

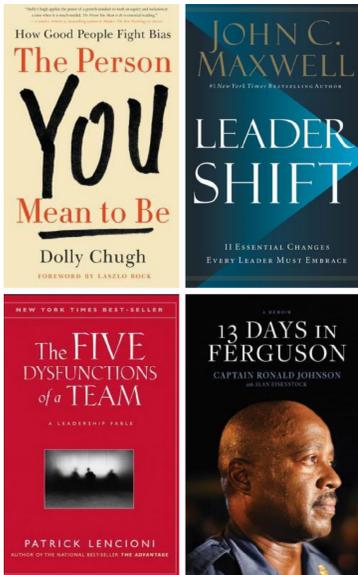
Connections



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Your monthly news & updates

State Government Book Clubs



The North Dakota State Library has launched a new outreach program to State Government. We are now offering book discussions on the topics of Leadership and Inclusion, Diversity, and Recognizing Bias to State Employees as part of the Governor's initiative to offer more training in leadership. We have been circulating and developing our collection of book club kits for years, and they remain popular with North Dakota libraries and patrons. In the same fashion that libraries and patrons have checked out book club kits from us and hosted book clubs, we are sending out books to state government participants and holding online book discussions.

The two inaugural titles are "LeaderShift" by John C Maxwell and "The Person You Mean to Be: How Good People Fight Bias" by Dolly Chugh. Our first clubs will meet on October 22 & 23, and October 29 & 30. We have had an overwhelming response to these clubs and look forward to expanding this new outreach opportunity.

For more information, call 701-328-4622.

October Course of the Month [Aromatherapy 101](#)

This year has been a doozy for everyone, and stress levels are at an all-time high. One suggestion that gets thrown around whenever someone mentions they are stressed is aromatherapy. Now buying aromatherapy blends might be the easiest way, but do you know what you are buying? This might also not be the cheapest option for stress relief. Don't worry, though, because the Aromatherapy 101 course will take the user through the basics of aromatherapy, where to get the materials to start their own scent blends, and the easy ways to use it. With this course, your kitchen will become a lab, and you'll have a better understanding of these fragrances that can do everything from reducing stress to help you sleep.

This course is nine lessons long, has 17 exams and assignments, and should take an average of 9 hours to complete.

New Items Available at the North Dakota State Library

New E-Books



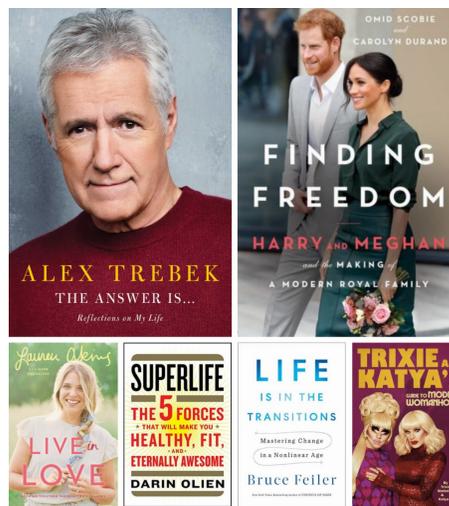
New E-Audiobooks



New Fiction Books



New Nonfiction Books

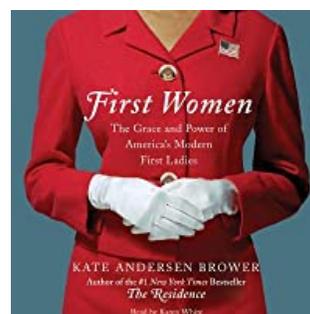


New Book Club Kit

First Women: The Grace and Power of America's Modern First Ladies

by Kate Andersen Brower

This book gives a unique look at some of the United States' most influential women—the first ladies. Including figures such as Jacqueline Kennedy, Nancy Reagan, and Michelle Obama, readers will come away with new insights into their lives as mothers, rivals, friends, and political crusaders. Brower's sources range from the first ladies' friends to their residence staff and social secretaries to give a well-rounded look at these women. The book is divided into themes rather than chronologically, allowing the reader to look at several women in comparison to each other.

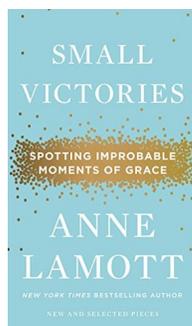


This kit comes with ten paperback books, one discussion guide, and one sign-in sheet.

Kits can be checked out for eight weeks and reserved up to one year in advance. Book club kits can be checked out by patrons; no more than three kits can be checked out at one time. To see when this book club is next available, check out [KitKeeper](#).

Book Review

"Small Victories" by Anne Lamott Reviewed by Candace Richter



Anne Lamott of "Small Victories" writes about a message of hope that celebrates the triumph of light over the darkness in our lives. Our victories over hardship and pain may seem small, but they change us, our perceptions, our perspectives, and our lives. She writes about forgiveness, restoration, and transformation, how we can turn toward love even in the most hopeless situations, and how to find joy again. Funny, honest, and proof that the human spirit is alive and well.

This book is available at the State Library. It can be requested through the [online catalog](#) or by calling 1-800-472-2104.

Most Popular Universal Class Courses

[Universal Class](#) is a free continuing education resource available to all North Dakota citizens who have a library card from a public library or the State Library. With over 500 courses to choose from, there is something for virtually everyone.

Here are the current most popular Universal Class courses:

- [American Government](#)
- [How to Draw 101](#)
- [How to Write a Grant Proposal](#)
- [Professional Organizer Training](#)
- [Tarot Cards 101](#)
- [Chakras 101](#)
- [Housekeeping 101](#)
- [Aromatherapy 101](#)
- [Dog Psychology 101](#)
- [Criminology Basics](#)



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