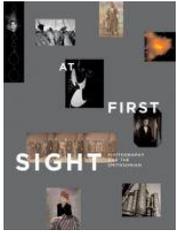


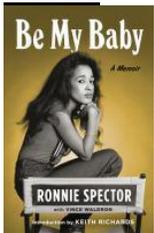
August 2022 New Adult Non-Fiction

At First Sight: Photography and the Smithsonian - Merry A. Foresta



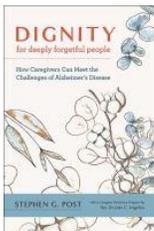
The Smithsonian holds more than 13 million images spanning over 150 years of taking and collecting photographs. This largely unknown body of photography (most never before published) represents nothing less than the Smithsonian's effort, in the name of all Americans, to describe and comprehend the world. Open anywhere in these pages to be plunged into the history of our modernity, and see what the Smithsonian deemed important to document and preserve. The famous, the infamous, and the never-before-seen are here in a remarkable democracy of images: Amelia Earhart, Abraham Lincoln, P.T. Barnum and Tom Thumb, John Brown, Frederick Douglass, Lucille Ball, Greta Garbo, Babe Ruth; the earliest views of the moon and the earliest panoramic view of Damascus; rare Native American photography; views of Asia, Africa, and the American West; photographs of early flight, and much, much more. By recording the act of seeing, and of what was seen, both photography and the Smithsonian have shaped our sense of ourselves, as individuals, as a people, as a country.

Be My Baby - Ronnie Spector with Vince Waldron



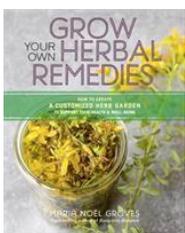
"Be My Baby is the behind-the-scenes story--newly updated, and with an especially timely message--of how the original bad girl of rock and roll, Ronnie Spector, survived marriage to a monster and carved out a space for herself amid the chaos of the 1960s music scene and beyond. Ronnie's first collaboration with producer Phil Spector, 'Be My Baby,' shot Ronnie and the Ronettes to stardom. No one sounded like Ronnie, with her alluring blend of innocence and knowing, but her voice would soon be silenced as Spector sequestered her behind electric gates, guard dogs, and barbed wire. It took everything Ronnie had to escape her prisonlike marriage and wrest back control of her life, her music, and her legacy. And as shown in this edition, which includes a 2021 postscript from Ronnie, her life became proof that our challenges do not define us and there is always the potential to forge a fuller life. In Be My Baby, the incomparable Ronnie Spector offered a whirlwind account of the ever-shifting path of an iconic artist. And, more than anything else, she gave us an inspiring tale of triumph".

Dignity for Deeply Forgetful People: How Caregivers Can Meet the Challenges of Alzheimer's Disease - Stephen G. Post



"A new ethics guideline for caregivers of "deeply forgetful people" and a program on how to communicate and connect based on 30 years of community dialogues through Alzheimer's organizations across the globe".

Grow Your Own Herbal Remedies: How to Create a Customized Herb Garden to Support Your Health and Well-Being - Maria Noël Groves



Expert herbalist Maria Noël Groves has advice for budding herb gardeners: grow just what your body needs! In Grow Your Own Herbal Remedies, Groves provides 23 specially tailored garden plans for addressing the most common health needs, along with simple recipes for using each group of herbs. For chronic stomach problems, marshmallow, plantain, rose, fennel, and calendula make the perfect medicine, with recipes for tummy tea and gut-healing broth. Whether the need is for headache relief, immune support, stress relief, or a daily tonic, readers will learn the three to six herbs that are most effective and how to plant, harvest, and

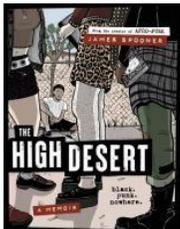
care for each one. In all of Groves's plant suggestions, the emphasis is on safe, effective, easy-to-grow herbs that provide abundant harvests and can be planted in containers or garden beds.

Half Baked Harvest Every Day: Recipes for Balanced, Flexible, Feel-Good Meals - Tieghan Gerard



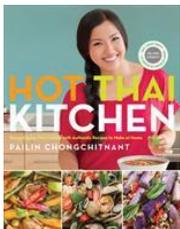
"125 all-new, soul-satisfying, easy recipes with a healthy spin from the New York Times bestselling author of Half Baked Harvest Super Simple. Half Baked Harvest Book 3 delivers more of Tieghan's trademark simple, wholesome decadence with 125 all-new recipes for food that everyone can feel good about. This time around, the recipes are just as easy as her last cookbook, Half Baked Harvest Super Simple, but they also bring a new, good-for-you feeling to the table. With a greater emphasis on balancing rich comfort with lighter ways of amping up flavor, Tieghan's signature style takes on a more health-conscious (or healthyish) attitude, such as swapping half of the pasta for a lasagna with zucchini ribbons. Tieghan is a pro at creating recipes to light up all your senses. The food here--including Crispy Baked Prosciutto Breakfast Cups, Giant Twisted Spinach and Artichoke Soft Pretzel, Oven-Baked Chicken Parmesan Melt, and Blueberry-Lavender Cake--doesn't just taste good. It's also fun to cook, makes the whole kitchen smell fantastic, and looks absolutely beautiful. Each recipe is accompanied by Tieghan's stunning photography that brings the food to life and transports you to her cozy kitchen in the snowy Colorado mountains".

The High Desert - James Spooner [graphic novel]



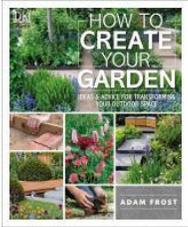
A formative coming-of-age graphic memoir by the creator of Afro-punk: a young man's immersive reckoning with identity, racism, clumsy teen love and belonging in an isolated California desert, and a search for salvation and community through punk. Apple Valley, California, in the late eighties, a thirsty, miserable desert. Teenage James Spooner hates that he and his mom are back in town after years away. The one silver lining--new school, new you, right But the few Black kids at school seem to be gangbanging, and the other kids fall on a spectrum of micro-aggressors to future Neo-Nazis. Mixed race, acutely aware of his Blackness, James doesn't know where he fits until he meets Ty, a young Black punk who introduces him to the school outsiders--skaters, unhappy young rebels, caught up in the punk groundswell sweeping the country. A haircut, a few Sex Pistols, Misfits and Black Flag records later: suddenly, James has friends, romantic prospects, and knows the difference between a bass and a guitar. But this desolate landscape hides brutal, building undercurrents: a classmate overdoses, a friend must prove himself to his white supremacist brother and the local Aryan brotherhood through a show of violence. Everything and everyone are set to collide at one of the year's biggest shows in town...Weaving in the Black roots of punk rock and a vivid interlude in the thriving eighties DIY scene in New York's East Village, this is the memoir of a budding punk, artist, and activist.

Hot Thai Kitchen: Demystifying Thai Cuisine with Authentic Recipes to Make at Home - Pailin Chongchitnant



"The definitive Thai cookbook from a YouTube star! Growing up in Thailand, Pailin Chongchitnant spent her childhood with the kitchen as her playground. From a young age, she would linger by the stove, taking in the sight of snowy white coconut being shredded, the smell of lemongrass-infused soups, and the sound of the pestle pounding against the granite mortar. Years later, as a Cordon Bleu educated chef in San Francisco, Pailin vividly remembered the culinary experiences of her youth. And so, on YouTube, Hot Thai Kitchen was born. Combining her love of teaching with her devotion to Thai food, Pailin immediately connected with thousands of fans who wanted a friend and educator. In this much-anticipated cookbook, Pailin brings her signature warmth and impressive technique to Thai food lovers everywhere. She begins by taking readers on a beautifully photographed trip to Thailand to explore the culinary culture and building blocks central to Thai food. With foolproof and easy-to-follow instructions, Pailin breaks down the key ingredients, flavors, equipment, and techniques necessary to master authentic Thai cooking. Then, she shares her must-make recipes for curries, soups, salads, and stir-fries, including entire chapters on vegetarian and vegan dishes, dips and dipping sauces, and sumptuous Thai desserts. With QR codes to video tutorials placed throughout the book, you'll be able to connect with Pailin online, too. Both a definitive resource and an extraordinary exploration of Thai cuisine, Hot Thai Kitchen will delight and inspire you in your Thai cooking journey."

How to Create Your Garden: Ideas and Advice for Transforming Your Outdoor Space - Adam Frost



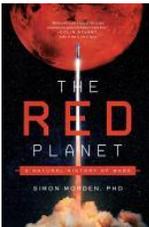
"Creating a garden doesn't need to be complicated." This is the promise from Adam Frost, BBC Gardeners' World presenter and winner of multiple Chelsea Flower Show gold medals. Regardless of your experience or budget, with Adam's help and know-how you can design your dream garden, whether it's a small urban garden, a classic cottage garden, a suburban front garden, a low-maintenance space or a city roof terrace. His practical, no-nonsense approach strips away complex garden design concepts and focuses on your needs and preferred garden style to help you plan and build a garden that works for you. Starting right at the beginning, Adam takes you step by step through the whole process, inspiring you with simple garden design ideas to tackle a full garden makeover or a simple revamp of just one part of your garden, perhaps a tired herbaceous border, the patio, or a water feature. Learn how to design a garden that reflects your practical needs, lifestyle, budget, personality, soil, and climate. Build it yourself following the clear, uncomplicated step-by-step instructions that show you everything from laying turf to terraces, planting trees or building a raised bed or water feature. Enjoy it month by month with his simple checklist of what to do when to keep your garden in shape. RHS How to Create your Garden is about designing an outside space that is real, achievable, and right for you.

Open London: An Inspirational Guide to Accessible London - TimeOut Guides



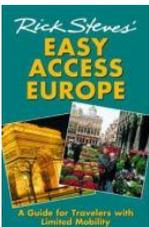
A guide to help visitors to meticulously plan their stay in London, from arrival to departure. It provides the most inclusive visitor experience possible, as well as planning for and enjoying the London 2012 Olympic and Paralympic Games. Further coverage includes transport around London, including airports and Eurostar, details on accommodations, ranging from youth hostels to luxury hotels, and information on sightseeing, shopping, nightlife, and dining. The guide includes a directory of useful websites in addition to complete coverage of all the 2012 venues and is particularly useful for travelers with mobility or accessibility issues. Complete with full transport details, divided by location, it also features a special section on the Thames River (its central section is one of the most accessible stretches in London).

The Red Planet: A Natural History of Mars - Simon Morden, PhD



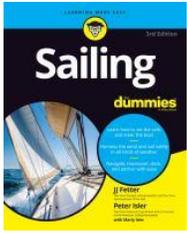
"The history of Mars is drawn not just on its surface, but also down into its broken bedrock and up into its frigid air. Most of all, it stretches back into deep time, where the trackways of the past have been obliterated and there is no discernible trace of where they started from or how they travelled, only where they ended up. From the planet's formation 4.5 billion years ago, through eras that featured cataclysmic meteor strikes, explosive volcanoes and a vast ocean that spanned the entire upper hemisphere, to the long, frozen ages that saw its atmosphere steadily thinning and leaking away into space, planetary geologist Dr. Simon Morden presents a tantalizing vision of our nearest neighbor, its dramatic history, and astonishing present."

Rick Steves' Easy Access Europe: A Guide for Travelers with Limited Mobility - Rick Steves and Ken Plattner



In a practical handbook for travelers with limited mobility, the author shares his experiences traveling through Europe, sharing advice and accessibility ratings on hundreds of restaurants and hotels, bargain trips, out-of-the way locales, landmarks, special activities.

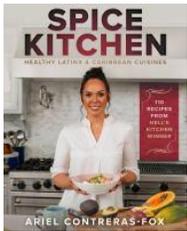
Sailing for Dummies, 3rd edition - JJ Fetter and Peter Isler with Marly Isler



Buoy your sailing knowhow with advice from two US sailing champions. Nothing can beat the feel of the warm sun on your back, the gentle wind in your hair, and a swaying deck under your feet. If you long to take to the open water and sail wherever the wind takes you, you'll find everything you need to know in Sailing For Dummies. This friendly guide offers information for beginning and intermediate captains. Discover everything you need to know to confidently navigate your vessel through whatever waters--rough or smooth--you may encounter. Whether your goal is to explore a nearby lake, sail down the Mighty Mississippi, or take to the open sea, Sailing For Dummies explains how to launch your vessel, tie knots, turn sails, read the water, and more.

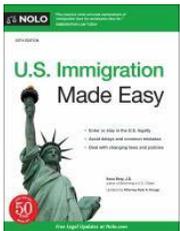
Your Health and Well-being – Maria Noel Groves

Spice Kitchen: Healthy Latin and Caribbean Cuisine – Ariel Fox, with Foreword by Gordon Ramsay



"Chef Ariel Fox introduces you to both classic recipes as well as innovative new dishes in Spice Kitchen: Healthy Latin and Caribbean Cuisine in a way that works for all lifestyles. This book has something for everyone, including information on how to maximize your pantry, simple recipes, and useful suggestions for adapting the dishes to any diet. This cookbook will be a fantastic addition to your kitchen, whether you are looking for healthier alternatives to the nostalgic flavors of your childhood or are new to Latin and Caribbean foods".

Us Immigration Made Easy, 20th edition – Ilona Bray, J.D.



Green cards, visas, and more: What every immigrant needs to know Want to live, work, or travel in the United States? U.S. Immigration Made Easy has helped tens of thousands of people get a visa, green card, or other immigration status.

You'll learn: whether you and your family qualify for a short-term visa, permanent U.S. residence, or protection from deportation, how to obtain, fill out, and submit the necessary forms and documents, insider strategies for dealing with bureaucratic officials, delays, and denials.

Ways to overcome low income and other immigration barriers, and how to select the right attorney.

U.S. Immigration Made Easy provides detailed descriptions of application processes and helps you avoid traps that might destroy your chances. There's also an immigration eligibility self-quiz, which helps you match your background and skills to a likely category of visa or green card.

The 20th edition is completely updated to cover recent legal changes owing to the new presidential administration, as well as the latest on DACA.

This book does not cover naturalization. If you're interested in U.S. citizenship, see Nolo's Becoming a U.S. Citizen.