

Happiness Connects

JOY THROUGH MEDIA

BOOKS FOR CHILDREN

Homer by Elisha Cooper

Finding Kindness by Deborah Underwood

I am Love by Susan Verve (book available on Hoopla)

Love by Matt de la Peña

Restart by Gordon Korman

The Cool Bean by Jory John (audio available on Hoopla)

The Happy Book by Andy Rash

Winnie-the-Pooh by A.A. Milne (audio available on Hoopla)

The World According to Mr. Rogers by Mister Rogers (audio available on Hoopla)

You Are My Friend by Aimee Reid (book and audio available on Hoopla)

BOOKS FOR ADULTS

10% Happier by Dan Harris (book and audio available on Libby)

The Book of Joy: Lasting Happiness in a Changing World by Dalai Lama, Desmond Tutu (book available on Libby)

Do One Nice Thing: Little Things You Can Do to Make the World a Lot Nicer by Debbie Tenzer

The Dogist by Elias Weiss Friedman

Everything is Trash But It's Ok by Phoebe Robinson

Fat Girl Walking by Britney Gibbons (book available on Hoopla)

Furiously Happy by Jenny Lawson (book and audio available on Libby)

Gift from the Sea by Anne Morrow Lindbergh

Humans of New York by Brandon Stanton (book available on Libby)

I Don't Know What You Know About Me: Confessions of a Co-Star by Judy Greer

In Conclusion, Don't Worry About It by Lauren Graham

Is Everyone Hanging Out Without Me? by Mindy Kaling (book and audio available on Libby)

It's OK to Feel Things Deeply by Carissa Potter

The Last Black Unicorn by Tiffany Haddish (audio available on Libby)

Let's Pretend This Never Happened by Jenny Lawson

Loving, Living & Learning by Leo Buscaglia

The Happiness Project by Gretchen Rubin (audio available on Hoopla, book and audio available on Libby)

One More Thing (Stories and Other Stories) by B.J. Novak (book and audio available on Libby)

Over the Top: A Raw Journey to Self-Love by Jonathan Van Ness (book and audio available on Libby)

Something Like Happy by Eva Woods (book and audio available on Hoopla)

The Spellman Files by Lisa Lutz (abridged audio available on Hoopla)

FILM

About Time

Beautiful Day in the Neighborhood

Brooklyn

Don't Think Twice

I Am Big Bird: The Life and Career of Puppet Performer Caroll Spinney (available on Kanopy)

Mr. Rogers: It's You I Like (available on Kanopy)

Two Weeks Notice

SERIES

The Good Place

The Great British Bake-Off

Jane The Virgin

Queer Eye

Salt, Fat, Acid, Heat

Schitt's Creek

The Tennessee Kid

MUSIC

Doo-Wops & Hooligans by Bruno Mars (available on Hoopla)

Happiness Begins by Jonas Brothers (available on Hoopla)

Happy Feet: Music from the Motion Picture (available on Hoopla)

It's Such a Good Feeling: The Best of Mr. Rogers (available on Hoopla)

Yesterday: Original Motion Picture Soundtrack (available on Hoopla)

PODCASTS

Finding Fred

Harry Potter and the Sacred Text

Home Cooking

On Being



HAPPINESS

CONTENTMENT

KINDNESS

LOVE

HUMOR

