

Fiction

Alexander, Kwame. “The Door of No Return” 2022

In his village in Upper Kwanta, 11-year-old Kofi loves his family, playing oware with his grandfather and swimming in the river Offin. He’s warned though, to never go to the river at night. His brother tells him, “There are things about the water you do not know.” “Like what?” Kofi asks. “The beasts,” his brother answers. One fateful night, the unthinkable happens and in a flash, Kofi’s world turns upside down. Kofi soon ends up in a fight for his life and what happens next will send him on a harrowing journey across land and sea, and away from everything he loves.

YA FIC ALEXANDER; YA PLAYAWAY ALEXANDER

Alfageeh, Sara and Shammam, Nadia. “Squire” 2022

Hiding her status as a girl from conquered lands while training as a Squire on her quest to become a Knight, the only path to true citizenship, Aiza navigates friendships and rivalries until she discovers the military's endgame.

YA GN ALFAGEEH

Barry, Michelle A. “Moongarden” (Plotting the Stars #1) 2022

Centuries ago, Earth’s plants turned toxic, rendering life on the planet impossible, and humanity took to space to cultivate new homes. Myra Porter is in her first year at an elite school on the Moon to train and develop her Creer in math as a Number Whisper — like her famous Number Whisperer parents. But she’s crumbling under the pressure. She doesn’t fit in, and worst of all, the tattoos that signal her Creer growing aren’t developing. In her heart, she knows she doesn’t have a Creer, and soon, everyone else will, too.

J FIC BARRY

Chao, Gloria. “When You Wish Upon a Lantern” 2023

One incident, actually the biggest misunderstanding of all time, ruined Liya and Kai’s friendship to the point where they haven’t spoken since. Liya hears that her family’s wishing lantern store is facing hardship. To help boost sales and save the store, she picks up her grandmother’s old tradition: secretly fulfilling people’s wishes that they wrote on the lanterns they send into the sky. Only she can’t do it alone; she’ll need the help of Kai. Once she gets Kai to agree, the two begin covertly completing their mission and rekindling their friendship along the way. They’ll just have to make sure this time nothing tears them apart.

YA FIC CHAO

Emezi, Akwaeke. “Bitter” 2022

After a childhood in foster care, Bitter is thrilled to have been chosen to attend Eucalyptus, a special school where she can focus on her painting surrounded by other creative teens. But outside this haven, the streets are filled with protests against the deep injustices that grip the city of Lucille. Bitter’s instinct is to stay safe within the walls of Eucalyptus, but her friends aren’t willing to settle for a world that’s so far away from what they deserve. Pulled between old friendships, her artistic passion, and a new romance, Bitter isn’t sure where she belongs — in the studio or in the streets. And if she does find a way to help the revolution while being true to who she is, she must also ask: At what cost? This timely and riveting novel — a companion to the National Book Award finalist “Pet” — explores the power of youth, protest and art.

YA FIC EMEZI; LIBBY: eBook

Gong, Chloe. “Foul Lady Fortune” 2022

It’s 1931 in Shanghai, and the stage is set for a new decade of intrigue. Four years ago, Rosalind Lang was brought back from the brink of death, but the strange experiment that saved her also stopped her from sleeping and aging — and allows her to heal from any wound. In short, Rosalind cannot die. Now, desperate for redemption from her traitorous past, she uses her abilities as an assassin for her country. Code name: Fortune. But when the Japanese Imperial Army begins its invasion march, Rosalind’s mission pivots. A series of murders is causing unrest in Shanghai, and the Japanese are under suspicion. Rosalind’s new orders are to infiltrate foreign society and identify the culprits behind the terror plot before more of her people are killed.

YA FIC GONG; LIBBY: eBook and eAudio

Jackson, Holly. “Five Survive” 2022

Eight hours. Six friends. Five survive. Red Kenny is on a road trip for spring break with five friends: her best friend, the older brother, his perfect girlfriend, a secret crush, a classmate and a killer. When their RV breaks down in the middle of nowhere with no cell service, they soon realize this is no accident. They have been trapped by someone out there in the dark, someone who clearly wants one of them dead. With eight hours until dawn, the six friends must escape, or figure out which of them is the target. But is there a liar among them? Buried secrets will be forced to light and tensions inside the RV will reach deadly levels. Not all of them will survive the night.

YA FIC JACKSON; LIBBY: eBook and eAudio

Johnson, Maureen. “Nine Liars” 2022

Senior year at Ellingham Academy for Stevie Bell isn’t going well. Her boyfriend, David, is studying in London. Her friends are obsessed with college applications. With the cold case of the century solved, Stevie is adrift. There is nothing to distract her from the questions pinging around her brain — questions about college, love and life in general. Relief comes when David invites Stevie and her friends to join him for study abroad, and his new friend Izzy introduces her to a double-murder cold case.

YA FIC JOHNSON; YA PLAYAWAY JOHNSON; LIBBY: eBook and eAudio

King, Amy Sarig. “Attack of the Black Rectangles” 2022

Everyone in town knows and fears Ms. Laura Samuel Sett. She is the town watchdog, always on the lookout for unsavory words and the unsavory people who use them. She is also Mac's sixth-grade teacher. Mac and his friends are outraged when they discovered that their class copies of Jane Yolen's “The Devil's Arithmetic” have certain works blacked out. Mac has been raised by his mom and grandad to call out things that are wrong, so he and his friends head to the principal's office to protest the censorship. Her response isn't reassuring – so the protest grows.

J FIC KING; LIBBY: eBook; HOPLA: eAudio

Lainoff, Lillie. “One For All” 2022

In 1655, 16-year-old Tania is the daughter of a retired musketeer, but she is afflicted with extreme vertigo and subject to frequent falls. When her father is murdered, she finds that he has arranged for her to attend Madame de Treville's newly formed Academie des Mariaees, in Paris, which, it turns out, is less a school for would-be wives, than a fencing academy for girls. Tania begins her training to be a new kind of musketeer, and to get revenge for her father.

YA FIC LAINOFF; LIBBY: eBook and eAudio

Lamb, Sacha. “When the Angels Left the Old Country” 2022

Uriel the angel and Little Ash (short for Ashmedai) are the only two supernatural creatures in their shtetl (which is so tiny, it doesn't have a name other than Shtetl). The angel and the demon have been studying together for centuries, but pogroms and the search for a new life have drawn all the young people from their village to America. When one of those young emigrants goes missing, Uriel and Little Ash set off to find her, but there are obstacles ahead of them as difficult as what they've left behind.

YA FIC LAMB; LIBBY: eBook and eAudio

Lockhart, E. “Family of Liars” 2022

This prequel to “We Were Liars” takes readers back to the story of another summer, another generation, where a fiery, addicted heiress and an irresistible, unpredictable boy are plunged into a world of unforgivable betrayal, shocking secrets and terrible mistakes. Simultaneous eBook. **YA FIC LOCKHART**

McManus, Karen M. “Nothing More to Tell” 2022

Four years ago, Brynn left Saint Ambrose School following the shocking murder of her favorite teacher. The case was never solved, but she's sure that the three kids who found Mr. Larkin's body know more than they're telling, especially her ex-best friend Tripp Talbot. He's definitely hiding something. When Brynn gets an internship working on a popular true-crime show, she decides to investigate what really happened that day in the woods. But the further she dives into the past, the more secrets she finds. Four years ago, someone got away with murder. Now it's time to uncover the truth.

YA FIC MCMANUS; LIBBY: eBook and eAudio

Mendez, Yamile Saied and Ortiz, Amparo. "Our Shadows Have Claws: 15 Latin American Monster Stories" 2022

From zombies to cannibals to death incarnate, this cross-genre anthology of 15 original short stories from YA superstars featuring the monsters of Latinx myths and legends offers something for every monster lover. The worlds of these stories are dark but also magical ones, set across Latin America and its diaspora. This collection offers bold, imaginative stories of oppression, grief, sisterhood, first love and empowerment.

YA FIC OUR

Nielsen, Jennifer A. "Lines of Courage" 2022

World War I stretches its cruel fingers across Europe, where five young people, each from different backgrounds and nations, face the terror of battle, the deprivations of hunger, and all the awful challenges of war. Felix, from Austria-Hungary, longs for the bravery to resist Jewish deportations before his own family can be taken. Kara, from Britain, dreams of someday earning her Red Cross pin and working as a nurse – or even a doctor. Juliette, of France, hopes her family can remain knitted together, despite her father's imprisonment, as the war's longest battle stretches on and on. Elsa, from Germany, hopes her homing pigeon might one day bring her a friend from out of the chaos. And Dimitri, of Russia, wants only to survive the front, where he's been sent with no weapon. In this remarkable exploration of World War I by critically acclaimed author Jennifer A. Nielsen, they will discover that friendship and courage can light the way through the most frightening of nights.

J FIC NIELSEN; LIBBY: eBook and eAudio

Noone, Gabby. "Live, Laugh, Kidnap" 2022

The only thing Genesis, Holly and Zoe seem to have in common is being stuck in Violet, Montana. Well, that and the fact that Hope Harvest Ministries is trying to ruin their lives. Genesis lives on a commune that is now an echo of the New Age cult it once was. The only solution to their problems is to scam the scammers and protect what's theirs. It shouldn't take much – the Reaps' golden son, an accidental kidnapping, some light blackmail – and the Reaps' fortune will be in the girls' much more deserving hands. As long as everything goes according to plan.

YA FIC NOONE

Oh, Axie. "The Girl Who Fell Beneath the Sea" 2022

A girl travels to the Spirit World to break a curse that threatens the lives of her people in this feminist YA retelling of the popular Korean legend "The Tale of Shim Cheong."

YA FIC OH; LIBBY: eBook and eAudio

Pan, Emily X.R. "An Arrow to the Moon" 2022

Romeo and Juliet meets Chinese mythology in this magical novel by the New York Times bestselling author of "The Astonishing Color of After." Hunter Yee has perfect aim with a bow and arrow, but all else in his life veers wrong. He's sick of being haunted by his family's past mistakes. The only things keeping him from running away are his little brother, a supernatural wind, and the bewitching girl at his new high school. Luna Chang dreads the future. Graduation

looms ahead, and her parents' expectations are stifling. When she begins to break the rules, she finds her life upended by the strange new boy in her class, the arrival of unearthly fireflies, and an ominous crack spreading across the town of Fairbridge. As Hunter and Luna navigate their families' enmity and secrets, everything around them begins to fall apart. All they can depend on is their love, but time is running out, and fate will have its way.

YA FIC PAN

Rogers, Andrea L. "Man Made Monsters" 2022

This first YA book by Cherokee author Rogers, is a collection of horror stories following a family through successive generations as they encounter werewolves, vampires and zombies as well as threatening creatures from Cherokee folk tales.

YA FIC ROGERS

Schwartz, Dana. "Anatomy: A Love Story" 2022

First in a planned duology. Hazel Sinnett is a medical student in 19th century Scotland who, after being kicked out because of her gender, works with new attractive acquaintance Jack Curren to procure dead bodies to study, but they soon discover secrets buried in the heart of Edinburgh society.

YA FIC SCHWARTZ; YA PLAYAWAY SCHWARTZ; LIBBY: eBook and eAudio

Senf, Lora. "The Clackity" 2022

Reminiscent of "Doll Bones" and "Small Spaces," this "delightfully eerie" middle grade novel tells the story of a girl who must rescue her aunt by entering a world of ghosts, witches and monsters to play a game with deadly consequences.

J FIC SENF

Sylvester, Natalia. "Breathe and Count Back From Ten" 2022

In this gorgeously written and authentic novel, Verónica, a Peruvian-American teen with hip dysplasia, auditions to become a mermaid at a Central Florida theme park in the summer before her senior year, all while figuring out her first real boyfriend and how to reclaim and feel safe in her own body.

YA FIC SYLVESTER

Tahir, Sabaa. "All My Rage" 2022

Misbah is a dreamer and storyteller, newly married to Toufiq in an arranged match. After their young life is shaken by tragedy, they come to the United States and open the Clouds' Rest Inn Motel, hoping for a new start. Years later, their son, Salahudin, and Noor are more than best friends; they are family. Growing up as outcasts in the small desert town of Juniper, California, they understand each other the way no one else does. Until The Fight, which destroys their bond with the swift fury of a star exploding. Sal scrambles to run the family motel as his mother Misbah's health fails and his grieving father loses himself to alcoholism. Noor, meanwhile, walks a harrowing tightrope: working at her wrathful uncle's liquor store while hiding the fact that she's applying to college so she can escape him — and Juniper — forever.

YA FIC TAHIR; YA PLAYAWAY TAHIR

Thomas, Aiden. “The Sunbearer Trials” 2022

Welcome to The Sunbearer Trials, where teen semidioses compete in a series of challenges with the highest of stakes, in this electric new Mexican-inspired fantasy from Aiden Thomas, the New York Times bestselling author of “Cemetery Boys.” As each new decade begins, the Sun’s power must be replenished so that Sol can keep traveling along the sky and keep the chaotic Obsidian gods at bay. Sol selects 10 of the most worthy semidioses to compete in the Sunbearer Trials. The winner carries light and life to all the temples of Reino del Sol, but the loser has the greatest honor of all — they will be sacrificed to Sol, their body melted down to refuel the Sun Stones, protecting the world for another 10 years.

YA FIC THOMAS; LIBBY: eBook and eAudio

Underhill, Edward. “Always the Almost” 2023

Sixteen-year-old trans boy Miles Jacobson has two New Year’s resolutions: 1) win back his ex-boyfriend (and star of the football team) Shane McIntyre, and 2) finally beat his slimy arch-nemesis at the Midwest’s biggest classical piano competition. But that’s not going to be so easy. For one thing, Shane broke up with Miles two weeks after Miles came out as trans, and now Shane’s stubbornly ignoring him, even when they literally bump into each other. Plus, Miles’ new, slightly terrifying piano teacher keeps telling him that he’s playing like he “doesn’t know who he is”—whatever that means. Then Miles meets the new boy in town, Eric Mendez, a proudly queer cartoonist from Seattle who asks his pronouns, cares about art as much as he does — and makes his stomach flutter. Not what he needs to be focusing on right now. But after Eric and Miles pretend to date so they can score an invite to a couples-only Valentine’s party, the ruse turns real with a kiss, which is also definitely not in the plan.

YA FIC UNDERHILL

Underwood, Sarah. “Lies We Sing to the Sea” 2023

The Prince of Ithaca has to die. That’s the only way thousands more will live. But the prince is no hero. Each spring he condemns 12 maidens to their death. This time Leto must hang, and after, sink into the depths. But her death came with a surprising twist: Leto wakes on an island with Melantho, a mysterious green-eyed girl who commands the waters. The words she utters will shock Leto, but stopping the prince to save so many more lives, especially that of her maiden sisters, is something Leto can get behind.

YA FIC UND

Voris, Jenna. “Made of Stars” 2023

Inspired by the lawless love story of Bonnie and Clyde, Jenna Voris’s heart-stopping tale of passion and crime will have you seeing stars. Shane and Ava are a team. He steals the aircraft, she charms their mark, and together they take what they need. Cyrus just graduated from the flight academy with a shiny new position lined up reporting to a well-respected general. On his very first assignment, he stops the outlaws in their tracks – or, he would have, if the annoyingly handsome Lark hadn’t fallen for Ava’s deception. But when Shane uncovers a top-secret plot that would leave his home world at the mercy of Cyrus’s military leaders, he makes it his mission to thwart them at all costs. It isn’t long before Shane and Ava make interstellar

headlines with each new heist. And thanks to a chance run-in with the rebels, Cyrus is caught between two versions of the truth. He must pick a side, and fast. Because Shane and Ava will bring the planet to its knees, or die trying.

YA FIC VORIS

Watters, Shannon. "Hollow" 2022

This modern retelling of the Legend of Sleepy Hollow is a fast-paced romp, full of "Hocus Pocus" style and humor. The vibrant art is just cartoony enough for the fantastical subject matter that doesn't take itself too seriously.

YA GN WATTERS; HOOPLA: eBook

Woodall, Jenn. "Space Trash" 2022

A promising introduction to a gritty, punk dystopia full of colorful delinquents looking for a way out. A slow burn, character-study, like *Papergirls* meets *Akira*.

YA GN WOODALL

Ziegler, Jennifer. "Worser" 2022

William Wyatt Orser's life is turned upside down after his mother has a stroke, but the socially awkward, word-loving 12-year-old finds glimmers of hope when he discovers friends who share his love of wordplay and books.

J FIC ZIEGLER

Non-fiction

Hansen, Dustin. "The Greatest Stories Ever Played: Video Games and the Evolution of Storytelling" 2022

We all know that video games are fun, but can a video game make you cry? Can it tell you a powerful love story? Can a video game make you think differently about war? About the environment? About the choices you make? Whether it's playing through blockbuster-esque adventures ("*Uncharted*," "*God of War*," "*The Last of Us*"), diving deep into hidden bits of story and lore ("*Red Dead Redemption II*," "*Bioshock*," "*Journey*") or building relationships that change the fate of the world itself ("*Persona 5*," "*Undertale*"), video games are bringing stories to life in ways that are immediate, interactive and immersive. Focusing on some of the best, most memorable, experiences in gaming, this book examines the relationship between gaming and storytelling in a new way.

YA 794.8 HANSEN

Hinton, Anthony Ray. "The Sun Does Shine: An Innocent Man, a Wrongful Conviction, and the Long Path to Justice" (Young Readers Edition) 2022

In 1985, Anthony Ray Hinton was arrested and charged with two counts of capital murder in Alabama. Stunned, confused, and only 29 years old, Hinton knew that it was a case of mistaken identity and believed that the truth would prove his innocence and ultimately set him free.

With themes both timely and timeless, Hinton’s memoir tells his dramatic 30-year journey through the justice system and shows how you can take away a man’s freedom, but you can’t take away his imagination, humor or joy.

YA BIO HINTON

Hoose, Phillip. “Duet: Our Journey in Song with the Northern Mockingbird” 2022

National Book Award and Newbery honor-winner Phillip Hoose tells the story of the impactful partnership between humans and mockingbirds, both scientifically and culturally over the centuries. Mockingbirds have been companions to humans for centuries. Many Native American myths and legends feature mockingbirds, often teaching humans to speak. Thomas Jefferson’s mockingbird, Dick, was the first White House pet. John James Audubon’s portrait of a rattlesnake raiding a mockingbird’s nest sparked outrage in the world of art. Atticus Finch’s somber warning to his children, “Remember, it’s a sin to kill a Mockingbird,” is known throughout the world. Some jazz musicians credit mockingbirds with teaching them a four-note call that says, “Break’s over.” And mockingjays — a hybrid between jabberjays and mockers — are a symbol of the rebel cause in the Hunger Games trilogy.

YA 598.8 HOOSE

Jarrow, Gail. “Ambushed! The Assassination Plot Against President Garfield” 2021

This thorough examination of the second U.S. presidential assassination is full to the brim with visual resources such as photographs, political cartoons, letters and even telegraphs. A fascinating in-depth journey through a little-taught moment in American history is sure to hook budding history buffs.

YA 973.84 JARROW; LIBBY: eBook

Jarrow, Gail. “American Murderer: The Parasite that Haunted the South” 2022

This book was included on NPR's 2022 "Books We Love" List, was a finalist for the 2023 YALSA Award for Excellence in Nonfiction, and was named an ALSC Notable Children's Book. Imagine microscopic worms living in the soil. They enter your body through your bare feet, travel to your intestines, and stay there for years sucking your blood like vampires. It sounds like a nightmare, but that’s what happened in the American South during the 1800s and early 1900s. Doctors never guessed that hookworms were making patients ill, but zoologist Charles Stiles knew better. Working with one of the first public health organizations, he and his colleagues treated the sick and showed Southerners how to protect themselves. The topic of this STEM book remains relevant and will fascinate readers interested in medicine, science, history — and gross stories about bloodsucking creatures.

YA 616.9654 JAR

Kahn, Peter; Abdurraqib, Hanif; Sullivan, Dan; Choi, Franny; and Jess, Tyehimba. “Respect the Mic: Celebrating 20 Years of Poetry From a Chicagoland High School” 2022

Curated by award-winning and best-selling poets, this wide-ranging poetry anthology represents 20 years of poetry from the students and alumni of Chicago's Oak Park River Forest High School Spoken Word Club.

YA 811.6 Respect

Kimmerer, Robin Wall. "Braiding Sweetgrass for Young Adults" 2022

Drawing from her experiences as an Indigenous scientist, botanist Robin Wall Kimmerer demonstrated how all living things — from strawberries and witch hazel to water lilies and lichen — provide us with gifts and lessons every day in her best-selling book "Braiding Sweetgrass." Adapted for young adults by Monique Gray Smith, this new edition reinforces how wider ecological understanding stems from listening to the earth's oldest teachers: the plants around us. With informative sidebars, reflection questions, and art from illustrator Nicole Neidhardt, "Braiding Sweetgrass for Young Adults brings" Indigenous wisdom, scientific knowledge, and the lessons of plant life to a new generation.

YA 305.8 KIMMERER; HOOPLA: eBook

McCurdy, Jenette. "I'm Glad my Mom Died" 2022

Zoomers will appreciate the sarcastic and dark humor of Jenette McCurdy, who played Sam, the sidekick of Carly Shay, in the 2007-12 hit TV show "iCarly." Jenette's rise to stardom was a horror story of anxiety, self-loathing, eating disorders and addiction, due to relentless and intimidating coercion by her mother, as she forced Jenette into a career in acting. Only after her mother's death was Jenette able to find relief in therapy and quitting show business.

BIO MCCURDY; LIBBY: eBook and eAudio; HOOPLA: eBook.

Neely, Kindra. "Numb to This: Memoir of a Mass Shooting" 2022

This searing graphic memoir portrays the impact of gun violence through a fresh lens with urgency, humanity and a very personal hope. Kindra Neely never expected it to happen to her. No one does. Sure, she'd sometimes been close to gun violence, like when the house down the street from her childhood home in Texas was targeted in a drive-by shooting. But now she lived in Oregon, where she spent her time swimming in rivers with friends or attending classes at the bucolic Umpqua Community College. And then, one day, it happened: a mass shooting shattered her college campus. Over the span of a few minutes, on October 1, 2015, eight students and a professor lost their lives. And suddenly, Kindra became a survivor. This empathetic and ultimately hopeful graphic memoir recounts Kindra's journey forward from those few minutes that changed everything.

YA GN NEELY, LIBBY: eBook

Partidge, Elizabeth; Tamaki, Lauren. "Seen and Unseen: What Dorothea Lange, Toyo Miyatake, and Ansel Adam's Photographs Reveal About the Japanese American Incarceration" 2022

Legendary photographers Dorothea Lange, Toyo Miyatake and Ansel Adams all photographed the Japanese American incarceration, but with different approaches — and different results. This nonfiction picture book for middle grade readers examines the Japanese-American incarceration and the complexity of documenting it through the work of these three photographers.

J 940.5317 PARTRIDGE

Regas, Dean. "How to Teach Grown-ups About Pluto" 2022

Serious science delivered with a humorous approach, this book explains how most adults are not aware, or might deny the fact, that Pluto is no longer considered a planet. In fact, 150 years ago, astronomers decided there were 13 planets, but over time agreed that five of them did not qualify. Adults are notoriously stubborn, but this book will help teens correct their misconceptions.

YA 523.4922 REGAS

Reynolds, Jason. "Ain't Burned All the Bright" 2022

A smash up of art and text that viscerally captures what it means to not be able to breathe, and how the people and things you love most are actually the oxygen you most need.

YA 811.6 REYNOLDS; LIBBY: eBook and eAudio

Sundquist, Josh. "Semi-famous: A True Story of Near Celebrity. 2022

Social media star and comedian Josh Sundquist takes readers on his hilarious journey to the fringes of viral stardom to discover if it's possible to be both very famous and very happy. He attempts to define the word "fame." Hint: It's harder than you'd think. He turns back time to identify the first facially recognizable celebrity. (You might know his former BFF Brutus.) He digs into the numbers to debunk urban legends associated with stardom (ever heard of the 27 Club?). He talks to other semi-famous people (from K-pop sensations to former child stars) and asks them: Is this fame thing making you happy? If not, why are you doing it? If so, what's your secret? All while recounting funny stories about his own cringy fame-seeking (like his many attempts, and failures, to get onto MTV).

YA BIO SUNDQUIST; YA PLAYAWAY BIO SUNDQUIST

Yasmin, Dr. Seema. "What the Fact? Finding the Truth in all the Noise" 2022

This book boasts that it will not "tell you what to think." Instead, journalist Dr. Yasmin encourages freethinkers to examine contagious information, bias, beliefs, news, noise, nonsense and social media in a way that will let them think for themselves.

YA 070.43 YASMIN

Zucker, Bonnie. "A Perfectionist's Guide to Not Being Perfect" 2022

It's hard for teens to be happy when they've created a very narrow window of what defines success. The goal of this helpful book is to encourage teens to maintain their desire to achieve without striving to always be perfect and to appreciate and love who they are just as they are, not for what they do or accomplish. Finding a balance between work and play is key.

Challenging perfectionism is about the pursuit of happiness.

YA 155.232 ZUC