



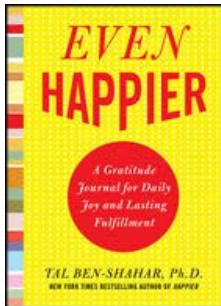
# Maplewood Memorial Library

## Love Your Life

a non-fiction book club

*created to help women feel good about themselves, to cope with challenging situations, and to feel more in charge of their lives*

- The club meets once a month for discussions facilitated by local professionals.
- The discussions will focus on key points in the books and how they can help your life.
- A list of related reading and internet resources will be provided each month.
- Even if you don't read the month's selection, you are welcome to attend!

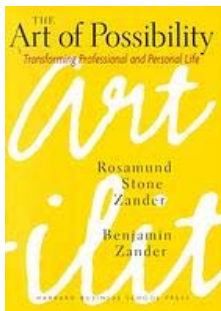


### January 13: Even Happier, by Tal Ben-Shahar

In this week-by-week guided journal, Tal Ben-Shahar offers a full year's worth of exercises to inspire happiness every day. Using the groundbreaking principles of positive psychology that he taught in his wildly popular course at Harvard University and that inspired his worldwide bestseller Happier, Ben-Shahar has designed a series of tools and techniques to enable us all to find more pleasure and meaning in our lives.

**facilitated by Risa Olinsky, MA, Health and Wellness Coach**

7:15 pm in the Durand Room, Main Library

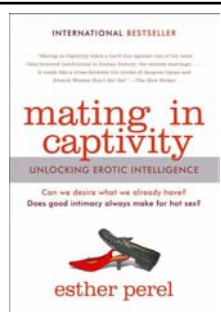


### February 10: The Art of Possibility: Transforming Professional and Personal Life, by Rosamund Stone Zander & Benjamin Zander

In this lively, sensible manual for turning life's obstacles into possibilities, the Zanders introduce various tools for transformation, drawing on their extensive experiences with musicians, students and patients in therapy

**facilitated by Donna Gerhauser**

7:15 pm in the Durand Room, Main Library



### March 10: Mating in Captivity:

**Unlocking Erotic Intelligence, by Esther Perel**

Developed originally from an article she wrote on "erotic intelligence," psychotherapist Perel's first book sets forth a thesis for today's couples that is as revelatory as it is straightforward.

**facilitated by Harlene Goldschmidt, PhD**

7:15 pm in the Durand Room, Main Library

Books may be borrowed from the library or purchased at a discount from **words bookstore**. Programs are free and open to the public. No registration necessary. For more information contact Joanne at 973-762-1622 ext. 5013