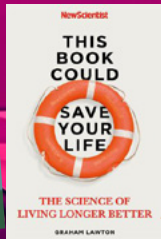


JANUARY 2025

RECOMMENDED READS, MOVIES & MORE!

10 Inspiring Books for Self-Betterment in 2025



Vaughan
Public Libraries

FOR ADULTS

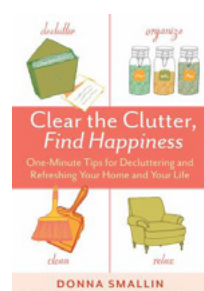
10 Inspiring Books for Self-Betterment in 2025



Ancient Wisdom for Modern Living

by Alexander, Jane

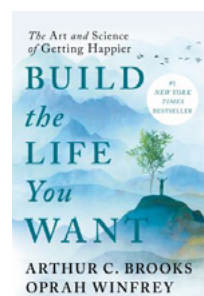
Explore ancient wisdom on your path to healing and fulfilment. Looking into nutrition, body, emotions, and spirituality, this book provides you with a holistic perspective for achieving inner peace.



Clear the Clutter, Find Happiness

by Smallin, Donna

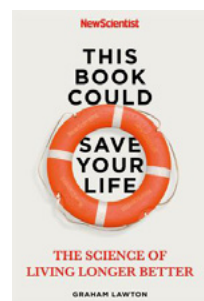
An expert organizer, Donna Smallin provides a guide to cleaning up your home with many tips and tricks to make clutter-busting quicker and easier.



Build the Life You Want

by Brooks, Arthur C.

Don't wait for the world to change around you. Combining their years of wisdom and experience, Arthur C. Brooks and Oprah Winfrey come together to help guide you through bettering your life now.



This Book Could Save your Life

by Lawton, Graham

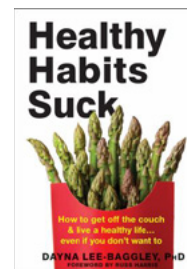
Take control of your well-being with this comprehensive guide that explores personal health and wellness, from which exercises will work for you to how to get the best night's sleep.



How to Keep House While Drowning

by Davis, KC.

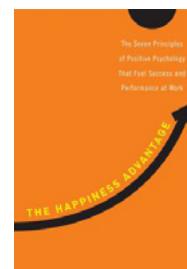
A practical yet compassionate guide to tidying up your life and helping you break the cycle of stress and mess.



Healthy Habits Suck

by Lee-Baggley, Dayna

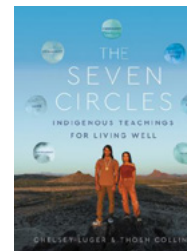
Perfect for those who find it hard to develop healthy habits, this science-based yet humorous guide can help you develop good habits that will be easy to stick to.



The Happiness Advantage

by Achor, Shawn

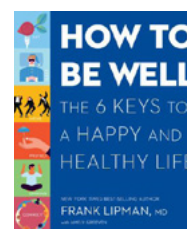
This bestseller delves into how you can have a more fulfilling life by exploring what it means to you to achieve happiness.



The Seven Circles

by Luger, Chelsey

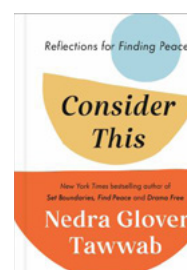
This thought-provoking holistic guide to physical, emotional, and spiritual well-being is rooted in Indigenous knowledge.



How to Be Well

by Lipman, Frank

Comprised of six circular rings, the Good Medicine Mandala contains hundreds of small steps to improve your overall health and achieve lifelong wellness.



Consider This

by Tawwab, Nedra Glover

This thoughtful book provides you with small insights to help you better understand yourself, focus on what matters most in your life, and find your inner peace.

9 New Movies for When You Want to Stay In



Thelma

June Squibb knocks it out of the park in this crowd-pleasing action movie about a grandmother tracking down her scammer. Can you believe it's her first leading role in 70 years of acting?



The Boy and the Heron

The latest Studio Ghibli film follows Mahito Maki as he grieves the loss of his mother in World War Two Japan. It features the studio's distinctive animation style and a talking heron, of all things.



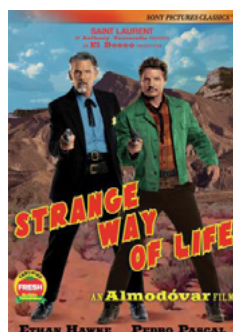
Challengers

Luca Guadagnino's (Call Me By Your Name) most recent release has Zendaya playing a tennis prodigy who suffers a career-ending injury.



The Teachers' Lounge

This German drama/thriller is a tense look into the high school setting. When Carla Nowak defends a student accused of theft, she's at the centre of a firestorm in her school.



Strange Way of Life

Pedro Pascal and Ethan Hawke subvert the Western genre with this 31 minute, romantic short.



Which Brings Me to You

A romantic comedy with an eye toward realism. Jane and Will have had many relationships that didn't pan out, the memory of which lingers, but finding each other could be the fresh start they both need.



Babes

This hilarious new comedy from writer/star Ilana Glazer (Broad City) and director Pamela Adlon (voice of Bobby on King of the Hill and star of Californication) follows two best friends who encounter motherhood in their own ways.



Problemista

For a surreal look into the world of an up-and-coming toy designer from El Salvador, check out Problemista. Tilda Swinton and Isabella Rossellini make appearances.



Animation Night in Canada

An exciting collection of Academy Award-nominated, animated short films from the National Film Board of Canada. Ranging from 1965-1985, these shorts demonstrate the vital influence of the NFB on the medium itself.

FOR TEENS

9 Stormy Winter Reads



Frozen

by Melissa De La Cruz

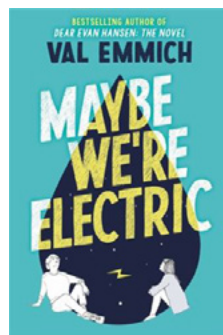
The first in the Heart Of Dred series, set in a futuristic Las Vegas that is covered in snow and ice, Nat Kestal wants to go to the mythical land of sunshine known as "the Blue," but to escape, Nat will need the help from a vigilante group.



Snow Fairy

by Tomo Serizawa

In this graphic novel, sophisticated and outgoing city slicker Narumi and country boy Haruki have a lot to learn from one another. After a winter spent so close together, what will the spring thaw bring?



Maybe We're Electric

by Val Emmich

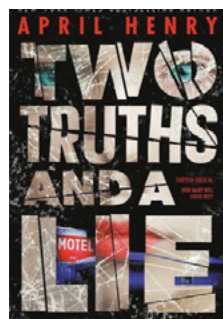
Being cooped up in a museum during a snowstorm may bring romance between two teenagers or tear them apart when secrets are revealed.



Five Total Strangers

by Natalie D. Richards

Desperate to reach her grieving mother, Mira's drive home with a group of strangers during a storm is not the only danger she will face.



Two Truths and a Lie

by April Henry

A game of truth and lies turns dangerous when a troupe of theatre students get stranded during a blizzard.



Snow Drowned

by Jennifer D. Lyle

A big storm is arriving on Fall Island and a murder has been uncovered among all the snow and ice! What can Gracie Hutchinson do to uncover the terrifying truth and stay alive?



The Bitter End

by Alexa Donne

A blizzard traps a group of teens in a remote ski cabin. Tensions rise, secrets and betrayals are revealed, and when classmates begin to die, the group must uncover the killer among them to survive.



You Can Go Your Own Way

by Eric Smith

Adam and Whitney find themselves trapped in an arcade during a snowstorm, and the tension between them seems to melt away, leaving something else in its place.



Kiss Me in New York

by Catherine Rider

Opposites attract in this rom-com set at Christmas time. Two strangers take on New York City and maybe a new relationship, the more time they spend together.

FOR KIDS

9 Snowy Picture Books for Cozy Nights



Winter is Here

by Kevin Henkes

Winter is reaching through the trees and settling everywhere. Beautifully illustrated, the book captures the charming sights and sounds of the season.



Snow Days

by Deborah Kerbel

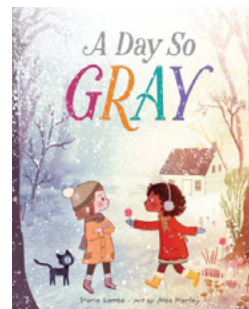
With rhyming text and vibrant artwork, this sweet book explores the various types of snow and the magic of winter activities through a child's eyes.



A Loud Winter's Nap

by Katy Hudson

Tortoise believes that the best way to spend winter is by taking a long nap. Let's find out if his animal friends will be able to make him change his mind.



A Day So Gray

by Marie Lamba

There is so much colour and beauty hidden in a grey winter day! Engaging and thought-provoking, the story follows two friends as they discover joy in the smallest things.



Winter Cats

by Janet Lawler

Despite his parents' warning that outdoor cats are wild, Willy decides to go out and join their festive games. A heartwarming story about making friends.



Winter Dance

by Marion Dane Bauer

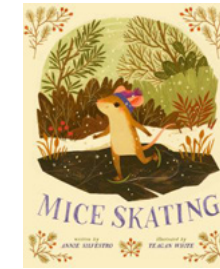
Fox wonders what he should do in wintertime. He receives some exciting suggestions, but none of them seem to work for him. Will another fox help him find the perfect solution?



All Right Already!

by Jory John

Duck is thrilled to go outside and play with the snow, but Bear prefers to stay indoors. A hilarious story about two friends with contrasting personalities.



Mice Skating

by Annie Silvestro

Lucy loves the feeling of snow and all the delights of winter, but her friends are scared of the cold. Will Lucy find a way to make them leave their warm and cozy shelter?



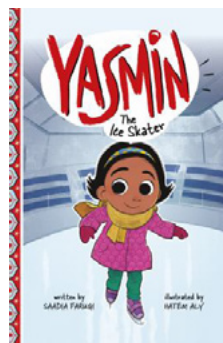
The Wish Tree

by Kyo Maclear

Touching on themes of kindness and perseverance, this tender story follows Charles and his faithful toboggan as they embark on a winter adventure to find the wish tree.

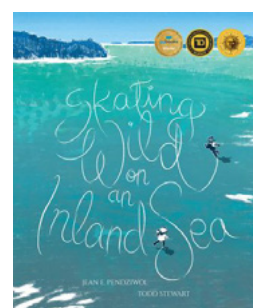
FOR KIDS

8 Ski, Skate and Snowboard into Winter!



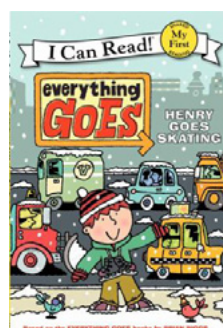
Yasmin the Ice Skater

by Saadia Faruqi
Join Yasmin as she learns how to skate.
Not easy, but fun!



Skating Wild on An Island Sea

by Jean Pendziwol
Skate free and wild with this book that describes what it feels like to skate on a frozen Lake Superior.



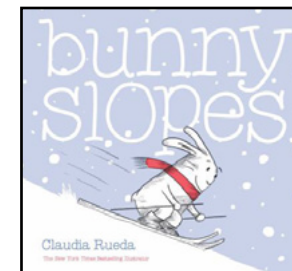
Henry Goes Skating

by B.B. Bourne
Cold weather and snow bring the perfect conditions for skating! Henry spends his day skating at the local rink.



Spy Sky School

by Stuart Gibbs
Ben is a spy student on a mission that takes him to the slopes!



Bunny Slopes

by Claudia Rueda
Can bunnies ski? Help Bunny stay on course as he skies down the slope.



Snowboarding Surprise

by Jake Maddox
An injury introduces a young gymnast to the sport of snowboarding. Which sport will reign supreme?



Extreme Babymouse

by Jennifer L. Holm
Babymouse is taking to the slopes to learn how to snowboard.



Battle of the Snowboarders

by Sonia Sander
A snow monster is sabotaging the big snowboarding race! How can everyone work together to stop it?

FRENCH

8 Lecture inspirantes

Thought-provoking & Inspiring Reads



Florence Nightingale

par Maria Isabel Sánchez Vegara

Le parcours inspirant de Florence Nightingale, dont le dévouement a révolutionné à jamais les soins de santé hospitaliers. Pour les enfants d'âge scolaire. / *The inspiring story of Florence Nightingale, whose dedication forever revolutionized hospital healthcare. For school-aged children.*



L'écureuil

par Tatsu Nagata

Les animaux peuvent être une source d'inspiration. Plongez dans cette découverte humoristique de la vie et des moeurs de l'écureuil. Pour les enfants d'âge scolaire. / *Animals can be a source of inspiration. Dive into this humorous discovery of the life and habits of the squirrel. For school-aged children.*



Moi, Quentin Rubio, chêne guide

par Bertrand Laverdure

Un récit unique provenant d'un chêne rouge sur le mont Royal à Montréal, guidant votre promenade parmi les arbres. Pour les enfants d'âge scolaire. / *A unique narrative from a red oak on Montreal's Mount Royal, guiding your tree walk. For school-aged children.*



Joséphine Baker : une artiste en lutte pour la liberté

par Stéphanie Ledu

La vie de Joséphine Baker, artiste franco-américaine, célèbre chanteuse et danseuse, résistante et défenseure des droits humains. Pour les enfants d'âge scolaire. / *The life of Josephine Baker, Franco-American artist, famous singer and dancer, resistance fighter and human rights activist. For school-aged children.*



La Lune

par Sanlyn Buxner

Soyez inspirés par la Lune, en apprenant au sujet de ses origines, ses phases, son apparence ou encore comment les humains projettent d'y vivre dans le futur. Pour les enfants d'âge scolaire. / *Be inspired by the Moon, learning more about its origins, phases, appearance and how humans plan to live there in the future. For school-aged children.*



La vie secrète des arbres

par Fred Bernard

Une adaptation unique, un voyage à travers la vie incroyable de Peter Wohlleben. Pour adultes. / *A unique adaptation, a journey through the incredible life of Peter Wohlleben. For adults.*



Chroniques d'une main tendue

par Nathalie Plaat

Une collection de textes et témoignages émouvants sur la santé mentale, publiés initialement dans le journal « Le Devoir ». Pour adultes. / *A collection of heart-felt texts and testimonials on mental health, originally published in "Le Devoir" newspaper. For adults.*



Devenir

par Michelle Obama

L'histoire de Michelle Obama, de son enfance à Chicago à son rôle de Première Dame, met en lumière la croissance, la persévérance et la résilience. Pour adultes. / *Michelle Obama's story, from her childhood in Chicago to her role as First Lady, highlights growth, perseverance and resilience. For adults.*



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