



**What is on your nightstand?
Books Discussed January 2021**

All the Light We Cannot See by Anthony Doerr- This title is available in the Library (Call Number: Fic Doe). This title is also available as an audiobook/eBook on Libby or OverDrive. This title may also be available through Interlibrary Loan depending on the lending Library.

Summary: Marie-Laure lives with her father in Paris near the Museum of Natural History, where he works as the master of its thousands of locks. When she is six, Marie-Laure goes blind and her father builds a perfect miniature of their neighborhood so she can memorize it by touch and navigate her way home. When she is twelve, the Nazis occupy Paris and father and daughter flee to the walled citadel of Saint-Malo, where Marie-Laure's reclusive great-uncle lives in a tall house by the sea. With them they carry what might be the museum's most valuable and dangerous jewel.

In a mining town in Germany, the orphan Werner grows up with his younger sister, enchanted by a crude radio they find. Werner becomes an expert at building and fixing these crucial new instruments, a talent that wins him a place at a brutal academy for Hitler Youth, then a special assignment to track the resistance. More and more aware of the human cost of his intelligence, Werner travels through the heart of the war and, finally, into Saint-Malo, where his story and Marie-Laure's converge.

Born a Crime by Trevor Noah- This title is available in the Library (Call Number: B Noa). This title is also available as an audiobook/eBook on Libby or OverDrive. This title may also be available through Interlibrary Loan depending on the lending Library.

Summary: Trevor Noah tells his wild coming-of-age tale during the twilight of apartheid in South Africa. It's a story that begins with his mother throwing him from a moving van to save him from a potentially fatal dispute with gangsters, then follows the budding comedian's path to self-discovery through episodes both poignant and comical. Noah's virtuoso embodiment of all the characters from his childhood, and his ability to perform accents and dialects effortlessly in English, Xhosa, and Zulu, garnered the Audie Award for Best Male Narrator in 2018. Nevertheless, Noah's devoted and uncompromising mother—as voiced by her son—steals the show.

Carnegie's Maid by Marie Benedict- This title is not available in the Library. This title may also be available through Interlibrary Loan depending on the lending Library.

Summary: Clara Kelley is not who they think she is. She's not the experienced Irish maid who was hired to work in one of Pittsburgh's grandest households. She's a poor farmer's daughter with nowhere to go and nothing in her pockets. But the woman who shares her name has vanished, and assuming her identity just might get Clara some money to send back home.

Daring to Rest: Reclaim your power with yoga nidra rest meditation by Karen Brody- This title is not available in the Library. This title may be available through Interlibrary Loan depending on the lending Library.

Summary: As modern women, we're taught that we can do it all, have it all, and be it all. While this freedom is beautiful, it's also exhausting. Being a "worn-out woman" is now so common that we think feeling tired all the time is normal. According to Karen Brody, feeling this exhausted is not normal—and it's holding us back. In *Daring to Rest*, Brody comes to the rescue with a 40-day program to help you reclaim rest and access your most powerful, authentic self through *yoga nidra*, a meditative practice that guides you into one of the deepest states of relaxation imaginable.

The Dash Diet: Mediterranean Solution by Marla Heller M.S. R.D.- This title is not available in the Library. This title may be available through Interlibrary Loan depending on the lending Library.

Summary: The Mediterranean and the DASH diets have been the top-rated diets for heart health and overall health for many years. Recommended by doctors, nutritionists, and crowned the consensus *US News and World Report's top diets* for 9 years in a row. New research shows improved benefits when they are combined. THE DASH DIET MEDITERRANEAN SOLUTION presents a delicious new approach to these super diet plans that highlights the benefits of fresh, whole foods. Unprocessed or minimally processed, additive-free, no artificial sweeteners. Even more heart healthy and promotes healthy weight loss and maintenance. Supports both vegetarians and meat-eaters.

Eyes that Kiss in the Corners by Joanna Ho- This title is not available in the Library. This title may be available through Interlibrary Loan depending on the lending Library.

Summary: A young Asian girl notices that her eyes look different from her peers'. They have big, round eyes and long lashes. She realizes that her eyes are like her mother's, her grandmother's, and her little sister's. They have eyes that kiss in the corners and glow like warm tea, crinkle into crescent moons, and are filled with stories of the past and hope for the future.

The Gargoyle by Andrew Davidson- This title is not available in the Library. This title is also available as an audiobook/eBook on Libby or OverDrive. This title may be available through Interlibrary Loan depending on the lending Library.

Summary: On a dark road in the middle of the night, a car plunges into a ravine. The driver survives the crash, but his injuries confine him to a hospital burn unit. There the mysterious Marianne Engel, a sculptress of grotesques, enters his life. She insists they were lovers in

medieval Germany, when he was a mercenary and she was a scribe in the monastery of Engelthal. As she spins the story of their past lives together, the man's disbelief falters; soon, even the impossible can no longer be dismissed.

Home Before Dark by Riley Sager- This title is available in the Library (Call Number: Fic Sag). This title is also available as an audiobook/eBook on Libby or OverDrive. This title may be available through Interlibrary Loan depending on the lending Library.

Summary: Maggie Holt is used to such questions. Twenty-five years ago, she and her parents, Ewan and Jess, moved into Baneberry Hall, a rambling Victorian estate in the Vermont woods. They spent three weeks there before fleeing in the dead of night, an ordeal Ewan later recounted in a nonfiction book called *House of Horrors*. His tale of ghostly happenings and encounters with malevolent spirits became a worldwide phenomenon, rivaling *The Amityville Horror* in popularity—and skepticism.

I don't want to be an empath anymore: how to reclaim your power over emotional overload, maintain boundaries and live your best life by Ora North- This title is not available in the Library. This title may be available through Interlibrary Loan depending on the lending Library.

Summary: In this refreshingly honest guide, shamanic practitioner Ora North offers practical exercises to help you navigate your intuition and empathic sensitivities, create much-needed boundaries, and build confidence. You'll also learn to balance your emotions and energy, and harness the strength of your shadow side to embrace your whole self and live your best life.

Like the Japanese craft known as Kintsugi—the art of repairing broken pottery using a lacquer dusted with powdered gold—the process of acknowledging and repairing our fragmented selves can make us even more beautiful than before, cracks and all. In this book, you won't find platitudes or attempts to whitewash your experiences. What you will find are real, practical tools and guidance to help you make the most of your unique abilities.

Queer (In)justice: The Criminalization of LGBT people in the United States by Joey L. Mogul - This title is not available in the Library. This title may be available through Interlibrary Loan depending on the lending Library.

Summary: Drawing on years of research, activism, and legal advocacy, *Queer (In)Justice* is a searing examination of queer experiences as "suspects," defendants, prisoners, and survivors of crime. The authors unpack queer criminal archetypes—from "gleeful gay killers" and "lethal lesbians" to "disease spreaders" and "deceptive gender benders"—to illustrate the punishment of queer expression, regardless of whether a crime was ever committed. Tracing stories from the streets to the bench to behind prison bars, the authors prove that the policing of sex and gender both bolsters and reinforces racial and gender inequalities.

A Raisin in the Sun by Lorraine Hansberry - This title is not available in the Library. This title may be available through Interlibrary Loan depending on the lending Library.

Summary: This groundbreaking play starred Sidney Poitier, Claudia McNeill, Ruby Dee and Diana Sands in the Broadway production which opened in 1959. Set on Chicago's South Side, the plot revolves around the divergent dreams and conflicts within three generations of the Younger family: son Walter Lee, his wife Ruth, his sister Beneatha, his son Travis and

matriarch Lena, called Mama. When her deceased husband's insurance money comes through, Mama dreams of moving to a new home and a better neighborhood in Chicago. Walter Lee, a chauffeur, has other plans, however: buying a liquor store and being his own man. Beneatha dreams of medical school.

The Silent Patient by Alex Michaelides- This title is available in the Library (Call Number: Fic Mic). This title may be available through Interlibrary Loan depending on the lending Library.

Summary: Alicia Berenson's life is seemingly perfect. A famous painter married to an in-demand fashion photographer; she lives in a grand house with big windows overlooking a park in one of London's most desirable areas. One evening her husband Gabriel returns home late from a fashion shoot, and Alicia shoots him five times in the face, and then never speaks another word.

Alicia's refusal to talk, or give any kind of explanation, turns a domestic tragedy into something far grander, a mystery that captures the public imagination and casts Alicia into notoriety. The price of her art skyrockets, and she, the silent patient, is hidden away from the tabloids and spotlight at the Grove, a secure forensic unit in North London.

The Sleeper and the Spindle by Neil Gaiman - This title is available in the Library (Call Number: Ya Fic Gai). This title is also available as an audiobook/eBook on Libby or OverDrive. This title may be available through Interlibrary Loan depending on the lending Library.

Summary: In this captivating and darkly funny tale, Neil Gaiman and Chris Riddell have twisted together the familiar and the new as well as the beautiful and the wicked to tell a brilliant version of Snow White's (sort of) and Sleeping Beauty's (almost) stories.

This story was originally published (without illustrations) in *Rags & Bones* (Little, Brown, 2013). This is the first time it is being published as an illustrated, stand-alone edition, and the book is a beautiful work of art.

The Smudging and Blessings Book: Inspirational Rituals to Cleanse and Heal by Jane Alexander - This title is available in the Library (Call Number: 133.333 Ale). This title may be available through Interlibrary Loan depending on the lending Library.

Summary: For millennia, Native Americans have burned sacred plants in a bowl or on a stick to clear space of negative energies and restore balance. These simple smudging rituals can change your life, too. Learn how to combine smudging with other ancient techniques to promote healing or to turn your home into a spiritual sanctuary. Celebrate a baby's birth with a gentle blessing that welcomes a new soul into the world. Begin each morning with a simple cleaning so you'll sail through the day with confidence and hope. This natural power is available to everyone.

You Deserve a Drink: Boozy Misadventures and Tales of Debauchery by Mamrie Hart - This title is not available in the Library. This title may be available through Interlibrary Loan depending on the lending Library.

Summary: Mamrie Hart is a drinking star with a YouTube problem. With over a million subscribers to her cult-hit video series "You Deserve a Drink," Hart has been entertaining viewers with a combination of tasty libations and raunchy puns since 2011. Hart also co-

wrote/co-starred in *Dirty Thirty* and *Camp Takota* with Grace Helbig and Hannah Hart.

Finally, Hart has compiled her best drinking stories—and worst hangovers—into one hilarious volume. From the spring break where she and her girlfriends avoided tan lines by staying at an all-male gay nudist resort, to the bachelorette party where she accidentally hired a sixty-year-old meth head to teach the group pole dancing (not to mention the time she lit herself on fire during a Flaming Lips concert), Hart accompanies each story with an original cocktail recipe, ensuring that *You Deserve a Drink* is as educational as it is entertaining.

The 100 Series by Kass Morgan - This title is available in the Library (Ya Fic Mor). This title may be available through Interlibrary Loan depending on the lending Library.

Summary: Ever since nuclear war destroyed our planet; humanity has been living on city-like spaceships hovering above the toxic surface. As far as anyone knows, no one has stepped foot on Earth in centuries--that is, until one hundred juvenile delinquents are sentenced to return and recolonize the hostile land. The future of the human race rests in their hands, but nothing can prepare the 100 for what they find on this strange and savage planet.