information Services

Getting Things Done: the art of stress-free productivity by David Allen

<http://www.worldcat.org/oclc/51540420>

In today's world, yesterday's methods just don't work. In Getting Things Done, veteran coach and management consultant David Allen shares the breakthrough methods for stress-free performance that he has introduced to tens of thousands of people across the country. Allen's premise is simple: our productivity is directly proportional to our ability to relax. Only when our minds are clear and our thoughts are organized can we achieve effective productivity and unleash our creative potential.

Suggested by Mary Rubin, Special Collections & University Archives

How Clean is Your House? by Kim Woodburn & Aggie MacKenzie

<http://www.worldcat.org/oclc/56473246>

Two housekeeping experts share trade secrets and inventive cleaning solutions for every room in the house, presenting a "filth" questionnaire, dozens of do's and don'ts, before-and-after photographs, and ingenious home remedies.

Suggested by Megan Haught, Teaching & Engagement/Research & Information Services

How to Deal with Adversity by Christopher Hamilton

<http://ucf.catalog.fcla.edu/permalink.jsp?29CF033085184>

In *How to Deal with Adversity*, Christopher Hamilton explores how we face trials and tribulations in everyday life, and why adversity, from small setbacks to larger, more life-defining problems, affects and shapes us so fundamentally. Drawing upon history, philosophy and science, Chris looks at examples of adversity in contexts such as family, illness and friendship, and reflects on how we can best deal with the challenges of life. He invites us to think carefully about the human process of suffering and endurance and offers practical suggestions for facing adversity head on, wherever we encounter it.

Suggested by Joanie Reynolds, Interlibrary Loan & Document Delivery Services

Practical Feng Shui for your workplace: making the most of your workplace for harmony, prosperity and success by Albert Low

<http://ucf.catalog.fcla.edu/permalink.jsp?29CF030030136>

Feng Shui is the ancient Chinese art of studying the unseen forces emitted by the elements of water, earth, wood, fire and metal. The force exerts a profound influence on us and have a certain magnetic property which not only controls our physical well-being but also our mental wellbeing.

Suggested by Sandy Avila, Research & Information Services

Quiet: the power of introverts in a world that can't stop talking by Susan Cain

<http://ucf.catalog.fcla.edu/permalink.jsp?29CF030647433>

This book demonstrates how introverted people are misunderstood and undervalued in modern culture, charting the rise of extrovert ideology while sharing anecdotal examples of how to use introvert talents to adapt to various situations.

Suggested by Karli Mair, Teaching & Engagement

Talent is Overrated: what really separates world-class performers from everybody else by Geoff Colvin

<http://ucf.catalog.fcla.edu/permalink.jsp?29CF032102310>

According to distinguished journalist Geoff Colvin, both the hard work and natural talent camps are wrong. What really makes the difference is a highly specific kind of effort-"deliberate practice"-that few of us pursue when we're practicing golf or piano or stockpicking. Based on scientific research, *Talent is Overrated* shares the secrets of extraordinary performance and shows how to apply these principles. It features the stories of people who achieved world-class greatness through deliberate practice-including Benjamin Franklin, comedian Chris Rock, football star Jerry Rice, and top CEOs Jeffrey Immelt and Steven Ballmer.

Suggested by Megan Haught, Teaching & Engagement/Research & Information Services

The Art of Happiness by His Holiness the Dalai Lama and Howard Cutler

<http://www.worldcat.org/oclc/39223562>

Through conversations, stories, and meditations, the Dalai Lama shows us how to defeat day-to-day anxiety, insecurity, anger, and discouragement. Together with Dr. Howard Cutler, he explores many facets of everyday life, including relationships, loss, and the pursuit of wealth, to illustrate how to ride through life's obstacles on a deep and abiding source of inner peace. Based on 2,500 years of Buddhist meditations mixed with a healthy dose of common sense, The Art of Happiness is a book that crosses the boundaries of traditions to help readers with difficulties common to all human beings. After being in print for ten years, this book has touched countless lives and uplifted spirits around the world.

Suggested by Rosie Flowers, Teaching & Engagement

The day I ate whatever I wanted : and other small acts of liberation by Elizabeth Berg

<http://ucf.catalog.fcla.edu/permalink.jsp?29CF022059909>

A compelling anthology of short fiction, including eleven never-before-published pieces, explores the lives of women breaking free of the convention that controls their lives, in a collection that includes "Returns and Exchanges," "Over the Hill and Into the Woods," and the title story, about a woman who goes on a happiness binge after ditching Weight Watchers.

Suggested by Meredith Semones, Research & Information Services: "A fun read, especially the title story."

The Now Habit: the Fiore productivity program for overcoming procrastination and enjoying guilt-free play by Neil Fiore

<http://www.worldcat.org/oclc/901872498>

Featuring a new introduction and a new section providing strategies to understand and deal with the role technology plays in procrastination today, THE NOW HABIT offers a comprehensive plan to help readers lower their stress and increase their time to enjoy guilt-free play. Dr. Fiore's techniques will help any busy person start tasks sooner and accomplish them more quickly, without the anxiety brought on by the negative habits of procrastination and perfectionism.

Suggested by Ven Basco, Subject Librarian

The Power of Habit: why we do what we do in life and business by Charles Duhigg

<http://ucf.catalog.fcla.edu/permalink.jsp?29CF027030288>

In *The Power of Habit*, Pulitzer Prize–winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives.

Suggested by Meg Scharf, Administration; Cynthia Kisby, Administration ; and Athena Hoepfner, Acquisitions & Collections