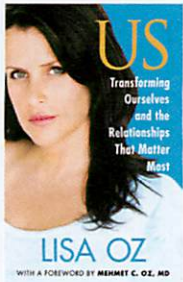


# best finds

## Summer Reads

Best-self books to toss in your beach bag

By India Powell and Helena Adams



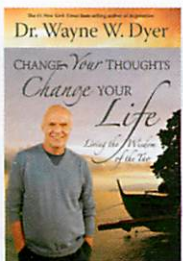
### 1 **US: Transforming Ourselves and the Relationships that Matter Most** by

**Lisa Oz** (Scribner/Free Press; \$26), wife of popular TV doc Mehmet Oz, explores how our relationships, from intimate bonds to passing encounters, can affect our lives and the ability to form future rewarding connections. The book delves into the relationships with ourselves, other people and the Divine.



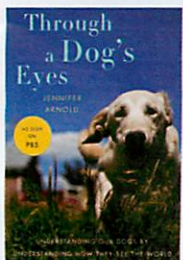
### 2 **Stand Taller Live Longer: An Anti-Aging Strategy** by

**Atlanta Dr. Steven Weiniger** (BodyZone Press; \$22.95) explores the negative effects of many Americans' increasingly sedentary lifestyles and how they impact their postures and bodies. Weiniger uses helpful images to guide readers through creating posture exercise routines that can prevent premature aging caused by the aches and pains that can be the result of a lifetime of bad posture and inactivity.



### 3 **Change Your Thoughts—Change Your Life: Living the Wisdom of the Tao** by

**Dr. Wayne W. Dyer** (Hay House; \$26.95) is a compilation of 81 distinct essays on ways to apply the ancient principles of the Tao Te Ching, written by Lao-Tzu, to modern life. Dr. Dyer devoted a year to immersing himself in the Tao, interpreting the teachings in a way that could help readers today live more balanced and harmonious lives.



### 4 **Through A Dog's Eyes** by

**Jennifer Arnold** (Spiegel & Grau Hardcover; \$25), founder of Canine Assistants, dismisses the popular dominance-based "alpha dog" methods of dog training, bringing to light the fear it instills in our pets and the dangers these methods can cause. Arnold draws from many real-life stories and shows how more positive methods of training can show better results while allowing the dogs to utilize their intelligence and natural abilities to fulfill the needs of their humans.



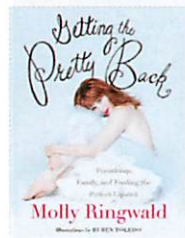
### Local Author 5 **My Mother's Clothes** by

**Jeannette Montgomery** (Barron (Welcome Books; \$24.95) is a sentimental, meaningful and, at times, heartbreaking memoir of her mother, Eleanor Morgan Montgomery Atuk, during the last five years of her life. Told in part through photos of personal items such as clothes and accessories, the photo diary was instrumental in keeping her mother's memories sparked and served as a way for Barron to cope with the devastation of her mother's downward spiral into Alzheimer's.



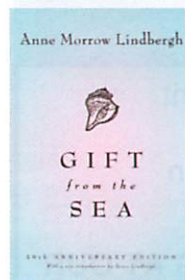
### 6 **The Art of Extreme Self-Care** by

**Cheryl Richardson** (Hay House; \$15.95), a long-standing Oprah staple, is dedicated to helping you recognize and change 12 behaviors that may be negatively impacting your life. The book is centered around the philosophy that when we care deeply for ourselves, we naturally begin to care for others—our families, our friends, our greater global community and the environment—in a healthier and more effective way.



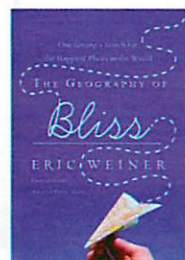
### 7 **Getting the Pretty Back: Friendship, Family and Finding the Perfect Lipstick** by

**Molly Ringwald** (Harper Collins; \$19.99) is chock full of fun, entertaining personal anecdotes about rites of passage and dealing with common real-life issues. Discussing topics ranging from motherhood to traveling, Ringwald proves herself to be the epitome of "fabulous at every age."



### 8 **Gift From The Sea** by

**Anne Morrow Lindbergh** (Pantheon; \$16), first published in 1955 as an intimate look at the inner thoughts of the late widow of Charles Lindbergh, examines many timeless themes such as love, marriage, youth and age. A vacation by the sea inspires Lindbergh to study the trappings of modern life, and its core truths still hold true today.



### 9 **The Geography of Bliss: One Grump's Search for the Happiest Places in the World** by

**Eric Weiner** (Hachette Book Group; \$25.99) follows the foreign correspondent for National Public Radio who, after years of traveling to some of the world's most prominently unhappy places, searches the globe to find some of its more unknown, tucked-away, contented locales. Full of inspired moments, this book sets out to accomplish a tricky task: to make you happier. ●