



UNIVERSITY
of HAWAII®
MĀNOA

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Audio Book Collection Expands at Hamilton Library

Hamilton Library at the University of Hawai'i at Mānoa announces that we added many new OverDrive audiobooks to our collection, in part with grant from the Sidney Stern Memorial Trust.

The new titles focus on supporting student success, specifically with study skills and personal well-being.

The collection, which now has over 150 titles, offers access to audiobooks either online or through a smartphone application called Libby that can be downloaded for free. Your UH ID and password is used to access the resources.



A list of items in our collection can be found at: <https://uhmanoa.overdrive.com> or from OneSearch on the main library page at <https://manoa.hawaii.edu/library>, where they will be listed as Audio under the Resource Type

The new books include:

- *Burnout: The Secret to Unlocking the Stress Cycle*
- *Cleaning Up Your Mental Mess: 5 Simple, Scientifically Proven Steps to Reduce Anxiety, Stress, and Toxic Thinking*
- *How to Tell a Story: The Essential Guide to Memorable Storytelling from The Moth*
- *How to Win at College: Surprising Secrets for Success from the Country's Top Students*
- *Make It Stick: The Science of Successful Learning*
- *The Productivity Project: Accomplishing More by Managing Your Time, Attention, and Energy*
- *Tips for #University Life: Powerful University Advice for Excelling as a College Freshman*
- *Verbal Judo, Updated Edition: The Gentle Art of Persuasion*

If you are looking for additional audio books, the Hawai'i State Public Library's collection can be found at: <https://hawaii.overdrive.com>. A valid HSPL card is required to check audio books out.

For more information, please contact Brian Richardson at richards@hawaii.edu.