

# Seven books to aid your new year's resolutions

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Here is some recommended reading to start 2011 on the right foot.

**"Switch: How to Change Things When Change Is Hard"** (2010) By Chip Heath and Dan Heath Crown Business, 320 pages, \$26

In their exploration of why we fear change, brothers Chip and Dan Heath ("Made to Stick: Why Some Ideas Survive and Others Die") address ways to motivate and encourage employees, family members and, most of all, ourselves in very human, rational and get-out-of-your-rut ways.

**"The Good Housekeeping Cookbook: 1,275 Recipes from America's Favorite Test Kitchen"** (2010) By Susan Westmoreland and the editors of Good Housekeeping Hearst, 752 pages, \$35

A comprehensive culinary reference for experienced cooks and an easily accessible foundation for the kitchen newcomer, this guide is filled with excellent visuals, tips and recipes time-honored and contemporary.

**"Mojo: How to Get It, How to Keep It, How to Get It Back if You Lose It"** (2010) By Marshall Goldsmith Hyperion, 224 pages, \$26.99

In this follow-up to "What Got You Here Won't Get You There," Goldsmith creates a toolbox of essential steps to get on a roll and keep it going.

**"The Joy of Less, A Minimalist Living Guide: How to Declutter, Organize, and Simplify Your Life"** (2010) By Francine Jay Anja Press, 296 pages, \$12.95

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Attention to house design can aid family relationships

Working on the idea that even neglected junk requires energy to maintain, Jay takes a lighthearted, simple and highly doable approach to decluttering each room and keeping it that way.

**"Getting More: How to Negotiate to Achieve Your Goals in the Real World"** (2010) By Stuart Diamond  
Crown Business, 416 pages, \$26

In this guide, Pulitzer Prize winner Diamond explains new strategies and tools to prepare for confident, uncomplicated (and blissfully undramatic) negotiation with colleagues, supervisors, family members and other people in our lives.

**"How to Build a Fire: And Other Handy Things Your Grandfather Knew"** (2010) By Erin Bried Ballantine  
Books, 304 pages, \$15

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A step-by-step guide to (almost) everything the hard-working, self-sufficient Greatest Generation learned about life and living.

Should an even cleaner slate be required this year, **"How to Disappear: Erase Your Digital Footprint, Leave False Trails, and Vanish Without a Trace"** by Frank Ahearn and Eileen Horan (Lyons Press, 2010) is a comprehensive guide to exactly what the title suggests.

But hopefully it doesn't come to that.

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