

# Read! Fest 2023 Featured Title

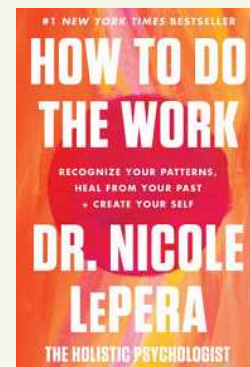
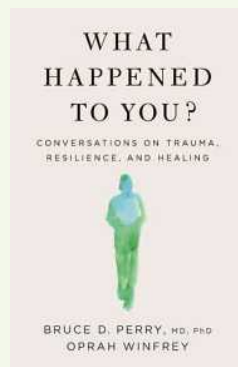
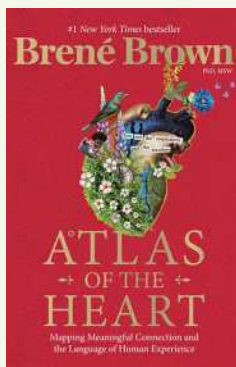
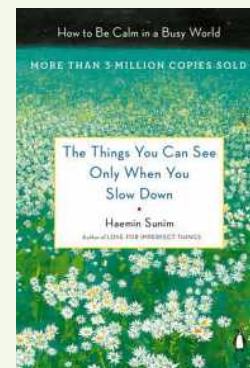
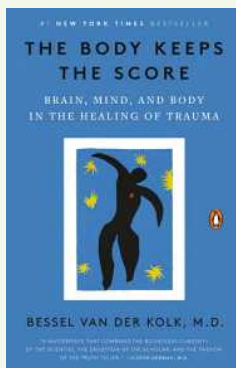
## Maybe You Should Talk to Someone by Lori Gottlieb



What I like about this book is how it found me at the right time: like Gottlieb, I was going through heartbreak. I loved seeing how the author's relationship with her own therapist played out alongside her clients'. This book is a salve I will keep returning to whenever my soul needs soothing.

-Chloe Tong, Librarian

**Click to borrow our reading recommendations!**



## What's next?

**VOLUNTEER:** We Are HEAR

**SUBSCRIBE:** Updates from the social enterprise Happiness Initiative

**DISCOVER:** Educational videos on mental health (Udemy)