DOES HAVING A LOT OF BOOKS AT HOME MATTER?

THE ANSWER IS A RESOUNDING YES!

For years, educators have believed that the strongest predictor of academic success was having parents who were highly educated, but a 20-year international study has revealed that the presence of books in the home has a greater influence on a child’s level of education than does the parents income, nationality, or level of education. The study showed that books in the home have a positive payoff in terms of improved test scores in all 42 of the countries studied and that the beneficial effect is greatest for children from economically disadvantaged homes. Being read to, reading books yourself, and discussing the books you’ve read seem to create a positive spiral that can lead to greater academic achievement down the road. So, for those parents who wonder how best to boost their child’s academic performance, the answer is clear: build up your home library. Check out the top YA for this year below:

2018 TOP 10 BEST FICTION

- The Sparrow
- Piecing Me Together
- Goodbye Days
- Eliza
- Strange the Dreamer
- The Hate U Give
- What Girls Are Made Of
- Language of Thorns
- Long Way Down

WHAT WE’RE READING

The warning signs were there, but no one actually believed that one day the water wouldn’t come. The horrific aftermath following the great "Tapout" will leave you running to Costco to stock up on water bottles. Remember – you can only survive three days without water. What are you willing to do to survive?


When her older sister, who’d somehow always managed to win their parents approval, suddenly dies, Julia discovers from mutual friends that her sister may not have been as perfect as believed. The tragedy propels Julia, who struggles against the constraints of her more traditional Mexican culture while dreaming of attending college and one day becoming a writer, to try and unravel the clues to who her sister really was while also finding herself. School Library Journal called it “a timely and must-have account in a culturally contentious world.”
THE BOOKS ARE COMING!
Click on the covers to read a review of the book

Q1 Statistics
21 Escape Rooms
20 Collaborations
9 Interlibrary Loans
30 Article Retrievals (100% success rate)
392 new e-books!
THE KEY TO HAPPINESS
BY FRANCES ROBERTS, ACL LIBRARY ASSISTANT

What comes to mind when you think of THE GOOD LIFE ???

Could it be fame and fortune? Certainly, there are countless people in this world who spend their lives chasing down the two. But, what if happiness was more elemental? Let’s find out what lessons can be learned from the longest study ever conducted on happiness.

Robert Waldinger, the current Director of the Harvard Study of Adult Development, gave a TED TALK back in late 2015 about what can be gleaned about happiness from studying the lives of 724 men over the course of 75 years. Waldinger said that there are three things that are the secret to happiness.

What are they? Well, first let’s go back and understand the research behind his findings. In 1938 during the Great Depression, Harvard launched a longitudinal study on two groups of young men. The first group was made up 268 Harvard college sophomores from the classes of 1939 to 1945 who were selected because they were deemed “sound.” The other group consisted of boys from Boston’s poorest neighborhoods, most of whom lived in tenements without hot and cold running water. As a whole, the men in this study would go on to become factory workers, lawyers, bricklayers, doctors, and a president of the United States (John F. Kennedy).

These men would be studied for the next 75 years through not just questionnaires but with interviews in their living rooms and by reviewing their medical records, which included all types of data, including brain scans, interviews with their kids and videotapes of them talking with their wives about their deepest concerns. Some of these men would develop alcoholism or even schizophrenia, a few would climb the social ladder from the bottom rung all the way to the top while some would make that journey in the opposite direction. What became clear over time, Waldinger reported in his TED talk, was those who fared the best “were the people who leaned into relationships with family, with friends, with community.”
Waldinger made three points about the link between connection and happiness. First is that social relationships are really good for us and that loneliness kills. The experience of loneliness, of feeling more isolated physically or emotionally than you want to be, is toxic. The study revealed that the men who were more socially connected to family, friends, and their community reported feeling happier and were more healthy throughout their lives and lived longer.

Secondly, don’t think that being connected means having lots and lots of friends or being in a committed relationship. The study showed that it was the quality of the relationships that mattered. Living in the midst of conflict is bad for our health, and it seems that good, warm relationships are protective and buffer us from the setbacks and losses we inevitably face sometimes as we walk the road of life.

Third, good relationships in our lives also protect our brains. The men in the study who were in securely attached relationships, meaning that they knew deep down they could count on the significant person in their lives, even if they occasionally bickered, lived longer and their brains stayed sharper.

The Harvard Study of Adult Development continues with a few men from the original study now in their nineties. Researchers are now beginning to turn their focus to the children of these men, more than half of whom are female. They are also looking to add more diversity to the study in other ways.

In his TED talk, Waldinger recommended that we all “lean in relationships with family, friends and community” and ended with a quote from the writer and humorist Mark Twain: “There isn’t time, so brief is life, for bickerings, apologies, heartburnings, callings to account. There is only time for loving, and but an instant, for that.”

**Sources:**


**Watch Waldinger’s TED Talk**

**Need More Happy?**

Check out Happify: an app designed to promote better emotional health and well-being