

**westchester**  
LIBRARY SYSTEM

Empowering libraries. Empowering communities.

# How-tos and Hobbies

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WLS DIGITAL RESOURCES

# Overview

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Who knew that our digital resources had a wealth of information about how to do stuff? Sewing, gardening, cooking, plumbing, drawing, painting, music, travel, bird watching, technology, cycling, and a whole lot more!

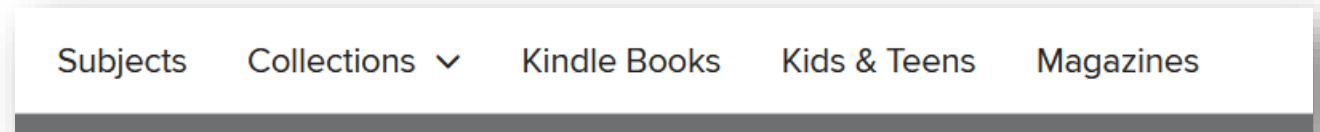
Find out what our online ebooks, videos, audiobooks, and magazines have to offer!

# Browse these

OverDrive by subject

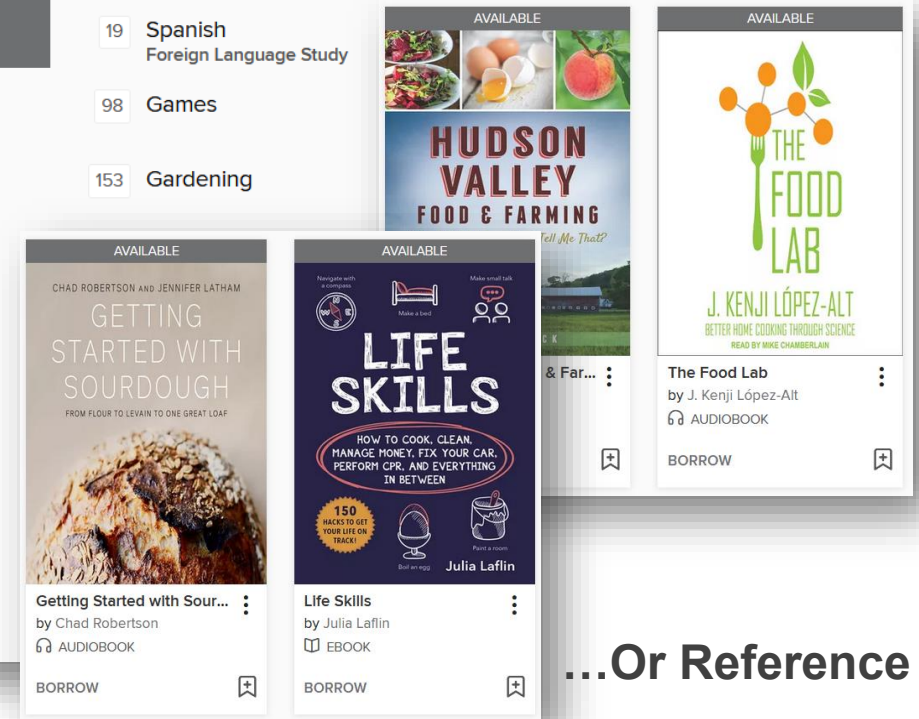
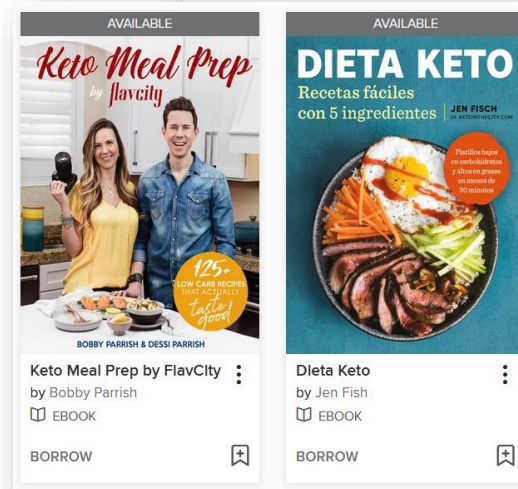
- [Ebooks](#)
- [Audiobooks](#)
- [Magazines](#)

There are over 1,400 titles! Narrow it down with a subject filter like **Health & Fitness...**



- 301 Computer Technology
- 1,438 Cooking & Food**
- 133 Crafts
- 9 Crime
- 1 Criticism
- 7 Current Events
- 1 Russian Foreign Language Study
- 19 Spanish Foreign Language Study
- 98 Games
- 153 Gardening

...Or Technology



...Or Reference

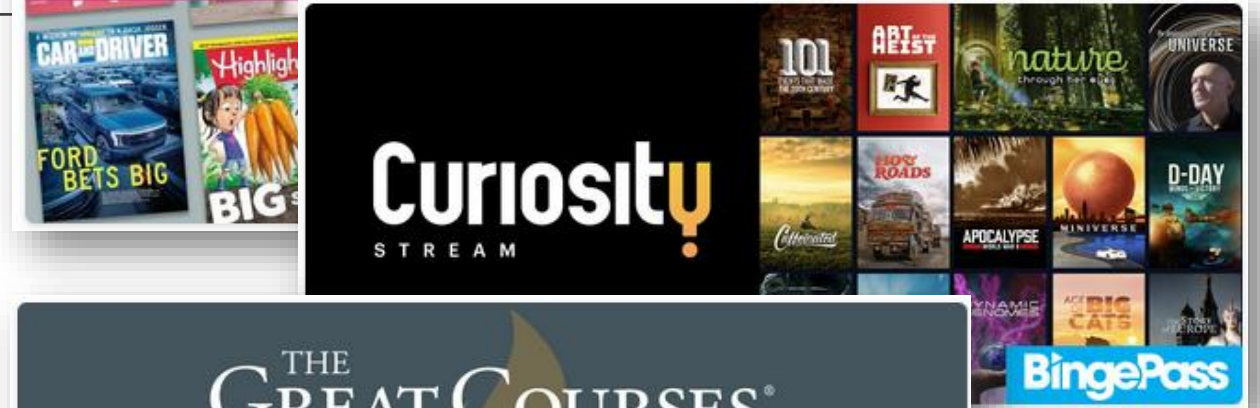


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# Browse these

## Hoopla BingePasses

- search and browse after you borrow
- [Magazines](#)
- [Curiosity Stream Video](#)
- [The Great Courses Video Collection](#)



# Home Repair & Care



## OverDrive

- [Plumbing, Carpentry, Tools, and More](#)
- [Family Handyman Magazine](#)

## Hoopla

- [Maintenance & Repair](#)
- [Sustainable Living](#)
- [Organizing, Cleaning](#)

## Kanopy Video

- [Instructional](#)



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# Cars & Car Repair

OverDrive magazines

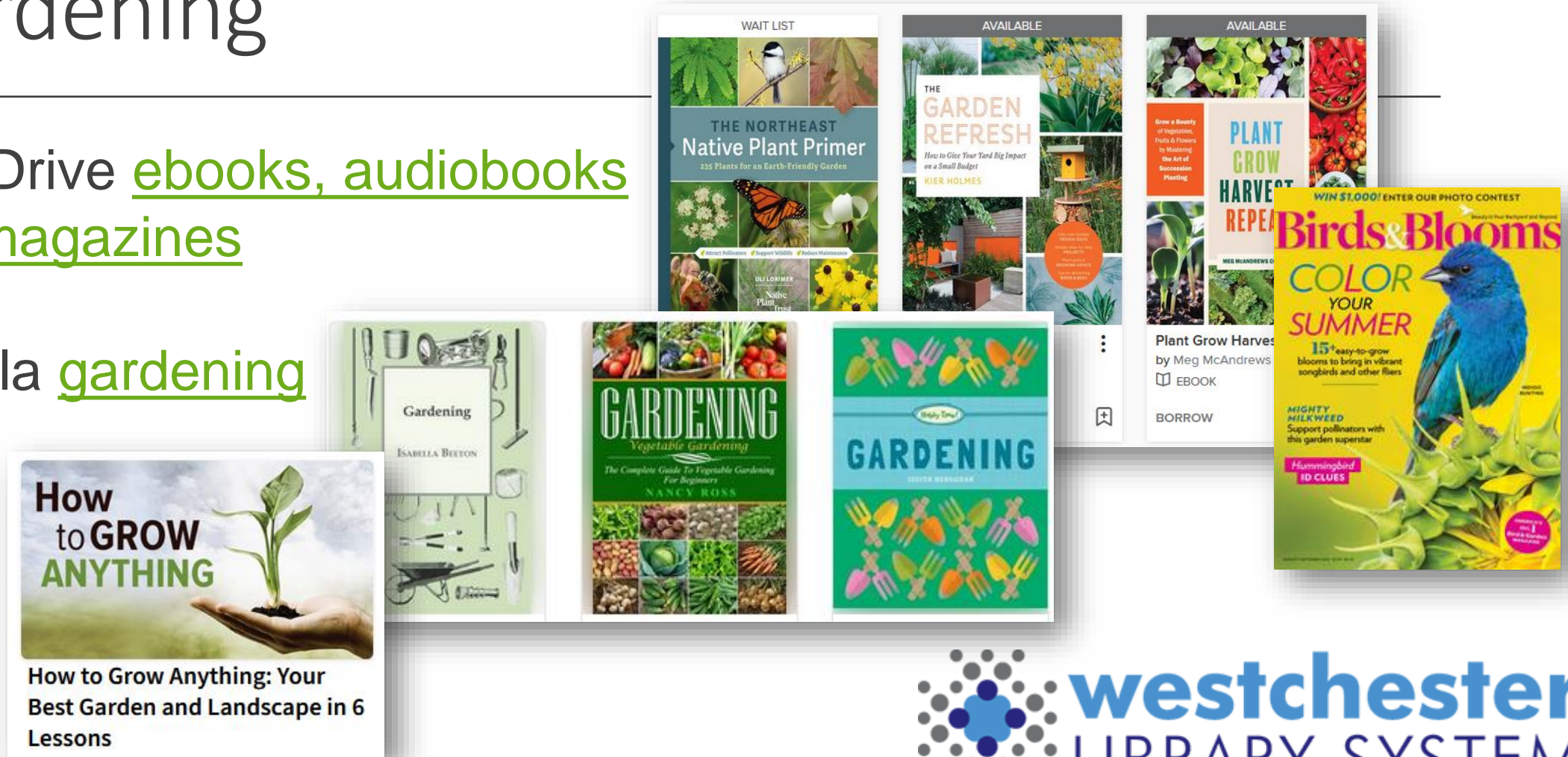
- Cars & Motorcycles
- Hoopla
- Car Crazy Series
- Check BingePass magazines



# Gardening

OverDrive ebooks, audiobooks and magazines

Hoopla gardening



# Cooking

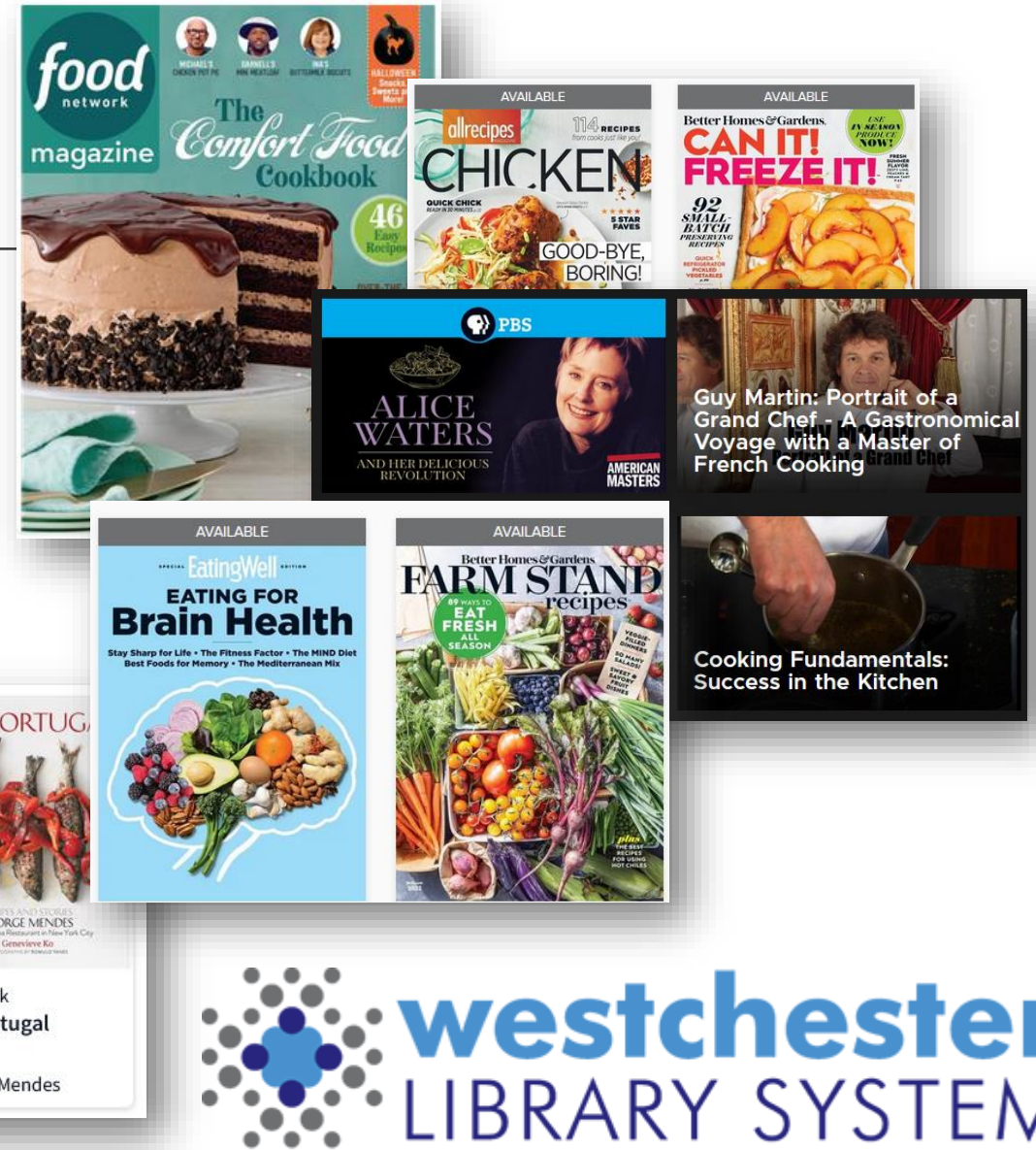
OverDrive

- [Cooking & Food ebooks and audiobooks](#)
- [Food & Wine magazines](#)

Kanopy – search "cooking, chefs"

Hoopla

- [Cooking & Dishes](#)
- [Browse subjects](#)



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# Crafts & Arts



- OverDrive [Crafts](#)
- Hoopla [Painting Technique](#)
- [Kanopy Crafts and Arts](#)

Don't forget about magazines in OverDrive and Hoopla!

# Sewing & Fibers



- [hoopla Crochet and Needlecraft](#)
- [OverDrive](#)
- [Kanopy Crafts & Hobbies](#)

# Computers & Technology

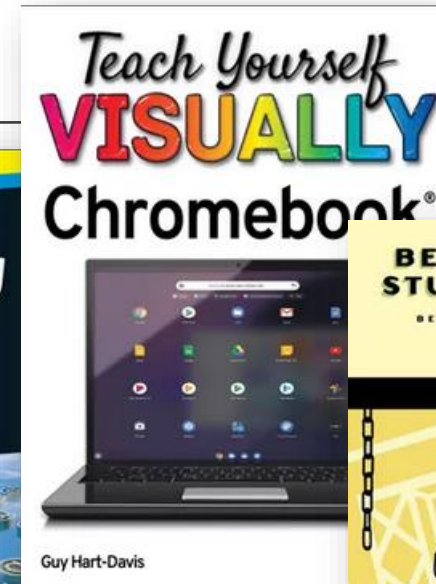
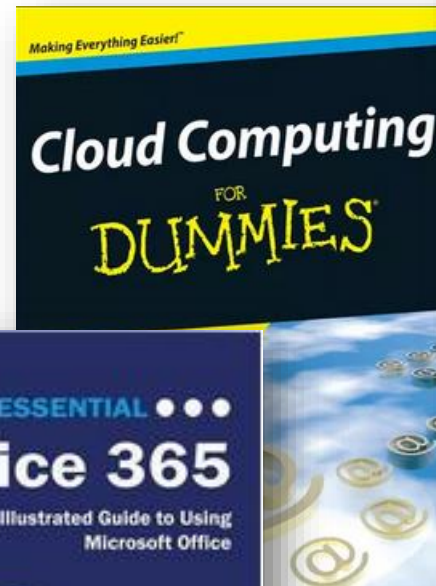
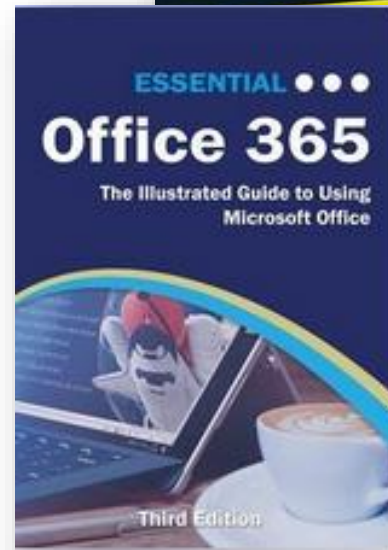
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OverDrive

- [Computers](#)

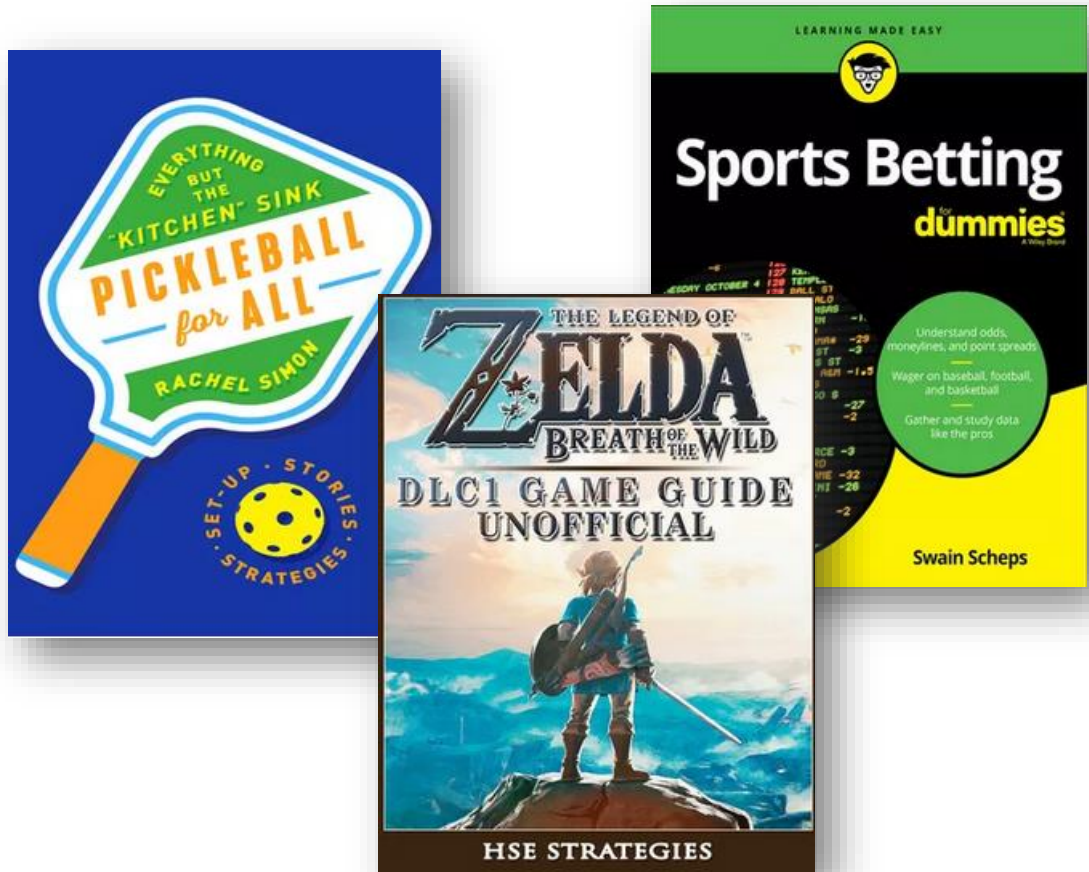
Hoopla

- [Computer Essentials](#)



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# Games



OverDrive

- Games

Hoopla

- Games Trivia



# Sports & Recreation



Overdrive

- [Sports & Recreation](#)

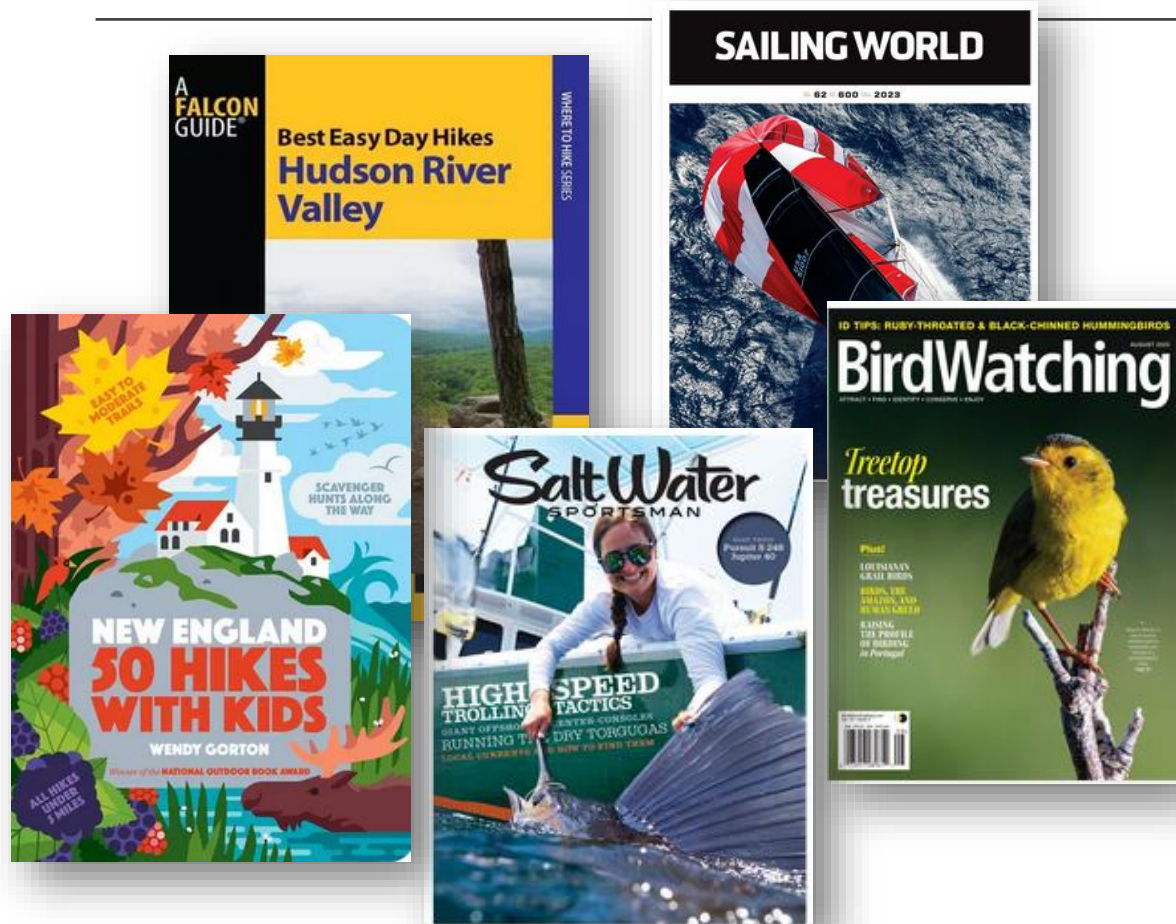
Hoopla

- [Sports & Recreation](#)



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# Outdoor Adventure



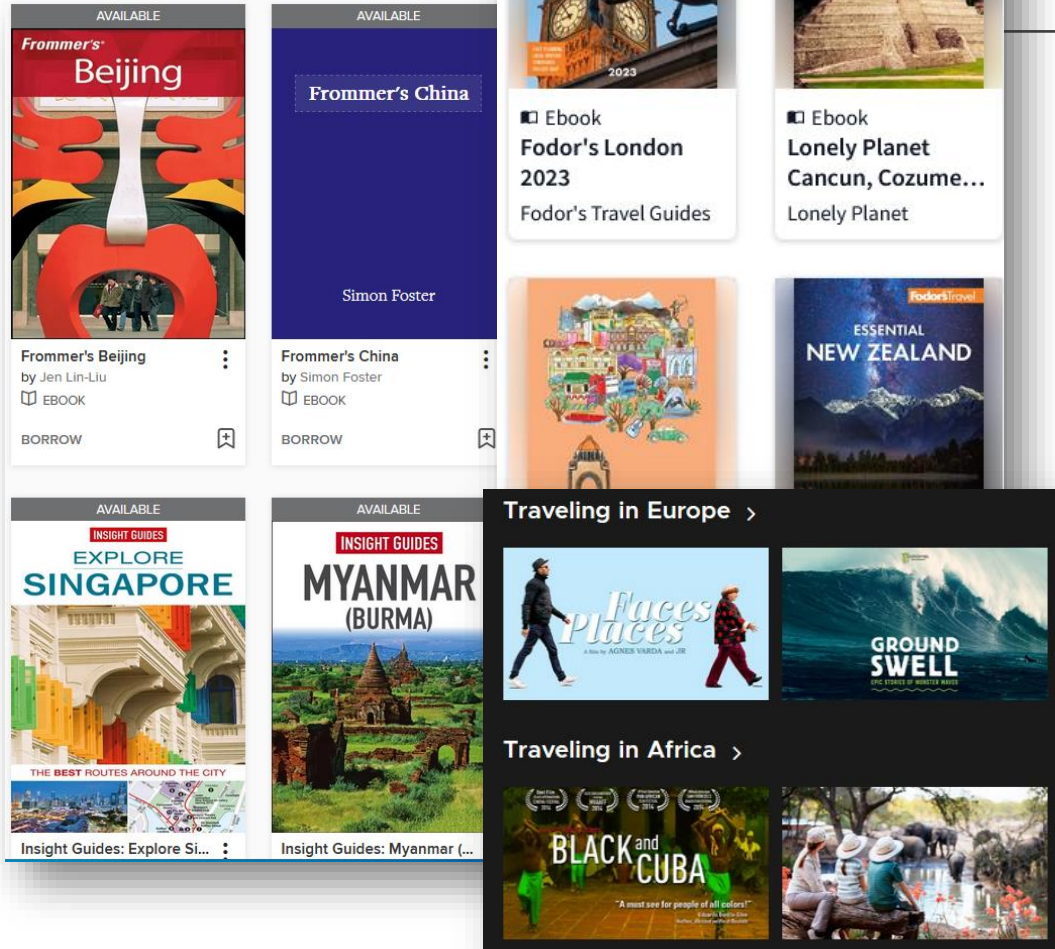
## OverDrive

- [Hiking](#)
- Hoopla
- Geocaching
- Birdwatching
- [Outdoor Adventure Guides](#)



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# Travel



OverDrive Lonely Planet, Rick Steves, Michelin Frommer's Insight Guides

- [United States](#)
  - [Europe](#)
- Hoopla Fodor's, Lonely Planet
- [Food, Lodging, & Transportation](#)

Kanopy


[Travel & Tourism](#)




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# Health and Fitness


Infectious Disease >



Cancer >




The   
**Repetitive Strain Injury Handbook**  
AN 8-STEP RECOVERY AND PREVENTION PLAN  
Robert M. Simon, M.D.  
and Ruth Aleskovsky

Martin Juneau M.D., M.P.S., FRCP(C)  
  
**CARDIOVASCULAR HEALTH**  
LIVING YOUR BEST WITH A HEALTHY HEART

"This comprehensive book offers real practical guidance."  
—Matthew Walker, PhD, bestselling author of *Why We Sleep*

**HOW TO SLEEP**



OverDrive [Health & Fitness](#)  
Kanopy Video

- [Health and Wellness](#)
- [Documentaries](#)
- [Medicine](#)

Hoopla [Health & Fitness Titles](#)




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# Community & Volunteering


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- [Occupational Health](#)
- [Mental Health](#)




**POPULAR**

**COURSE**  
**Improving Your Thinking**


 LinkedIn • By: Alyssa Lowery and Madecraft • Feb 2022

32,122 learners • Skills: Brain Training, Critical Thinking • Beginner

53m



**COURSE**  
**Better Wrist and Elbow Health**

 LinkedIn • By: Desk Yogi • May 2020

11,729 learners • Skill: Wellness • Beginner

34m

- 250 courses
- Almost 3,500 videos
- Timed, hands-on lessons
- Certificates for completion




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# ... And READING!


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- [Occupational Health](#)
- [Mental Health](#)




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# WLS Support

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## Learn more about WLS Shared Digital Resources

- [Content eResources](#)
- [Learning eResources](#)
- [Research eResources](#)

## Have training questions?

**Allison Midgley**

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