

December's Big Book

How Not to Die by Michael Greger, MD

This kit makes it easier than ever to promote read-alikes for the hottest new releases. Choose from customizable Canva templates to highlight your own recommendations or ready-to-use assets featuring read-alike picks from our expert librarians. Spread the word using social media copy for both pre-release and post-release promotions. Whether you're building excitement before launch day or keeping the buzz going after, this kit has everything you need get great books into readers' hands!

List of Toolkit Items

2

Canva Templates

Images with customizable copy and jacket covers to ensure you can promote the read-alikes of your choosing or your library's own Big Book!

5

Read-to-Use Assets

A set of images promoting read-alikes suggested by OverDrive librarians. No customization needed.

2

Suggested Copy

Ready-to-use social media copy and descriptive image text for your social media posts.

Canva Templates

To create a customized version of this kit, open the **Canva link here** or the shortcut provided in the marketing kit.

You can find tips and tricks for saving jacket cover images in the marketing kit, as well.



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Ready-to-Use Assets

Don't have time to customize your own graphics? You can use these ready-to-use versions with recommendations from our OverDrive librarians.



Social Media Copy

Holds list

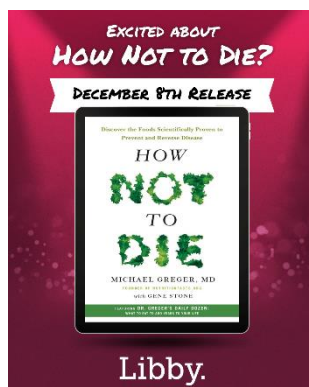
You may have to wait for *How Not to Die*, but your personal growth can start now! Borrow one of these uplifting self-help titles to make the wait a win. Find them in the Libby app! #BigBookReadalikes

After reading

Just finished *How Not to Die* and buzzing with motivation? Fuel that spark with another self-help read that lifts you even higher. Find them in the Libby app! #BigBookReadalikes

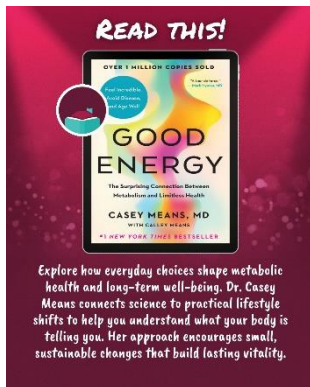
Descriptive Image Text

When posting on social media sites like [Instagram](#), [Facebook](#), and [Threads](#), you can embed descriptive image text (also known as alt text) to support people with visual impairments. Use the text below to add descriptive image text to your social media posts.

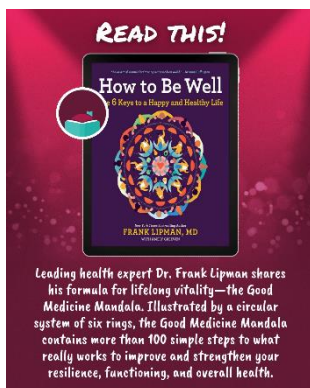


An ebook cover of *How Not to Die* is displayed on a tablet. Text at the top reads: “Excited about *How Not to Die*?” in bold white letter and below it, “December 8th Release” in black lettering over a white ribbon. The Libby app logo appears at the bottom of the image against a pink background.

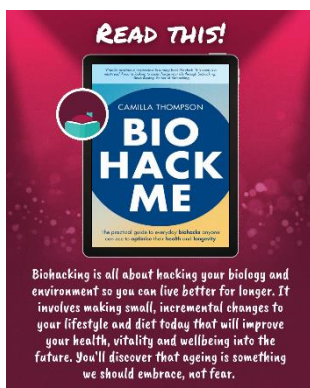
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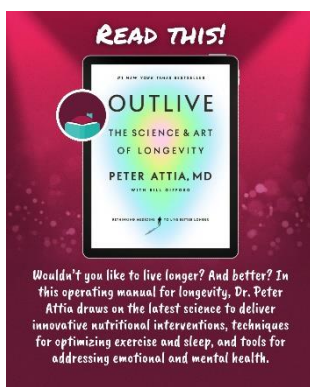
An ebook cover of *Good Energy* by Casey Means, MD is displayed on a tablet. Text at the top of the image says “Read This!” in bold white letters. Below the tablet, white text describes the story: “Explore how everyday choices shape metabolic health and long-term well-being. Dr. Casey Means connects science to practical lifestyle shifts to help you understand what your body is telling you. Her approach encourages small, sustainable changes that build lasting vitality.” A Libby app logo appears to the left of the tablet.



An ebook cover of *How to Be Well* by Frank Lipman, MD is displayed on a tablet. Text at the top of the image says “Read This!” in bold white letters. Below the tablet, white text describes the story: “Leading health expert Dr. Frank Lipman shares his formula for lifelong vitality—the Good Medicine Mandala. Illustrated by a circular system of six rings, the Good Medicine Mandala contains more than 100 simple steps to what really works to improve and strengthen your resilience, functioning, and overall health.” A Libby app logo appears to the left of the tablet.

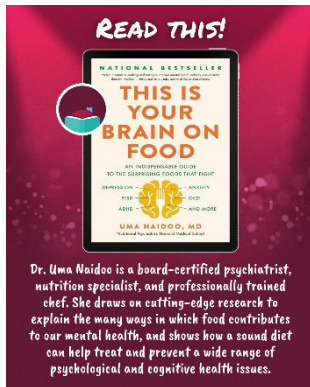


An ebook cover of *Bio Hack Me* by Camilla Thompson is displayed on a tablet. Text above the tablet reads “Read This!” in bold white lettering. Below, white text describes the story: “Biohacking is all about hacking your biology and environment so you can live better for longer. It involves making small, incremental changes to your lifestyle and diet today that will improve your health, vitality and wellbeing into the future. You'll discover that ageing is something we should embrace, not fear.” A Libby app logo appears to the left of the tablet.



An ebook cover of *Outlive* by Peter Attia, MD is displayed on a tablet. Text at the top of the image says “Read This!” in bold white letters. Below the tablet, white text describes the story: “Wouldn't you like to live longer? And better? In this operating manual for longevity, Dr. Peter Attia draws on the latest science to deliver innovative nutritional interventions, techniques for optimizing exercise and sleep, and tools for addressing emotional and mental health.” A Libby app logo appears to the left of the tablet.

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An ebook cover of *This is Your Brain on Food* by Uma Naidoo, MD is displayed on a tablet. Text at the top of the image says “Read This!” in bold white letters. Below the tablet, white text describes the story: “Dr. Uma Naidoo is a board-certified psychiatrist, nutrition specialist, and professionally trained chef. She draws on cutting-edge research to explain the many ways in which food contributes to our mental health, and shows how a sound diet can help treat and prevent a wide range of psychological and cognitive health issues.” A Libby app logo appears to the left of the tablet.

Libby.

The library reading app