Feeling overwhelmed right now? Worrying more?

Here are some titles we have in e-book and/or e-audiobook format on the Overdrive platform that can help! Easiest access is via the Libby app, available for Apple and Android devices.

**E-books:**

- *Meditation for Fidgety Skeptics* by Dan Harris
- *The Places That Scare You* by Pema Chodron
- *When Things Fall Apart* by Pema Chodron
- *Comfortable With Uncertainty* by Pema Chodron
- *Resilient* by Rick Hanson
- *How to Relax* by Thich Nat Hanh
- *Walking Meditation* by Thich Nat Hanh
- *Calming the Rush of Panic* by Bob Stahl
- *50 More Ways to Soothe Yourself Without Food* by Susan Albers
- *Resilience* by Eric Greitens

**e-Audiobooks:**

- *Learn to Relax* by C. Eugene Walker
- *Meditation for Fidgety Skeptics* by Dan Harris
- *The Places That Scare You* by Pema Chodron
- *When Things Fall Apart* by Pema Chodron
- *Resilient* by Rick Hanson
- *How to Relax: Guided Relaxation* by John Mac, Stuart Walker
- *50 More Ways to Soothe Yourself Without Food* by Susan Albers

Plus others!

Need help with Overdrive or the Libby app? Check out the Overdrive help section of the [stayconnectedwithchescolibraries.wordpress.com](http://stayconnectedwithchescolibraries.wordpress.com) blog

Need help with your library card, or need a library card? Email your name and address to [cardhelp@ccls.org](mailto:cardhelp@ccls.org) for assistance.