

Show Notes

In this episode

Literacy Coordinator Sarai de Jesus and Program Specialist Lesley Hinojosa welcome the new year! In this episode they discuss goals, organization, and librarian Sharon Granado tells us about Hygge. They recommend their favorite motivational and self help books. Tune in and Happy New Year!

How do you celebrate the new year? Do you have any particular traditions? How do you set goals for the new year? All of this and more is discussed in this podcast!

Books Recommended

[The little book of hygge : Danish secrets to happy living](#)

The Danes are famously the happiest people in the world, and hygge is a cornerstone of their way of life. Hygge (pronounce Hoo-ga) loosely translates as a sense of comfort, togetherness, and well-being. You know hygge when you feel it.

For Motivation

[Becoming](#) by Michelle Obama

In a life filled with meaning and accomplishment, Michelle Obama has emerged as one of the most iconic and compelling women of our era. As First Lady of the United States of America, she helped create the most welcoming and inclusive White House in history. With unerring honesty and lively wit, she describes her triumphs and her disappointments, both public and private. A deeply personal reckoning of a woman of soul and substance who has steadily defied expectations.

[The Alchemist](#) by Paulo Coelho

Combining magic, mysticism, wisdom and wonder into an inspiring tale of self-discovery, The Alchemist has become a modern classic, selling millions of copies around the world and transforming the lives of countless readers across generations.

For Organization

[The life-changing magic of tidying up : the Japanese art of decluttering and organizing](#) by Marie Kondo

Presents a guide to cleaning and organizing a living space, discussing best methods for decluttering and the impact that an organized home can have on mood and physical and mental health. - (Baker & Taylor)

For Fun

[Why not me?](#) By Mindy Kaling

The star of "The Mindy Project" presents a collection of personal essays, observations, fears, and advice on everything from prisoner fan mail to celebrity interactions. - (*Baker & Taylor*)