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	Power Foods: 150 Delicious Recipes with the 38 Healthiest Ingredients: A Cookbook	Stewart, Martha & Whole Living	Cookbook
	Good Lookin' Cookin': A Year of Meals, A Lifetime of Family, Friends and Food	George Parton, Rachel & Parton, Dolly	Cookbook
	Half Baked Harvest Quick & Cozy: A Cookbook	Gerard, Tieghan	Cookbook
	The House of my Mother: A Daughter's Quest for Freedom	Franke, Shari	Memoir, Cults
	Cher: The Memoir, Part One	Cher	Memoir, Music
	Something Lost, Something Gained: Reflections on Life, Love, and Liberty	Clinton, Hillary Rodham	Memoir, Politics
	Taylor Swift: the Stories Behind the Songs	Zaleski, Annie	Music, Biography
	The Serviceberry: Abundance and Reciprocity in the Natural World	Wall Kimmerer, Robin	Nature Writing, Indigenous
	The Intuitive Eating Treatment Manual: An Essential Guide for Nutrition and Mental Health Professionals	Burnette, Blair PhD	Self-Help, Health

Good Energy: The Surprising Connection Between Metabolism and Limitless Health	Means, Casey MD	Self-Help, Health
Breaking Trauma Bonds With Narcissists and Psychopaths: Stop the Cycle of Manipulation, Exploitation, and Abuse in Your Romantic Relationships	Arabi, Shahida MA	Self-Help, Psychology
Self Help: This is Your Chance to Change Your Life	Bernstein, Gabrielle	Self-Help, Psychology
Toxic Striving: Why Hustle and Wellness Culture Are Leaving Us Anxious, Stressed and, Burned Out and How to Break Free	Freedman- Diamond, Paula PSYD	Self-Help, Psychology
How to Grieve What We've Lost: Evidence- Based Skills to Process Grief and Reconnect With What Matters	Harris, Russ; Kennedy, Alexandra, et. al	Self-Help, Psychology
The Let Them Theory: A Life-Changing Tool That Millions of People Can't Stop Talking About	Robbins, Mel	Self-Help, Psychology
When Pan!c Happens: Short-Circuit Anxiety and Fear in the Moment Using Neuroscience and Polyvagal Theory	Schaeffer, Charles PhD	Self-Help, Psychology
Releasing Toxic Anger for Women: Somatic Practices and CBT Skills to Transform Negative Thoughts, Soothe Stress and Stay True to Yourself	Wilner, Karyne B. PSYD	Self-Help, Psychology
We Who Wrestle With God: Perceptions of the Divine	Peterson, Jordan B.	Self-Help, Spirituality
Framed: Astonishing True Stories of Wrongful Convictions	Grisham, John & McCloskey, Jim	True Crime