

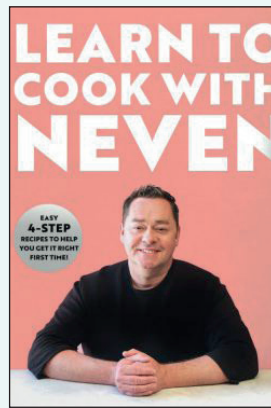
KILKENNY COUNTY COUNCIL LIBRARY SERVICE

New Year, Fresh Start!



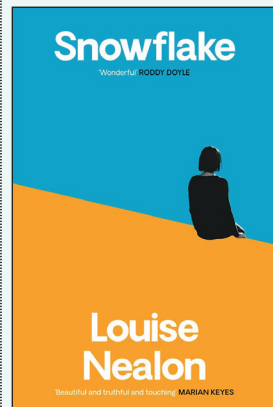
With a new year comes new beginnings and we've pulled together some of our favourite books to curl up with as 2022 gets underway. From fiction titles featuring fresh starts to non-fiction titles that are guaranteed to help you put your best foot forward, you'll find it all at your local library!

and the dating scene in the Big Apple.



Learn to Cook with Neven - It's never too late to learn how to cook properly and this latest offering from Neven Maguire would be perfect for novice chefs of all ages. This gorgeous book is packed full of basic kitchen tips and skills such as chopping, beating, whipping and even how to photograph food so you can share the fruits of your labour online!

Money Doctors - If you keep wishing that you could get a better handle on your finances this is the book for you! This accessible, best-selling reference book covers topics such as how to manage a mortgage, how to save more effectively and how to reduce your debt as well as breaking down recent budgetary and legislative changes.



Snowflake - This debut novel from Louise Nealon shows that new beginnings are not always easy. 18-year-old Debbie struggles to make the transition from her reclusive upbringing with her eccentric mother and uncle on a dairy farm to student life at Trinity College. Snowflake is a touching coming of age novel about a young woman struggling to navigate new situations and relationships.



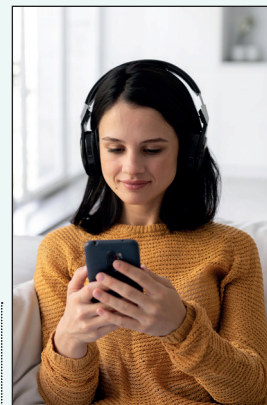
the ultimate question: What is the best way to live?



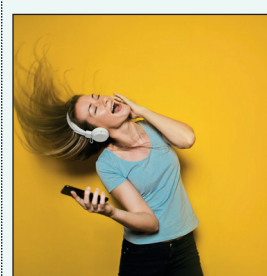
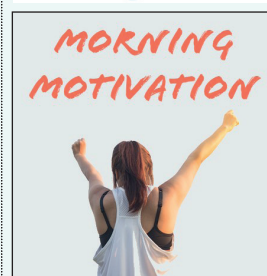
A new year is also a fantastic opportunity to try out a new hobby! Your library membership gives you access to over 500 FREE online learning courses through Universal Class - here are some of the courses we are eyeing up for this year:



thing you need to know to make beautiful, function and delicious smelling candles that anyone would be delighted to find under the tree!



Need a little inspirational music to pump you up and give you the motivation you need to tackle your 2022 to-do list? Download the Freegal music app for free with your library membership and pop on a motivational playlist - you'll soon be whistling (and maybe even dancing) while you work!



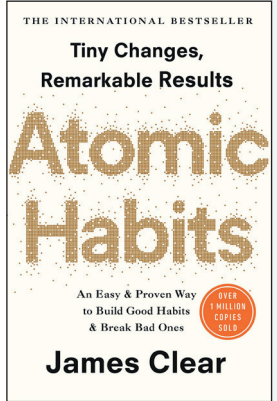
Mixed Media Art: Everyone has an artistic side and this specialised art course will teach you how to combine different media and techniques and get your creativity flowing.



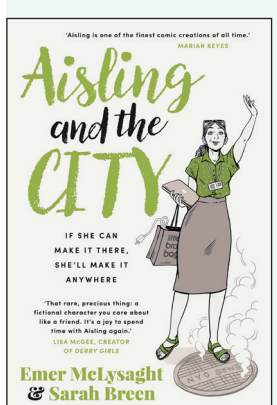
Candle Making 101: How cool would it be to make gorgeous handmade candles to gift to your friends and family next Christmas? This course will teach you every-



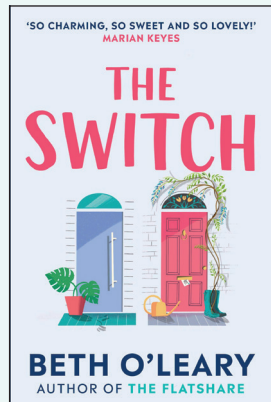
And finally, the majority of would like to make some healthier choices this year. The Healthy Ireland at your Library initiative has a range of supports to help you improve your physical and mental health and wellbeing. A dedicated collection of books covers topics such as mental health, healthy eating, positive ageing, tobacco and alcohol dependence, anxiety management and parenting. Keep an eye out on our Facebook page for some excellent Healthy Ireland talks from a range of experts. Recent talks include "When Your Child Has a Neurodiverse Diagnosis", "Tips for Successful Remote Working" and "Raising Resilient Children", so you're sure to find something to make 2022 your healthiest and happiest year yet!



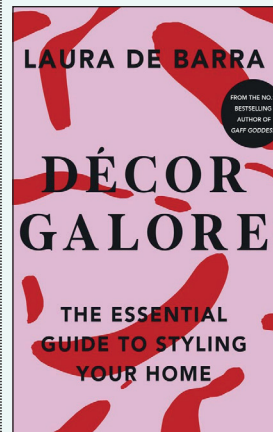
Atomic Habits - World-renowned habits expert, James Clear, shows you how you can banish those bad habits and create new ones by implementing small, consistent changes that will ultimately transform your life.



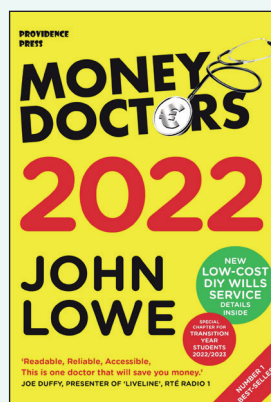
Aisling and the City - Everyone's favourite Ballygobard native is back, but this time she has her sights set on horizons new... in New York City! Laughs are sure to be plentiful as she gets to grips with work, friendships



The Switch - Leena is a young professional who is stuck in a rut while her grandmother Eileen suddenly finds herself single at 80. A life swap seems like the perfect solution to allow Leena to get some rest in an idyllic Yorkshire village, while Eileen can try out the dating scene in London. Their plans for a fresh start begin to go awry, though, as unruly OAPs and handsome schoolteachers put a spanner in the works.



Décor Galore - Maybe your home is in need of a fresh start? Gaff Goddess Laura de Barra will show you how to look at your space differently and open up a world of new possibilities. This practical guide is full of genius tips and hacks to revamp your home on any budget!



The Midnight Library - When Nora Seed hits rock bottom, she finds herself in the mysterious, magical Midnight Library where she can try any number of new beginnings simply by pulling a book off the shelf and opening it. Before time runs out, she must answer

