

The easy way to get up and running with Windows 10!

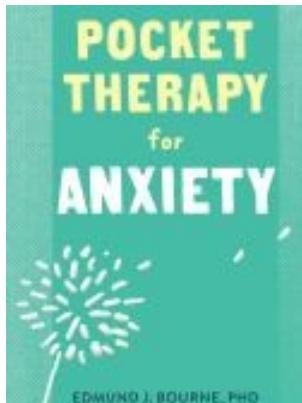
With Windows 10 For Seniors For Dummies , becoming familiarized with Windows 10 is a painless process. If you're interested in learning the basics of this operating system without having to dig through confusing computer jargon, look no further.

This book offers a step-by-step approach that is specifically designed to assist first time Windows 10 users who are over-50, providing easy-to-understand language, large-print text, and an abundance of helpful images along the way! ?

Protect your computer Follow friends and family online Use Windows 10 to play games and enjoy media Check your security and maintenance status

Step-by-step instructions are provided to ensure that you don't get lost at any point along the way.

[Check the online catalog to see if it's on the shelf.](#)



Quick, simple, and effective anxiety relief that fits right in your pocket--so you can manage your symptoms anytime, anywhere.

If you suffer from anxiety, you may try to avoid the situations that cause you to feel uneasy. But avoidance isn't the answer--and letting your fears and worries constantly hold you back will ultimately keep you from living the life you truly want. So, how can you learn to cope with your anxiety in the moment? This little book can help you face your fears and take charge of your anxiety--wherever or whenever it shows up.

From the author of *The Anxiety and Phobia Workbook* and *Coping with Anxiety* , *Pocket Therapy for Anxiety* offers immediate, user-friendly, and evidence-based strategies to help you manage anxiety, panic, and fear. The exercises in this book can be done in the moment, whenever you feel anxious, and will help you move past your fears and start living the life

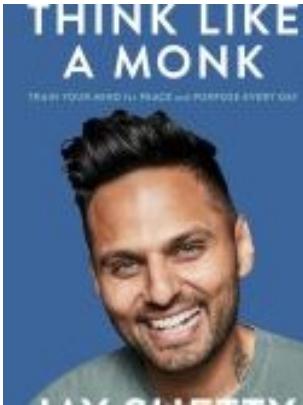
you were meant to live.

You'll learn to:

Relax your body and mind Stop expecting the worst Get regular exercise and eat right to stay calm Turn off worry and cope on the spot And much, much more...

Don't let anxiety keep you one step behind. This little book will show you how to face your fears, overcome panic when it happens, and take charge of your anxiety for good!

[Check the online catalog to see if it's on the shelf.](#)



Jay Shetty, social media superstar and host of the #1 podcast On Purpose , distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life.

When you think like a monk, you'll understand:

- How to overcome negativity
- How to stop overthinking
- Why comparison kills love
- How to use your fear
- Why you can't find happiness by looking for it
- How to learn from everyone you meet

-Why you are not your thoughts

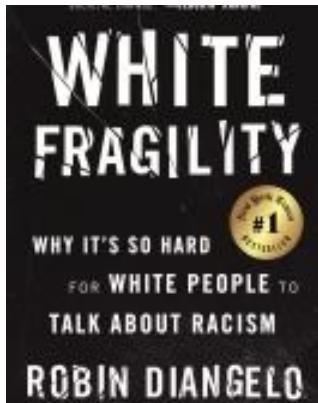
-How to find your purpose

-Why kindness is crucial to success

-And much more...

Shetty grew up in a family where you could become one of three things--a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk's path to share his experience

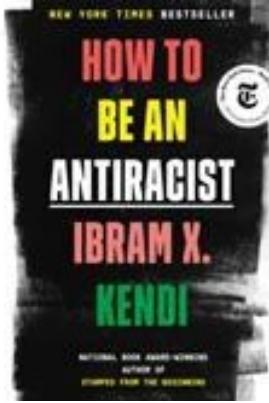
[Check the online catalog to see if it's on the shelf.](#)



The New York Times best-selling book exploring the counterproductive reactions white people have when their assumptions about race are challenged, and how these reactions maintain racial inequality.

In this "vital, necessary, and beautiful book" (Michael Eric Dyson), antiracist educator Robin DiAngelo deftly illuminates the phenomenon of white fragility and "allows us to understand racism as a practice not restricted to 'bad people' (Claudia Rankine). Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt, and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth exploration, DiAngelo examines how white fragility develops, how it protects racial inequality, and what we can do to engage more constructively.

[Check the online catalog to see if it's on the shelf.](#)



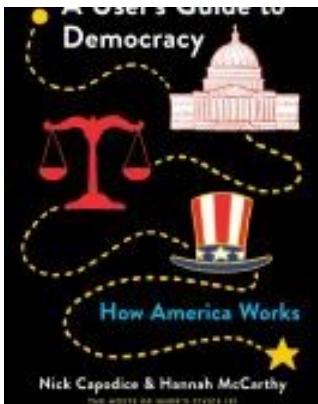
#1 NEW YORK TIMES BESTSELLER * From the National Book Award-winning author of *Stamped from the Beginning* comes a "groundbreaking" (Time) approach to understanding and uprooting racism and inequality in our society--and in ourselves.

"The most courageous book to date on the problem of race in the Western mind." -- The New York Times

NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review * Time * NPR * The Washington Post * Shelf Awareness * Library Journal * Publishers Weekly * Kirkus Reviews

Antiracism is a transformative concept that reorients and reenergizes the conversation about racism--and, even more fundamentally, points us toward liberating new ways of thinking about ourselves and each other. At its core, racism is a powerful system that creates false hierarchies of human value; its warped logic extends beyond race, from the way we regard people of different ethnicities or skin colors to the way we treat people of different sexes, gender identities, and body types. Racism intersects with class and culture and geography and even changes the way we see and value ourselves. In *How to Be an Antiracist*, Kendi takes readers through a widening circle of antiracist ideas--from the most basic concepts to visionary possibilities--that will help readers see all forms of racism clearly, understand their poisonous consequences, and work to oppose them in our systems and in ourselves.

[Check the online catalog to see if it's on the shelf.](#)



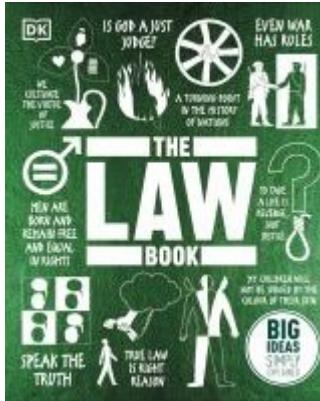
From Nick Capodice & Hannah McCarthy, the hosts of New Hampshire Public Radio's Civics 101, and New Yorker cartoonist Tom Toro, *A User's Guide to Democracy* is a lively crash course in everything you should know about how the US government works.

Do you know what the Secretary of Defense does all day? Are you sure you know the difference between the House and the Senate? Have you been pretending you know what Federalism is for the last 20 years? Don't worry--you're not alone. The American government and its processes can be dizzyingly complex and obscure.

Until now.

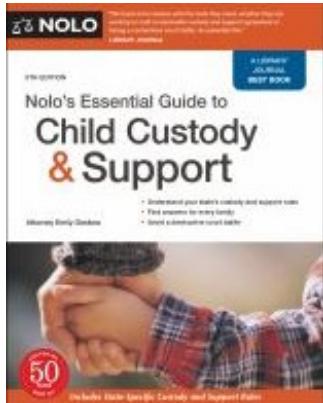
Within this book are the keys to knowing what you're talking about when you argue politics with the uncle you only see at Thanksgiving. It's the book that sits on your desk for quick reference when the nightly news boggles your mind. This approachable and informative guide gives you the lowdown on everything from the three branches of government, to what you can actually do to make your vote count, to how our founding documents affect our daily lives. Now is the time to finally understand who does what, how they do it, and the best way to get them to listen to you.

[Check the online catalog to see if it's on the shelf.](#)



Why do we need laws? What rights are protected by law? When was forensic evidence first used in court? This book explores big questions like these, explaining the laws and legal precedents, and religious, political, and moral codes that have shaped the world we live in. Written in plain English, *The Law Book* cuts through the legal jargon and is packed with pithy explanations of the most important milestones in legal history, with step-by-step diagrams and witty illustrations that untangle knotty concepts. From the earliest laws, such as the Code of Hammurabi, through groundbreaking legislation including Magna Carta and the Abolition of the Slave Trade Act, *The Law Book* offers an engaging overview of legal history across the world all the way into the 21st century with copyright in the digital age, same-sex marriage, and the "right to be forgotten". Covering the fight for universal suffrage and workers' rights, and the establishment of international legal bodies like INTERPOL and the European Court of Justice, *The Law Book* explains the stories behind each milestone development. Continuing the Big Ideas series' trademark combination of authoritative, informative text, and bold graphics, *The Law Book* uses an innovative visual approach to make the subject accessible to everyone, whether you're a law student, a legal professional, or an armchair expert.

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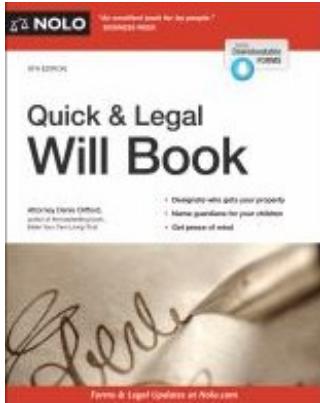
Custody and Support: Get the Answers You Need

When you're getting divorced, you can make a tough time easier for yourself and your children if you work with the other parent to agree on a custody plan and child support. If you can't resolve these issues, you'll have to head to court and ask a judge to decide for you.

Either way, *Nolo's Essential Guide to Child Custody & Support* can help. You'll learn: how negotiation and mediation can keep costs down and improve future dealings with your ex where to find your state's child support guidelines how judges make custody decisions how to enforce and change custody and support orders how court trials work how Covid-19 is affecting custody arrangements and family court hearings, and when you need a lawyer and how to work with one.

You'll also find specifics about each state's laws, including what factors courts consider when they rule on custody arrangements and what happens when one parent wants to move away with the children.

[Check the online catalog to see if it's on the shelf.](#)



Your will, made easy

Write a will that suits your needs with a minimum of fuss. This book provides all the forms and step-by-step instructions you need to create a simple, valid will that protects your family and property after your death.

Make a will that lets you:

name beneficiaries to inherit your assets choose a guardian for young children set up trusts for minors, and name an executor (and a backup).

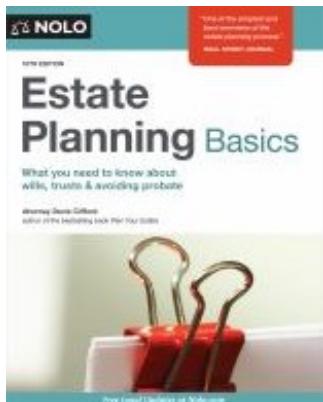
Learn how to:

choose appropriate witnesses finalize your will, and revoke or change your will if necessary.

This book also explains basic estate planning, including steps you can take to avoid probate court. The updated 9th edition includes the latest changes in federal estate tax law and a new appendix that lists state probate exceptions.

With Downloadable Forms: download wills, a beneficiary worksheet, and other forms (details inside).

[Check the online catalog to see if it's on the shelf.](#)



Estate planning, in plain English

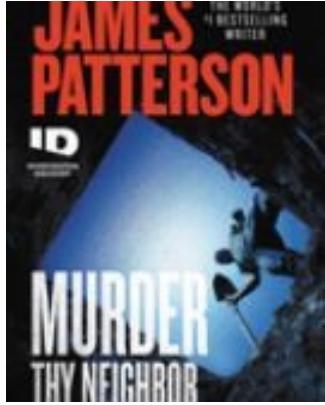
Get the need-to-know basics about wills, trusts, avoiding probate, and planning for incapacity with Estate Planning Basics . This book lays out your options in plain English, guiding you to the right estate plan for you and your family.

Learn about:

making a will or living trust naming a guardian for your children avoiding probate choosing an executor using durable powers of attorney, and preparing a health care directive.

The 10th edition is completely updated to reflect the latest information about estate planning.

[Check the online catalog to see if it's on the shelf.](#)

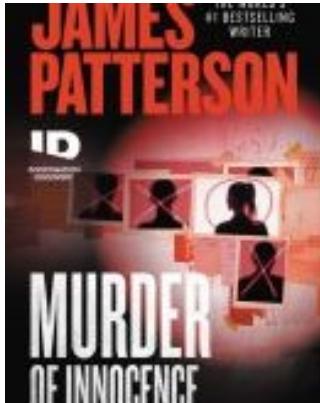


As seen on ID, these two true-crime thrillers follow a neighbors' quarrel that turns violent and cyber-bullying that explodes in a double murder.

Murder Thy Neighbor : Ann Hoover is a nice woman but she's come to hate her neighbor. Roy Kirk moved in next door with plans to renovate. But as the weeks go by, his DIY construction turns to shambles. When Ann takes him to court, Kirk's retaliation will be shockingly gruesome. (with Andrew Bourelle)

Murder IRL : Jenelle Potter has always been better at connecting with people through social media. With overprotective parents, she hasn't had very many options to meet people, until she links up with Billy. But her feelings for Billy are unreciprocated, causing Jenelle to start a virtual war -- a war enters the real world. (with Max DiLallo)

[Check the online catalog to see if it's on the shelf.](#)



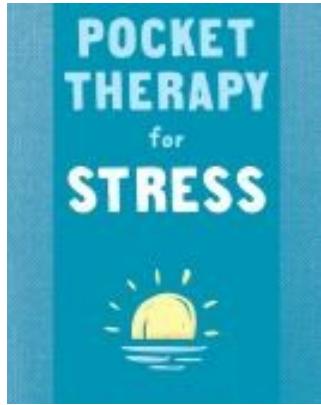
Dive into two dark stories of crime and murder from bestselling author James Patterson, and can be seen on ID, inspired by true crime horrors where murder isn't always the worst thing that can happen to you.

Murder of Innocence : It's impossible to resist Andrew Luster. He's rich, charming, and good-looking, and dozens of women have fallen under his spell. But Andrew is no mere womanizer. He's a predator, and it'll take a global effort to put him behind bars. (with Max DiLallo)

A Murderous Affair : Mark Putnam is a rookie FBI agent given his first assignment in a remote part of Kentucky, a land of coal miners and meth dealers. Within his first months on the job, a young female informant named Susan Smith helps him make a big break in an important case. Rumors begin circulating that the agent and his informant are having an affair.

After Susan starts telling people that she is pregnant with the FBI agent's baby, she suddenly disappears. (with Andrew Bourelle)

[Check the online catalog to see if it's on the shelf.](#)



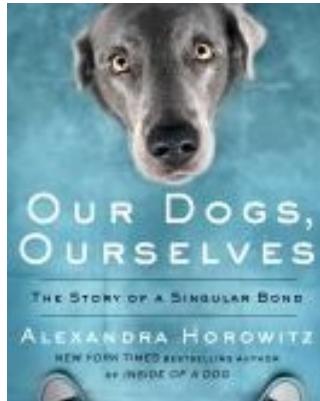
Drawing on the self-help success, 10 Simple Solutions to Stress, this on-the-go pocket guide offers simple, evidence based strategies for coping with stress and overwhelm. Think of it as your portable peace finder!

Stress--it can happen anytime and anywhere, from your morning commute to the moment you settle in for bed at night. We all struggle with it. And many of us don't even realize we're stressed out until we experience more serious symptoms like insomnia, high blood pressure, or even chronic pain. Wouldn't it be nice to have quick, actionable skills you could turn to when you're feeling stressed, so you could get back to living a full, happy, and healthy life?

Grounded in positive psychology, mind-body medicine, and cognitive behavioral therapy, the ten simple but effective strategies in this little book are a powerful antidote to stress. You can keep the book in your pocket, purse, on your nightstand, or anywhere to help you feel better when stress starts to overwhelm you.

So, go ahead. Put it in your pocket, and start feeling less stressed today!

[Check the online catalog to see if it's on the shelf.](#)



From Alexandra Horowitz, #1 New York Times bestselling author of *Inside of a Dog*, an eye-opening, informative, and wholly entertaining examination and celebration of the human-canine relationship for the curious dog owner and science-lover alike.

We keep dogs and are kept by them. We love dogs and (we assume) we are loved by them. We buy them sweaters, toys, shoes; we are concerned with their social lives, their food, and their health. The story of humans and dogs is thousands of years old but is far from understood. In *Our Dogs, Ourselves*, Alexandra Horowitz explores all aspects of this unique and complex interspecies pairing.

As Horowitz considers the current culture of dogdom, she reveals the odd, surprising, and contradictory ways we live with dogs. We celebrate their individuality but breed them for sameness. Despite our deep emotional relationships with dogs, legally they are property to be bought, sold, abandoned, or euthanized as we wish. Even the way we speak to our dogs is at once perplexing and delightful.

In thirteen thoughtful and charming chapters, *Our Dogs, Ourselves* affirms our profound affection for this most charismatic of animals--and opens our eyes to the companions at our sides as never before.

[Check the online catalog to see if it's on the shelf.](#)



#1 NEW YORK TIMES BESTSELLER * A collection of all-new soul-satisfying dishes from America's favorite home cook!

NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY The New York Times Book Review * Food Network * The Washington Post * The Atlanta Journal-Constitution * Town & Country

In *Modern Comfort Food*, Ina Garten shares 85 new recipes that will feed your deepest cravings. Many of these dishes are inspired by childhood favorites--but with the volume turned way up, such as Cheddar and Chutney Grilled Cheese sandwiches (the perfect match for Ina's Creamy Tomato Bisque), Smashed Hamburgers with Caramelized Onions, and the crispiest hash browns that are actually made in a waffle iron!

There are few things more comforting than gathering for a meal with the ones you love, especially when dishes like Cheesy Chicken Enchiladas are at the center of the table. Old-fashioned crowd pleasers like Roasted Sausages, Peppers, and Onions are even more delicious and streamlined for quick cleanup. For dessert? You'll find the best Boston Cream Pie, Banana Rum Trifle, and Black and White Cookies you'll ever make. Home cooks can always count on Ina's dependable, easy-to-follow instructions, with lots of side notes for cooking and entertaining--it's like having Ina right there beside you, helping you all the way.

[Check the online catalog to see if it's on the shelf.](#)



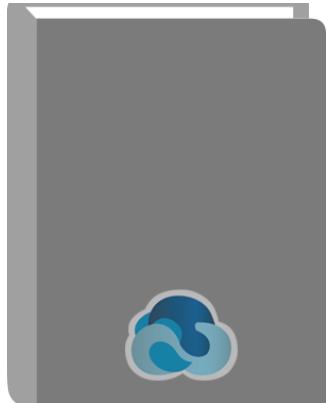
#1 NEW YORK TIMES BESTSELLER * The authors of *The Home Edit* and stars of the Netflix series *Get Organized with The Home Edit* teach you how to apply their genius, holistic approach to your work life, on-the-go necessities, and technology.

At home or on the go, you don't have to live like a minimalist to feel happy and calm. The *Home Edit* mentality is all about embracing your life--whether you're a busy mom, a room-mate living with three, or someone who's always traveling for work. You just need to know how to set up a system that works for you.

In the next phase of the home organizing craze, Clea Shearer and Joanna Teplin go beyond the pantry and bookshelf to show you how to contain the chaos in all aspects of your life, from office space and holiday storage to luggage and pet supplies. Get to know your organizing style, tailor it to your family's lifestyle, and lead the low-guilt life as you apply more genius ideas to every aspect of your life.

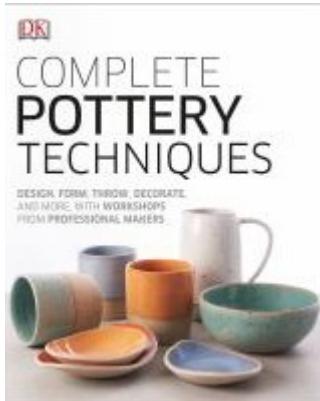
Clea and Joanna are here to remind you that "it's okay to own things" in the quest for pretty and smart spaces. With *The Home Edit Life*, you'll soon be corralling phone cords, archiving old photos, arranging your phone apps by color, and packing your suitcase like a pro.

[Check the online catalog to see if it's on the shelf.](#)



Sharps firearms. volume I : the percussion era

[Check the online catalog to see if it's on the shelf.](#)



Discover how to develop your pottery design skills and bring your ideas to life from start to finish.

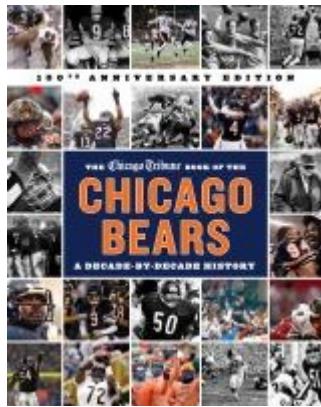
Covering every technique from throwing pottery to firing, glazing to sgraffito, this pottery book is perfect for both hand-building beginners and potting pros.

Step-by-step photographs - some from the potter's perspective - show you exactly where to place your hands when throwing so you can master every technique you need to know. Plus, expert tips help you rescue your pots when things go wrong.

The next in the popular Artist's Techniques series, Complete Pottery is the ideal companion for pottery classes of any level, or a go-to guide and inspiration for the more experienced potter looking to expand their repertoire and perfect new skills.

With contemporary design and ideas, Complete Pottery Techniques enables the modern maker to unleash their creativity.

[Check the online catalog to see if it's on the shelf.](#)



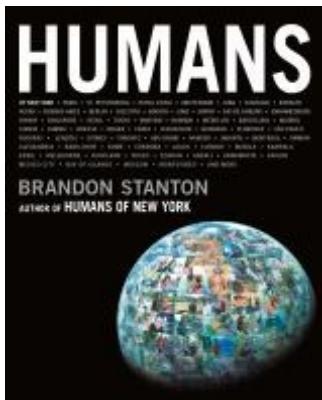
In Chicago, the Bears's grip on the city spans generations and cultures, endures disappointments, and impels celebration of triumphs great and small. From the team's humble beginnings to its century-long status as the flagship NFL franchise, the Chicago Tribune has documented every season.

The Chicago Tribune Book of the Chicago Bears is an impressive testament to Bears tradition, compiling photography, original box scores, and entertaining essays from Hall of Fame reporters. This expanded second edition will include updated writing from the past five years, and will be released to coincide with the 100-year anniversary of the NFL--and the Chicago Bears.

The Chicago Tribune Book of the Chicago Bears is a decade-by-decade look at the team, beginning with George Halas moving the team to Chicago in 1921. The Bears soon became known as the Monsters of the Midway, dominating the sport with four NFL titles in the 1940s, seven winning campaigns in the 1950s, and a final title with Halas as coach in 1963. Their 1985 Super Bowl championship transformed the city's passion into a full-blown love affair that continues today.

Professional football was practically born in Chicago, nurtured by Halas through the Depression and a world war. The NFL game was made for Chicago, in Chicago, by a Chicagoan. Now the award-winning journalists, photographers, and editors of the Chicago Tribune have produced a comprehensive collector's item that every Bears fan will love.

[Check the online catalog to see if it's on the shelf.](#)



The Instant #1 New York Times Bestseller

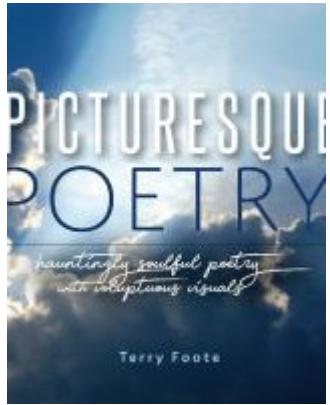
"Just when we need it, Humans reminds us what it means to be human . . . one of the most influential art projects of the decade." -- Washington Post

Brandon Stanton's new book, Humans --his most moving and compelling book to date-- shows us the world.

Brandon Stanton created Humans of New York in 2010. What began as a photographic census of life in New York City, soon evolved into a storytelling phenomenon. A global audience of millions began following HONY daily. Over the next several years, Stanton broadened his lens to include people from across the world.

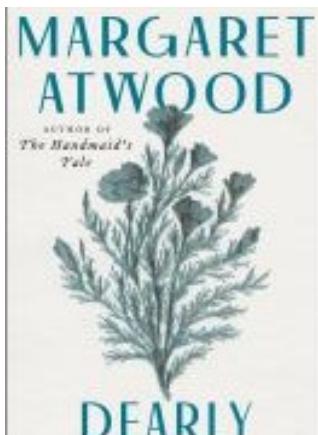
Traveling to more than forty countries, he conducted interviews across continents, borders, and language barriers. Humans is the definitive catalogue of these travels. The faces and locations will vary from page to page, but the stories will feel deeply familiar. Told with candor and intimacy, Humans will resonate with readers across the globe-- providing a portrait of our shared experience.

[Check the online catalog to see if it's on the shelf.](#)



Poetry beckons us to take notice of the world within and around us. You will discover yourself in these poems, as the poet guides you along his journey, portraying timeless themes of love and loss, suffering and salvation, death and rebirth, belief and doubt, loneliness and companionship, lightlessness and luminescence, transgression and transformation. The written words are accompanied with stunning photographs, most of which the poet took while traveling and walking in the forest preserve by his home. Time, tragedy, triumph and a mysterious muse have all inspired the poet to create Picturesque Poetry, a book that is unlike anything you will ever read. The world of our everyday lives is represented with a heightened sense of awakening. Passion drips from the words and images, bringing into being an illumination of spirit. This book will resonate cello-like inside of you, producing a hauntingly soulful experience.

[Check the online catalog to see if it's on the shelf.](#)



A new book of poetry from internationally acclaimed, award-winning and bestselling author Margaret Atwood

In Dearly, Margaret Atwood's first collection of poetry in over a decade, Atwood addresses themes such as love, loss, the passage of time, the nature of nature and - zombies. Her new poetry is introspective and personal in tone, but wide-ranging in topic. In poem after poem, she casts her unique imagination and unyielding, observant eye over the landscape of a life carefully and intuitively lived.

While many are familiar with Margaret Atwood's fiction--including her groundbreaking and bestselling novels *The Handmaid's Tale*, *The Testaments*, *Oryx and Crake*, among others--she has, from the beginning of her career, been one of our most significant contemporary poets. And she is one of the very few writers equally accomplished in fiction and poetry. This collection is a stunning achievement that will be appreciated by fans of her novels and poetry readers alike.

[Check the online catalog to see if it's on the shelf.](#)



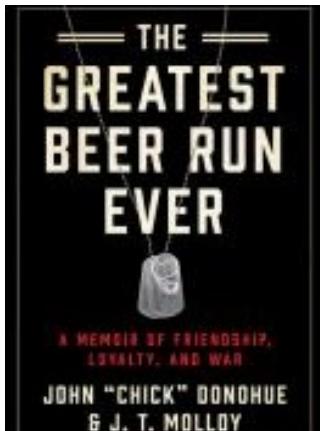
In this intimate collection, the beloved author of *The Poisonwood Bible* and more than a dozen other New York Times bestsellers, winner or finalist for the Pulitzer and countless other prizes, now trains her eye on the everyday and the metaphysical in poems that are smartly crafted, emotionally rich, and luminous.

In her second poetry collection, Barbara Kingsolver offers reflections on the practical, the spiritual, and the wild. She begins with "how to" poems addressing everyday matters such as being hopeful, married, divorced; shearing a sheep; praying to unreliable gods; doing nothing at all; and of course, flying. Next come rafts of poems about making peace (or not) with the complicated bonds of friendship and family, and making peace (or not) with death, in the many ways it finds us. Some poems reflect on the redemptive powers of art and poetry itself; others consider where everything begins.

Closing the book are poems that celebrate natural wonders--birdsong and ghost-flowers, ruthless ants, clever shellfish, coral reefs, deadly deserts, and thousand-year-old beech trees--all speaking to the daring project of belonging to an untamed world beyond ourselves.

Altogether, these are poems about transcendence: finding breath and lightness in life and the everyday acts of living. It's all terribly easy and, as the title suggests, not entirely possible. Or at least, it is never quite finished.

[Check the online catalog to see if it's on the shelf.](#)



"Chickie takes us thousands of miles on a hilarious quest laced with sorrow, but never dull. You will laugh and cry, but you will not be sorry that you read this rollicking story."--Malachy McCourt

Soon to be a major motion picture written and directed by Peter Farrelly, who won two Academy Awards for *Green Book*--a wildly entertaining, feel-good memoir of an Irish-American New Yorker and former U.S. marine who embarked on a courageous, hare-brained scheme to deliver beer to his pals serving Vietnam in the late 1960s.

One night in 1967, twenty-six-year-old John Donohue--known as Chick--was out with friends, drinking in a New York City bar. The friends gathered there had lost loved ones in Vietnam. Now, they watched as anti-war protesters turned on the troops themselves.

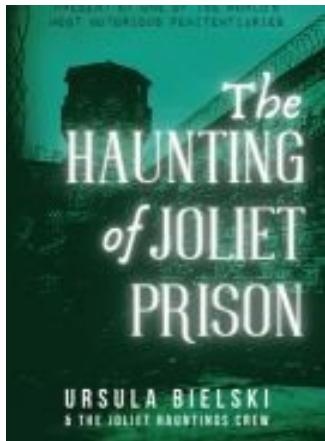
One neighborhood patriot came up with an inspired--some would call it insane--idea. Someone should sneak into Vietnam, track down their buddies there, give them messages of support from back home, and share a few laughs over a can of beer.

It would be the Greatest Beer Run Ever.

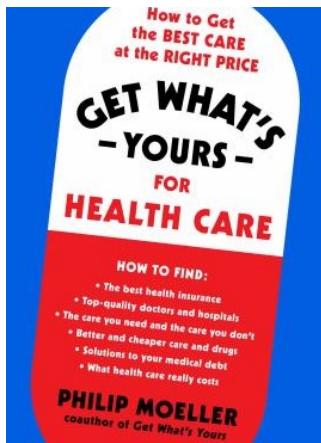
But who'd be crazy enough to do it?

One man was up for the challenge--a U. S. Marine Corps veteran turned merchant mariner who wasn't about to desert his buddies on the front lines when they needed him.

[Check the online catalog to see if it's on the shelf.](#)



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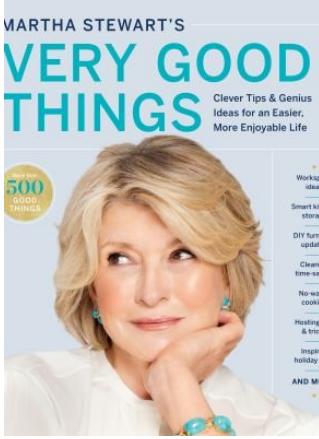
At a time when healthcare and medical insurance are more important than ever comes this authoritative, unbiased new volume in the acclaimed *Get What's Yours* series.

Healthcare expert Philip Moeller has written a reliable, concise guide to healthcare and health insurance basics. He provides tools that patients need before, during, and after they get medical care. He describes the care we need, the care we don't, and how to deal with doctors, hospitals, and other healthcare providers. Moeller explains telemedicine and healthcare apps that have become so important during the coronavirus epidemic.

The book shares the stories of disruptive health innovators who have given us access to true health costs, cheaper prescription drugs, and low-cost care in and outside the US. You will learn how to avoid poor care, fight back against denied insurance claims and inflated bills, and use social media to connect with powerful advocates. Throughout, *Get What's Yours for Healthcare* draws on stories of people who share their lessons on how to successfully navigate the healthcare system.

This invaluable guide helps people get access to the care they need at a price they can afford. It's the book we all need now.

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Hundreds of clever tips, solutions, and easy ways to elevate every day, from America's most trusted lifestyle authority, in one must-have handbook

Inside these pages Martha shares all her best good things--the original life hacks for the home--to make your life easier, more fun, more delicious, and more efficient. These practical tricks cover all areas of Martha's domestic expertise, including decorating, organizing, homekeeping, cooking, entertaining, and celebrating. From clever ways to solve common problems (use file folder dividers to organize cutting boards and sheet pans in your cabinets) to time-saving tricks(keep a pail stocked with cleaning supplies for easy access and portability to stress reducers (color-code kids' bathroom gear to make mornings less hectic), every one of these ideas will make you wonder, "Why didn't I think of that?" Also included are ways to use what you have (a Parmesan cheese rind will add great flavor to soup), streamline your stuff (use certain kitchen tools for many different purposes), or just make life a little more luxurious (add elegance to your table with DIY place cards). Whether functional, delightful, or a little bit of both, these are the details that enliven and inspire every day--that's a good thing!

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