

Milford Library Branch

Check It Out

By Julie Lane

Happy 2019 everybody! It's resolution time again. Many people are resolved to read more in the New Year, but how do they persevere in their resolution? Keeping a reading journal and/or joining a book club can really help. Apposite book suggestions are also important, and that's where Novelist comes in.

Novelist is a readers' advisory resource that's built into the Library's online catalogue. Click the "Novelist Content" tab when searching for books online to access curated read-alike recommendations, series information, reader ratings and reviews, book jackets, summaries, excerpts, and more.

According to polls, the most common resolutions are to eat a healthier diet and lose weight. For incorporating healthy eating habits into a busy day-to-day life, take a look at the newly-released book *The Complete Plate* by Lauren Klukas. It's a collection of thirty meal plans, for diets of all caloric sizes, with each day balanced to provide 100% of your daily macro and micro nutrient needs. Also popular is *The Keto Diet Cookbook* by Leane Vogel. It's a follow-up to her best-selling *The Keto Diet*, which did away with the "one size fits all" philosophy, offering a customizable approach that is tailored to the unique needs of the individual.

Kanopy can also help you meet your health and fitness goals. It's a video streaming service, similar to Netflix, which is free for library patrons. In addition to feature films and documentaries, there are complete video courses on Kanopy, such as *Changing Body Composition through Diet and Exercise* by Dr. Michael Ormsbee for The Great Courses. An Associate Professor at Florida State University, Ormsbee provides a complete and comprehensive look at human bioenergetics and performance nutrition. Each of the twenty-four lectures, while supporting the overarching structure of the course, is self-contained with easily accessible material. So whether you prefer the big-picture view or you want to start by delving deeper into a specific area of interest, the video series will meet your needs.

Another common New Year's resolution is to learn a new ability or skill. Why not learn a new language in 2019? In addition to French and Spanish programming available at the Library (check the events calendar at peclibrary.org/events for up-to-date info), patrons have access to digital language-learning resources. Mango Languages provides a self-paced learning program that teaches languages through relevant and topical dialogue using the four key components—vocabulary, pronunciation, grammar, and culture—for improving proficiency in another language. Their unique methodology features content and exercises crafted by expert linguists and language teachers that empower learners to comprehend, construct, and create conversations in the real world. Seventy-plus world languages and dialects are ready for you to start exploring. All you need is a library card number and PIN!

If you need help with Kanopy Streaming Video, Mango Languages, or with any of the library's digital resources, contact us at 613-476-5962 or techhelp@peclibrary.org.

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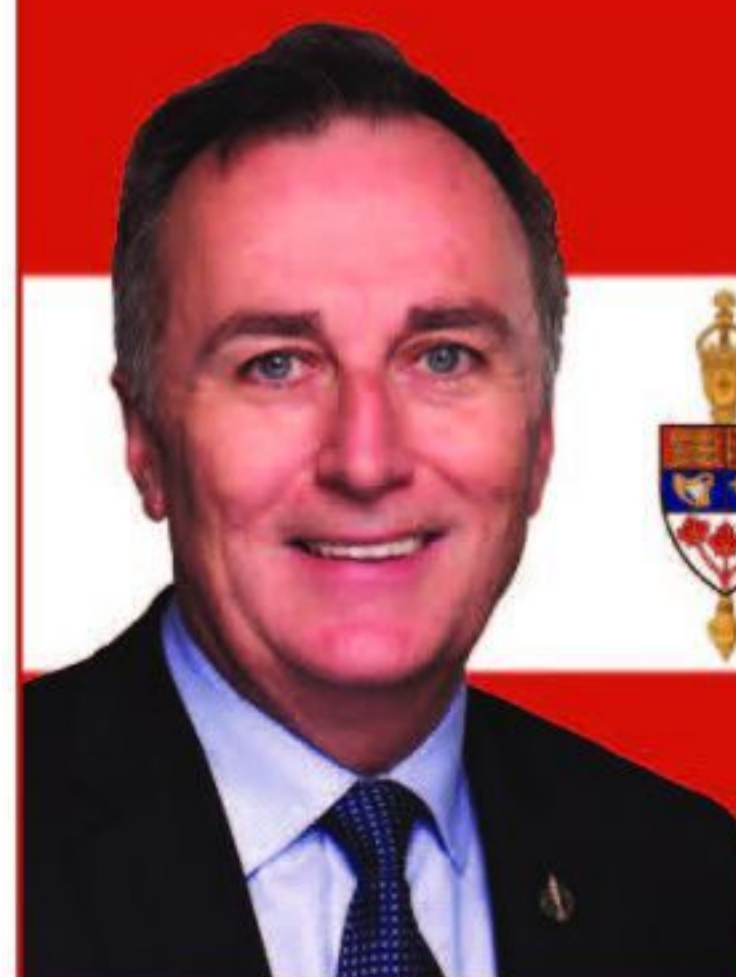
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