



OCEAN COUNTY LIBRARY

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Susan Quinn, Director

May 15, 2023

PRESS RELEASE

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***Fun Habit* Author Mike Rucker to Appear in Ocean County Library Virtual Talk Series**

TOMS RIVER – Psychologist [Mike Rucker, Ph.D.](#), whose *The Fun Habit* employs scientific research to underscore the value of fun in a healthy lifestyle, will be the guest in the Ocean County Library's next Virtual Author Talk, 4 PM Wednesday, June 7.

The Fun Habit, subtitled *How the Pursuit of Joy and Wonder Can Change Your Life*, is Rucker's account of his rebound from a personal crisis, what he learned in separating myths and methods of achieving happiness, and how the concepts can help anyone's psychological and physical well-being. It is available at the Ocean County Library.

Rucker, tabbed as one of ten digital change makers by the Healthcare Information and Management Systems Society, has been published in *International Journal of Workplace Health Management* and *Nutrition Research*, *The Wall Street Journal*, *Forbes*, *Vox*, Thrive Global, mindbodygreen, and more.

Please register at <https://libraryc.org/theoceancountylibrary/26822/register> to receive a link by email for this free virtual event. Registrants may submit questions for the author at the time of signup. See the full lineup of upcoming author talks at <https://libraryc.org/theoceancountylibrary>.

Keep up with Library programs and events at www.theoceancountylibrary.org, and on [Facebook](#), [Instagram](#), [Twitter](#), [YouTube](#), [Spotify](#), and [Pinterest](#).

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***Mike Rucker, Ph.D.
Photo by Finley Skelton***

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