

New library books

SECTION: PERSPECTIVE; BOOKS; Pg. 15A

LENGTH: 284 words

The following new self-help books are available at the Tecumseh branch of the Allen County Public Library:

*"The Happiness Trap: How to Stop Struggling and Start Living"

By Russ Harris

This book draws on the principles and practices of Acceptance and Commitment Therapy to explain how to overcome common emotional problems and handle painful feelings, escape self-defeating habits and rise above fears, insecurities and doubts.

*"Moving Forward: Taking the Lead in Your Life"

By David J. Pelzer

Drawing on his own personal history as well as his experience helping others, the author teaches readers how to harness the strength of surviving past negative experiences and use that empowerment to live their lives according to their values.

*"What Now?"

By Ann Patchett

An inspirational primer based on the author's 2006 commencement address at Sarah Lawrence College discusses how to manage life's crossroads, recounts times of struggle from her own life, and celebrates the benefits of not knowing what is to come.

*"Why **Mars & Venus Collide**: Improving Relationships by Understanding How Men and Women Cope Differently With Stress"

By **John Gray**

The author of "Men Are from **Mars**, Women Are from Venus" outlines positive strategies for maintaining healthy relationships in spite of stressful professional lives and polarizing gender differences, in an accessible guide that explains how biological factors play a key role in conflict.

*"Midlife Manual for Men: Finding Significance in the Second Half"

By Stephen Arterburn

A book that examines the roles men have in life, including husband, father and provider and then gives men in midlife the tools to make the rest of their lives meaningful.

- Allen County Public Library