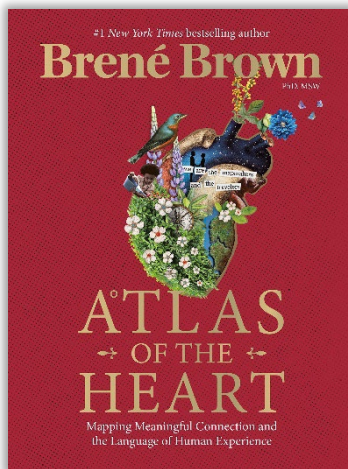


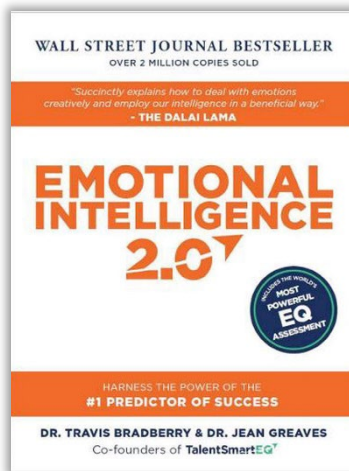
Nicole's Brain-Shelf Awareness Month

From Our Brain to Yours: Curated Favorites from the Benefits Library.



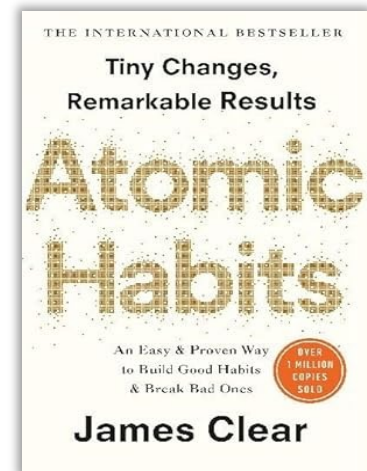
Atlas of the Heart
by Brené Brown

Explore a profound examination of 87 human emotions, providing readers with a roadmap to better understand and articulate their feelings. This emotional literacy is crucial for brain health, as it fosters resilience, enhances relationships, and promotes mental well-being through vulnerability and connection. Brown's insights empower individuals to navigate their emotional landscapes, leading to healthier minds and more meaningful connections.



Emotional Intelligence 2.0
by Travis Bradberry

Discover a practical guide that demystifies emotional intelligence (EQ) and offers actionable strategies for enhancement. By improving EQ, readers can cultivate better relationships, make informed decisions, and manage stress effectively, all contributing to overall brain health. The book blends scientific insights with relatable anecdotes, making it accessible and engaging for anyone seeking to improve their emotional skills.



Atomic Habits
by James Clear

Delve into an insightful guide that explores the science of habit formation, emphasizing how small, incremental changes can lead to significant personal growth. Clear's practical strategies not only assist readers in building good habits and breaking bad ones but also enhance brain health by promoting consistency and resilience, vital for mental well-being. By mastering these tiny behaviors, individuals can create lasting positive changes in their lives.