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# Book Notes

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May/June 2020

**What if you could go back in time and travel along the fabled Silk Road or build the Great Wall of China? Listed below are some time-travel books to transport everyone to a different world.**



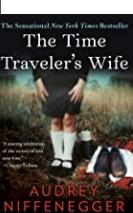
**Time and Again** (FIC FIN) by Jack Finney - *Time and Again* is a deeply researched rich portrait of life in New York City more than a century ago, and a swift-moving adventure novel with timeless themes at its core. Much of the actual text is primarily illustrative serving to illuminate the era.



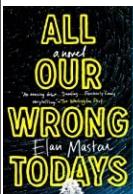
**11/22/63** (FIC KIN, cd FIC KIN, OverDrive e-book) by Stephen King - High school English teacher Jake Epping travels into the past—September 9, 1958, to be exact—under the identity of George T. Amberson. He's got one goal in mind: to prevent the assassination of president John F. Kennedy five years in the future.



**Life After Life** (FIC ATK, LP FIC ATK, OverDrive e-book) by Kate Atkinson - A masterpiece about how even the smallest choices can sometimes change the course of history. It is a dazzling juggling act that plays with chronology, conventional narrative and the meaning of existence.



**The Time Traveler's Wife** (FIC NIF, OverDrive e-book, dvd FIC TIM) by Audrey Niffenegger - A most untraditional love story, this is the celebrated tale of Henry DeTamble, a dashing, adventuresome librarian who inadvertently travels through time, and Clare Abshire, an artist whose life takes a natural sequential course. Henry and Clare's passionate affair endures across a sea of time and captures them in an impossibly romantic trap that tests the strength of fate and basks in the bonds of love.

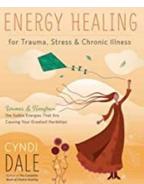


**All Our Wrong Todays** (FIC MAS, LP FIC MAS, OverDrive e-book) by Elan Mastai - A timeless, if mind-bending, story about the journeys we take, populated by friends, family, lovers, and others, that show us who we might be, could be, and maybe never should be, that eventually leads us to who we are.

**Anxiety is skyrocketing all over the world. People need all the mental health resources they can get. To contend with increased stress and uncertainty, here are books on a vast variety of self-help approaches.**



**This Difficult Thing of Being Human** by Bodhipaksa - Suffering is inherent to being human. Bodhipaksa contends that mindfulness meditation and loving kindness or compassion meditation are powerful vehicles for meeting this challenge. He makes a compelling case with a clear presentation of these traditional meditation practices and scientific studies that show how these benefit us.



**Energy Healing for Trauma, Stress, and Chronic Illness** by Cyndi Dale - Combining insights from mainstream science, psychology, and subtle healing modalities, this book provides a truly holistic approach to recovery.



**Stop Checking Your Likes** by Susie Moore - Millions of us waste huge chunks of our days checking our phones and devices, looking for just one more thumbs-up or red heart. It's the modern measurement of how accepted, wanted, or valued we seem to be. Susie Moore is going to help you shake off the need for that hollow approval and live the incredible, confident life you were meant to live. It's time to proclaim and celebrate your talents, fend off naysayers, and live your life with magnetism and unshakable self-confidence.



**Is Nothing Something?** by Thich Nhat Hanh - Thich Nhat Hanh answers heartfelt, difficult, and funny questions from children of all ages. Illustrated with original full-color artwork by Jessica McClure, *Is Nothing Something?* will help adults plant the seeds of mindfulness in the young children in their lives. Beginning with the most basic questions, "What is important in life?" and "Why is my brother mean to me?", and progressing through issues that we all wrestle with, such as "How do I know if I really love somebody?", "How long am I going to live?", and "What does God look like?", each page presents a question with a short answer from Thich Nhat Hanh, appropriate for beginning readers to work with on their own.

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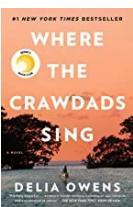
## Indie Hardcover Bestsellers



**The Glass Hotel** (FIC MAN, LP FIC MAN, OverDrive e-book) by Emily St. John Mandel - An exhilarating novel set at the glittering intersection of two seemingly disparate events—a massive Ponzi scheme collapse and the mysterious disappearance of a woman from a ship at sea.



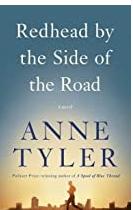
**The Book of Longings** (FIC KID, LP FIC KID, Overdrive e-book) by Sue Monk Kidd - *The Book of Longings* is an inspiring, unforgettable account of one woman's bold struggle to realize the passion and potential inside her, while living in a time, place and culture devised to silence her. It is a triumph of storytelling both timely and timeless, from a masterful writer at the height of her powers.



**Where the Crawdads Sing** (FIC OWE, LP FIC OWE, cd FIC OWE, OverDrive e-book) by Delia Owens - *Where the Crawdads Sing* is at once an exquisite ode to the natural world, a heartbreakingly moving coming-of-age story, and a surprising tale of possible murder. Owens reminds us that we are forever shaped by the children we once were, and that we are all subject to the beautiful and violent secrets that nature keeps.



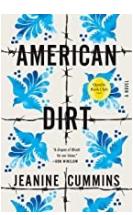
**If It Bleeds** (FIC KIN, LP FIC KIN, OverDrive e-book) by Stephen King - *If it Bleeds* contains four new, exceptionally compelling novellas that reaffirm King's mastery of the form. The results are stories that cover a surprising amount of emotional territory but can still be read in a sitting...a collection filled with startling, sometimes unsettling pleasures.



**Redhead by the Side of the Road** (FIC TYL, LP FIC TYL, OverDrive e-book) by Anne Tyler - An intimate look into the heart and mind of a man who finds those around him just out of reach, and a funny, joyful, deeply compassionate story about seeing the world through new eyes.

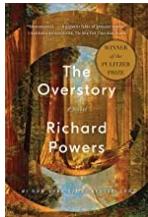


**The Dutch House** (FIC PAT, LP FIC PAT, cd FIC PAT, OverDrive e-book) by Ann Patchett - A richly moving story that explores the indelible bond between two siblings, the house of their childhood, and a past that will not let them go.

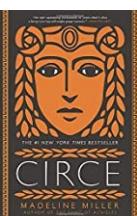


**American Dirt** (FIC CUM, LP FIC CUM, OverDrive e-book) by Jeanine Cummins - *American Dirt* will leave readers utterly changed. It is a literary achievement filled with poignancy, drama, and humanity on every page. Already being hailed as "a *Grapes of Wrath* for our times" and "a new American classic," Jeanine Cummins's *American Dirt* is a rare exploration into the inner hearts of people willing to sacrifice everything for a glimmer of hope.

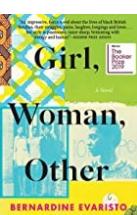
## Indie Paperback Bestsellers



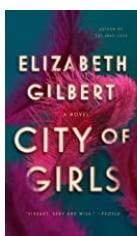
**The Overstory** (FIC POW, OverDrive e-book) by Richard Powers - From the roots to the crown and back to the seeds, Richard Powers' twelfth novel unfolds in concentric rings of interlocking fables that range from antebellum New York to the late twentieth-century Timber Wars of the Pacific Northwest and beyond. This is the story of a handful of people who learn how to see that world and who are drawn up into its unfolding catastrophe.



**Circe** (FIC MIL, LP FIC MIL, cd FIC MIL, OverDrive e-book) by Madeline Miller - With unforgettable vivid characters, mesmerizing language, and page-turning suspense, *Circe* is a triumph of storytelling, an intoxicating epic of family rivalry, palace intrigue, love and loss, as well as a celebration of indomitable female strength in a man's world.



**Girl, Woman, Other** (FIC EVA, OverDrive e-book) by Bernardine Evaristo - Sparklingly witty and filled with emotion, centering voices we often see othered, and written in an innovative fast-moving form that borrows technique from poetry, *Girl, Woman, Other* is a polyphonic and richly textured social novel that shows a side of Britain we rarely see, one that reminds us of all that connects us to our neighbors, even in times when we are encouraged to be split apart.



**City of Girls** (FIC GIL, LP FIC GIL, Overdrive e-book) by Elizabeth Gilbert - *City of Girls* tells the story of teenage Vivian's discovery of the life she wants to live: one full of pleasure, fun, frivolity and even scandal among the charismatic people who populate her aunt's midtown theater.



**Daisy Jones & The Six** (FIC REI, cd FIC REI, OverDrive e-book) by Taylor Jenkins Reid - Reid's novel so resembles a memoir of a real band and conjures such true-to-life images of the seventies music scene that readers will think they're listening to Fleetwood Mac or Led Zeppelin. Reid delivers a stunning story of sex, drugs, and rock 'n' roll in the 1960s and '70s in this expertly wrought novel.



**A Gentleman in Moscow** (FIC TOW, LP FIC TOW, OverDrive e-book) by Amor Towles - *A Gentleman in Moscow* is laced with sparkling threads and tokens special keys, secret compartments, gold coins, vials of coveted liquid, old-fashioned pistols, duels and scars, hidden assignations stolen passports, a ruby necklace, mysterious letters on elegant hotel stationery . . . a luscious stage set, backdrop for a downright Casablanca-like drama.