

## **New Year's Resolutions? Let the library help.**

It's that time of year again. The holiday celebrations are over, the ball has dropped, and we're looking ahead to another new year full of possibilities. Perhaps you're not the type to make New Year's resolutions, or maybe you keep a list of your yearly goals so you can check each one off as it's accomplished. Whatever your method, why not let the library help you achieve your objectives for 2011?

Every year, one of the most popular New Year's resolutions is to lose weight and exercise more. If you're trying to eat healthier, pick up one of our cookbooks like "The Flat Belly Diet! Family Cookbook" by Sally Kuzemchak or "How to Feed your Whole Family a Healthy, Balanced Diet" by Gill Holcombe. Or maybe you're looking for a book with diet tips and plans like "The Mayo Clinic Diet" or "Fat Families, Thin Families: how to Save your Family from the Obesity Trap" by Amy Hendel.

For exercise, try out one of our many workout DVDs like "Pilates Complete for Weight Loss," "More Yoga for the Rest of Us," "Billy Blanks' Tae Bo," or "The Biggest Loser: the Workout." From belly dancing to strength training, there is a wide array of workout videos available at all the library branches.

Another common area for making resolutions is personal finance. Pick up a book like "The Millionaire Next Door" by Thomas J. Stanley or "Total Money Makeover" by Dave Ramsey for some tips on saving and investing. Keep an eye on your stocks and mutual funds with our subscriptions to Morningstar and Valueline. For ideas on frugal living try "Thrifty: Living the Frugal Life with Style" by Marjorie Harris or "The Cheapskate Next Door: the Surprising Secrets of Americans Living Happily Below their Means" by Jeff Yeager.

Perhaps you're looking to reduce your stress in the coming year. Getting organized might help. Try "What's a Disorganized Person to do?" by Stacey Platt or "Throw out Fifty Things: Clear the Clutter, Find your Life" by Gail Blanke. Possibly a new hobby could help you relax. We've got books on quiet, indoor hobbies like "The Joy of Scrapbooking" by Kerry Arquette or "Martha Stewart's Encyclopedia of Crafts" and books on outdoor activities like "100 Classic Hikes in North Carolina" by Joe Miller or "The Joy of Geocaching" by Paul and Dana Gillin

Or maybe you're determined to go back to school to continue your education. The library has books on the GED, SAT, GRE, LSAT, and more; and through NC Live, you can access online practice tests for all of those plus a wide variety of other topics such as cosmetology, computer skills, US citizenship and more.

No matter what your goals for the coming year, the library is sure to have something that can help. Stop by any of our branches and check out just how much we have to offer.

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