

# New Year's Resolutions

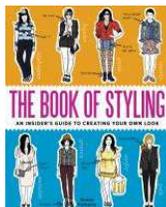


## [Beyond Texting: the fine art of face-to-face communication for teenagers](#)

Debra Fine

Call Number: 153.6 F495 2014

Describes how to develop the ability to have in-person conversations, offering practical advice on balancing real-world and online relationships and gaining confidence to speak up in personal, educational, and professional atmospheres.

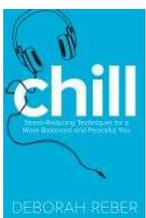


## [The Book of Styling: an insider's guide to creating your own look](#)

Somer Flaherty

Call Number: 646.308352 qF575 2012

A guide for teens to create their own fashion looks.

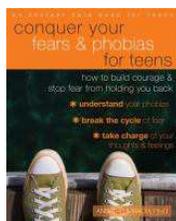


## [Chill: stress-reducing techniques for a more balanced, peaceful you](#)

Deborah Reber

Call Number: 155.518 R291 2015

Chill explains what happens to your body and mind when you're stressed; shows you how to de-stress through a variety of techniques including time management, visualization, exercise, and creative outlets; offers organizational tips to make every part of your life run more smoothly; helps you deal with some of the side effects of stress; and much more.



## [Conquer Your Fears & Phobias for teens: how to build courage & stop fear from holding you back](#)

Andrea Umbach

Call Number: 155.51246 qU48 2015

For anyone with intense fears and phobias, every day can feel like a roller-coaster ride. But if you are a teen, this is especially true. In Conquer Your Fears and Phobias for Teens, you will find practical skills for coping with the thoughts, emotions, physical sensations, and behaviors that accompany phobias. You'll also discover useful strategies to handle the things and situations that cause you to feel fearful.

## [Debunk it! How to stay sane in a world of misinformation](#)

John Grant

Call Number: 001.9 G762 2014

DEBUNK IT!



We live in an era of misinformation, much of it spread by authority figures, including politicians, religious leaders, broadcasters, and, of course, apps and websites. With so much bogus information coming from so many sources, how can anyone be expected to discover the truth? Debunk It is the ultimate guide for young readers seeking a firmer footing in a world that's full of holes.

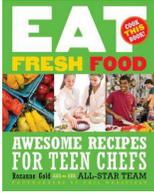


## [Doable: the girls' guide to accomplishing just about anything](#)

Deborah Reber

Call Number: 158.08352 R291 2015

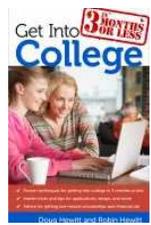
This empowering guide shows how to tackle your to-dos with confidence and enthusiasm so that you can transform anxiety into accomplishment.



### [Eat Fresh Food: Awesome Recipes for Teen Chefs](#)

Rozanne Gold

An award-winning chef and her all-star team have created a stunning cookbook for teens with a focus on fresh, natural, and unprocessed vegetables and fruits.

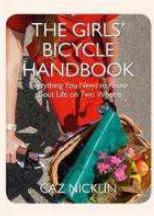


### [Get into College in 3 Months or Less](#)

Doug Hewitt, Robin Hewitt

Call Number: 378.1 H611 2011

Tips for getting into college quickly.

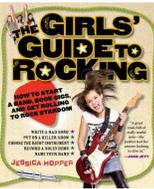


### [The Girls' Bicycle Handbook: everything you need to know about life on two wheels](#)

Caz Nicklin

Call Number: 796.6082 N632 2014

The Girls' Bicycle Handbook is for women cyclists everywhere who need practical no-nonsense advice and information on cycling, but don't want to dispense with style in the process. Whether you're a committed bike commuter or a complete novice, blogger, entrepreneur and passionate cyclist Caz Nicklin gives the low-down on making cycling part of your lifestyle. From choosing the right bike for your needs to looking stylish and comfortable whatever the weather, and from combatting dreaded "helmet hair" to road safety and fast repairs, The Girls' Bicycle Handbook tells you everything you need to know about life on two wheels.

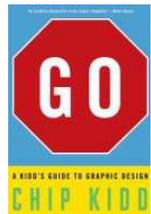


### [The Girls' Guide to Rocking: how to start a band, book gigs, and get rolling to rock stardom](#)

Jessica Hopper

Call Number: 782.42166 H798 2009

From greats like Patti Smith and Joan Jett to legends-in-the-making like Taylor Swift and Demi Lovato, girls want to rock. They want to start bands, write songs, get up on stage, and kick out the jams. Here's the book to teach them how. Written by an obsessive music lover who's spent her life playing, performing, publicizing, and writing about rock 'n' roll, *The Girls' Guide To Rocking* is a hip, inspirational guide for rad girls who want to make their rock dreams come true.



### [Go: a Kidd's guide to graphic design](#)

Chip Kidd

Call Number: 740 qK46 2013

Kids love to express themselves, and are designers by nature - whether making posters for school, deciding what to hang in their rooms, or creating personalized notebook covers. Go, by the award-winning graphic designer Chip Kidd, is a stunning introduction to the ways in which a designer communicates his or her ideas to the world. It's written and designed just for those curious kids, not to mention their savvy parents, who want to learn the secret of how to make things dynamic and interesting.



### [How Not to Be a Dick: an everyday etiquette guide](#)

Meghan Doherty

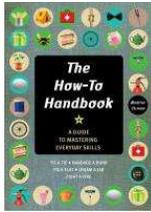
Call Number: 395.0207 D655 2013

An etiquette guide for teens.



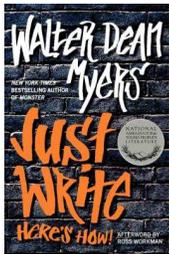
[How to Draw Vintage Fashion](#)  
 Celia Joicey, Dennis Nothdruff  
 Call Number: 741.672 qJ74 2014

Explains techniques for drawing and designing vintage fashion.



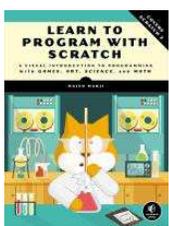
[The How-to Handbook: shortcuts and solutions for the problems of everyday life](#)  
 Martin Oliver, Alexandra Johnson  
 Call Number: 646.700842 O48 2013

A guide to mastering essential skills for life.



[Just Write: Here's How](#)  
 Walter Dean Myers  
 Call Number: 808.02 M996 2012

After writing more than one hundred books, it still amazes me that I have been lucky enough to spend most of my life doing what I truly love: writing.



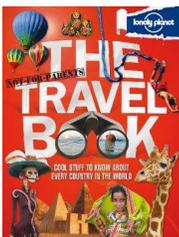
[Learn to Program with Scratch: a visual introduction to programming with games, art, science, and math](#)  
 Majed Marji  
 Call Number: 794.81526 M344 2014

Scratch is a fun, beginner friendly programming environment popular in schools around the world. Its playful, intuitive interface uses colorful programming blocks and cartoon sprites to make real programming more approachable. Learn to Program with Scratch shows just how much you can do with Scratch and teaches you essential, universal programming concepts along the way.



[Manga Now! How to Draw Action Figures](#)  
 Keith Sparrow  
 Call Number: 741.51 S737 2014

Teaches techniques for drawing action figures and action scenes.



[Not For Parents: The Travel Book](#)  
 Michael Dubois  
 Call Number: 910.202 fD816 2011

Go on a tour of 200 different countries around the world with this Lonely Planet publication.



[The Real Girl's Kitchen](#)  
 Haylie Duff  
 Call Number: 641.5 D855 2013

Collects the actress's favorite recipes for soups, breakfasts, salads, and snacks, and includes kitchen and entertaining tips.



### [ReMake it!: recycling projects from the stuff you usually scrap](#)

Tiffany Threagould  
Call Number: 745.5 T531 2011

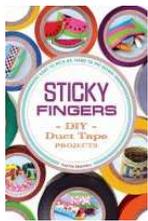
To the green and crafty teen, vintage LP covers, empty tissue boxes, and broken umbrellas are not trash--they're treasures! *ReMake It!* presents 95 cool eco-smart projects--like turning an oatmeal container into a super-cute tote or creating a picture frame from an old pair of eyeglasses. Step-by-step instructions, plus a Stitchionary and fantastic full-color photos of each project, make it easy and fun to get creative ...with stuff that's FREE!



### [Rip the Page: Adventures in Creative Writing](#)

Karen Benke

This collection of exercises and ideas inspires young writers with interesting prompts, friendly encouragement, and suggestions. Karen Benke uses playful, inviting, inspiring language to form 'hooks' to snag the interest and 'reel in' the imagination of children to write. Great for an individual writer on their own, and wonderful as a guideline for teachers or home-school parents to inspire young hearts.



### [Robot Building for Teens](#)

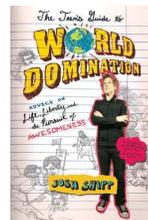
Behnam Salemi

Covering the fundamentals of robot creation, this book will teach you how to design your robot, how to create a prototype, where to buy parts, and how to program your finished robot to perform tasks, focusing on the hardware and software involved in creating robots that can sense their environment, make decisions, and perform actions. You will start simply and be led, step-by-step, through the projects in the book.

### [Sticky Fingers: DIY duct tape projects](#)

Sophie Maletsky  
Call Number: 745.5 M247 2013

Do it yourself duct tape craft projects from the simple to the complex.



### [The Teen's Guide to World Domination: Advice on Life, Liberty and the Pursuit of Awesomeness](#)

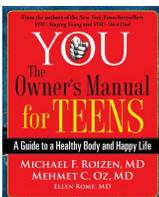
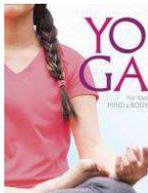
Josh Shipp  
Call Number: 646.700835 S557 2010

Motivational speaker and teen counselor Josh Shipp offers comedic and earnest advice to teenagers on a variety of life issues, based on his own experiences.

### [Yoga for Your Mind and Body: a teenage practice for a healthy, balanced life](#)

Rebecca Rissman  
Call Number: 613.7046 qR596 2015

Presents yoga techniques and poses to promote brain power, stress relief, strength, and fitness.



### [You, the Owner's Manual for Teens : a Guide to a Healthy Body and Happy Life](#)

Michael F. Roizen  
Call Number: 613.0433 R741 2011

Presents health-related information to help teens navigate the adolescent years.