

USE YOUR LOCAL AND VIRTUAL MCCS LIBRARY TO BUILD YOUR

SOCIAL FITNESS



1. **The Good Life: Lessons from the World's Longest Scientific Study of Happiness**

Author(s): Robert Waldinger, MD, & Marc Shulz, PhD

What makes a life fulfilling and meaningful? The simple but surprising answer is: relationships. The stronger our relationships, the more likely we are to live happy, satisfying, and healthier lives. In fact, the Harvard Study of Adult Development reveals that the strength of our connections with others can predict the health of both our bodies and our brains as we go through life.

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2. **I Am! Affirmations of Resilience**

Author(s): Bela Barbosa & Edel Rodriguez

A stunningly illustrated guide to simple affirmations for young children, building self-esteem and confidence.

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3. **Mindfulness and Self-Compassion for Teen ADHD: Build Executive Functioning**

Author(s): Mark Bertin & Karen Bluth

A powerful and compassionate guide for cultivating self-confidence, independence, and the executive functioning skills you need to live your best life!

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4. **Find Your People: Building Deep Community in a Lonely World**

Author(s): Jennie Allen

The author of *Get Out of Your Head* offers practical solutions for creating true community, the kind that's crucial to our mental and spiritual health.

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5. **Start with Hello, And Other Simple Ways to Live as Neighbors**

Author(s): Shannan Martin

A simple path to a more deeply connected life. You want more. You want to belong to a community that looks out for each other. You believe in your bones we don't have to live detached, distracted, and divided. The question is, How?

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