Be sure to check the video platforms, including:

- PBS Video Collection
- World Cinema Collection
- PBS Video (documentaries and drama series)
- Breathtaking Travel Photos Like the Pros
- The Travel Photography Book: Step-by-Step Techniques to Capture Our Emotional Slice, and our Spiritual Slice. These all need to be served in some
tying to an accompanying practice, which will help you change the structure of your brain
improves your ability to deal with challenges, both at work and at home. Each lesson is
to respond better to stressors.

Want to watch something relaxing, inspiring, or entertaining? Try some of our streaming
months:

- PBS Video Collection
- World Cinema Collection
- PBS Video (documentaries and drama series)

Professional and Personal Fulfillment at Gleeson Library

We have hobbies covered, too. Consider these and others for relaxing in the upcoming
Recent titles on supporting yourself and your colleagues include:

- The Leap of Your Life: Thomas F. Dottin has a chapter called "The Spiritual Leap

- The Work-Life Balance Myth: Rethinking Your Optimal Balance for Success by Tommy Baker has a chapter called "The Spiritual Leap

- The Power of Full Engagement: Managing Energy, Not Time, Is the Key to

- The Happiness Project: Or Why I Spent a Year Trying to Sing in the Morning,

- The Leap of Your Life: Thomas F. Dottin has a chapter called "The Spiritual Leap

- The Work-Life Balance Myth: Rethinking Your Optimal Balance for Success by Tommy Baker has a chapter called "The Spiritual Leap

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