



2023 Bookclub Meetings (CEU Eligible)

2023 POLA Bookclub Meetings

Day & Time (6x per year):	6-7pm usually the <u>WEDNESDAY</u> after the chapter meeting, unless indicated.
Cost:	Via Zoom *Link sent the day-of *Bookclub is never recorded. CEUs are for participants only. *Free – Bookclub is for current NAPO-LA chapter members only
Prepare to Discuss:	To sign-up contact: pola@napo-la.org <ul style="list-style-type: none"> ✓ Your favorite section or quote from the book ✓ How this book impacted you ✓ How you'll introduce these concepts to your clients

MAR 1 “What Your Clutter Is Trying to Tell You: Uncover the Message in the Mess and Reclaim Your Life” by Kerri L. Richardson (128 pgs.)

With a practical, warm, and welcoming approach, lifestyle designer and coach Kerri Richardson guides you to accept your clutter as a natural manifestation of your mind, body, and spirit looking out for yourself. It is your soul calling out for you to invest in self-care and to face the fears holding you back from being your best self. Richardson dives into the most common categories of physical clutter and provides efficient and effective steps for clearing the space for your physical, mental, and spiritual well-being to flourish. But more than house and home, Richardson encourages you to clear out the clutter of relationships and habits that have been occupying your time and energy for too long. Actionable clutter-clearing activities provide the foundation of this achievable plan to maximize your house, home, and heart's potential.

APR 26 “The Power of Regret: How Looking Backward Moves Us Forward” by Daniel H. Pink (256 pgs.)

Everybody has regrets, Daniel H. Pink explains in *The Power of Regret*. They're a universal and healthy part of being human. And understanding how regret works can help us make smarter decisions, perform better at work and school, and bring greater meaning to our lives. Drawing on research in social psychology, neuroscience, and biology, Pink debunks the myth of the “no regrets” philosophy of life. He lays out the four core regrets that each of us has. These deep regrets offer compelling insights into how we live and how we can find a better path forward. As he did in his bestsellers *Drive*, *When*, and *A Whole New Mind*, Pink lays out a dynamic new way of thinking about regret and frames his ideas in ways that are clear, accessible, and pragmatic. Packed with true stories of people's regrets as well as practical takeaways for reimagining regret as a positive force, *The Power of Regret* shows how we can live richer, more engaged lives.

2023 POLA Bookclub Meetings *continued*

JUN 28 “Driven to Distraction (Revised): Recognizing and Coping with Attention Deficit Disorder” by Edward M. Hallowell M.D. and John J. Ratey M.D. (400 pgs.)

Groundbreaking and comprehensive, *Driven to Distraction* has been a lifeline to the approximately eighteen million Americans who are thought to have ADHD. Now the bestselling book is revised and updated with current medical information for a new generation searching for answers. Through vivid stories and case histories of patients—both adults and children—Hallowell and Ratey explore the varied forms ADHD takes, from hyperactivity to daydreaming. They dispel common myths, offer helpful coping tools, and give a thorough accounting of all treatment options as well as tips for dealing with a diagnosed child, partner, or family member. But most importantly, they focus on the positives that can come with this “disorder”—including high energy, intuitiveness, creativity, and enthusiasm.

JUL 26 “The Swedish Art of Aging Exuberantly: Life Wisdom from Someone Who Will (Probably) Die Before You (The Swedish Art of Living & Dying) By Margareta Magnusson (160 pgs.)

In her international bestseller *The Gentle Art of Swedish Death Cleaning* Margareta Magnusson introduced the world to the Swedish tradition of *döstädning*, or “death cleaning”—clearing out your unnecessary belongings so others don’t have to do it for you. Now, unburdened by (literal and emotional) baggage, Magnusson is able to focus on what makes each day worth living. In her new book she reveals her discoveries about aging—some difficult to accept, many rather wondrous. As with death cleaning, it’s never too early to begin. *The Swedish Art of Aging Exuberantly* shows all readers how to prepare for and understand the process of growing older and the joys and sorrows it can bring. While Magnusson still recommends decluttering (your loved ones will thank you!), her ultimate message is that we should not live in fear of death but rather focus on appreciating beauty, connecting with our loved ones, and enjoying our time together. Wise, funny, and eminently practical, this book is a gentle and welcome reminder that, no matter your age, there are always fresh discoveries ahead, and pleasures both new and familiar to be encountered every day.

SEPT 27 “The Myth of Multitasking: How “Doing It All” Gets Nothing Done (2nd Edition: Project Management and Time Management Skills) By Dave Crenshaw (224 pgs.)

Productivity and effective time management end with multitasking. The false idea that multitasking is productive has become even more prevalent and damaging to our productivity and well-being since the first edition of *The Myth of Multitasking* was published in 2008. In this revised and updated second edition, Crenshaw provides a solution for the chaos of distraction that multitasking creates—and a way to combat the temptation to constantly switch between tasks. Learn how to actually get things done. Crenshaw takes the idea of multitasking as a productivity tool and smashes it to smithereens. But rather than leaving you with the burden of wading through the wreckage all by yourself, he shows you how to focus, move forward, and free up more time for what you value the most.

2023 POLA Bookclub Meetings *continued*

NOV 15 “Set Boundaries, Find Peace: A Guide to Reclaiming Yourself” by Nedra Glover Tawwab (304 pgs.)

End the struggle, speak up for what you need, and experience the freedom of being truly yourself. Healthy boundaries. We all know we should have them--in order to achieve work/life balance, cope with toxic people, and enjoy rewarding relationships with partners, friends, and family. But what do "healthy boundaries" really mean--and how can we successfully express our needs, say "no," and be assertive without offending others? Licensed counselor, sought-after relationship expert, and one of the most influential therapists on Instagram Nedra Glover Tawwab demystifies this complex topic for today's world. In a relatable and inclusive tone, *Set Boundaries, Find Peace* presents simple-yet-powerful ways to establish healthy boundaries in all aspects of life. Rooted in the latest research and best practices used in cognitive behavioral therapy (CBT), these techniques help us identify and express our needs clearly and without apology--and unravel a root problem behind codependency, power struggles, anxiety, depression, burnout, and more.