

April 2022 New Adult Non-Fiction

Bittersweet: How Longing and Sorrow Make Us Whole - Susan Cain



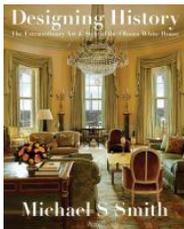
"With her mega-bestseller *Quiet*, Susan Cain urged our society to cultivate space for the undervalued, indispensable introverts among us, thereby revealing an untapped power hidden in plain sight. Now, she employs the same mix of research, storytelling, and memoir to explore why we experience sorrow and longing, and the surprising lessons these states of mind teach us about creativity, compassion, leadership, spirituality, mortality and love. *Bittersweetness* is a tendency to states of longing, poignancy, and sorrow; an acute awareness of passing time; and a curiously piercing joy when beholding beauty. It recognizes that light and dark, birth and death--bitter and sweet--are forever paired. A song in a minor key, an elegiac poem, or even a touching television commercial all can bring us to this sublime, even holy, state of mind--and, ultimately, to greater kinship with our fellow humans. But *bittersweetness* is not, as we tend to think, just a momentary feeling or event. It's also a way of being, a storied heritage. Our artistic and spiritual traditions--amplified by recent scientific and management research--teach us its power. Cain shows how a *bittersweet* state of mind is the quiet force that helps us transcend our personal and collective pain. If we don't acknowledge our own sorrows and longings, she says, we can end up inflicting them on others via abuse, domination, or neglect. But if we realize that all humans know--or will know--loss and suffering, we can turn toward each other. And we can learn to transform our own pain into creativity, transcendence, and connection. At a time of profound discord and personal anxiety, *Bittersweet* brings us together in deep and unexpected ways".

Bomb Shelter: Love, Time, and Other Explosives- Mary Laura Philpott



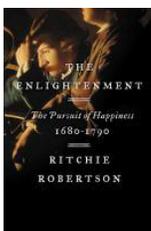
"A poignant and powerful new memoir-in-essays that tackles the big questions of life, death, and existential fear with humor and hope".

Designing History: The Extraordinary Art & Style of the Obama White House - Michael S. Smith



Created for design enthusiasts, political aficionados, and students of Americana, *Designing History* documents Michael Smith's extraordinary collaboration with President Barack Obama and First Lady Michelle Obama. Not since Jacqueline Kennedy's iconic work on the White House has a designer of Michael Smith's stature been commissioned to bring a new design spirit to the mansion. Through extensive photography, behind-the-scenes stories, and rich archival material, the book places the Obama White House within the context of the building's storied past and its evolution over the past two centuries. The book beautifully documents the process of updating the country's most symbolic residence, revealing how Smith's collaboration on the decoration, showcasing of artworks, and style of entertaining reflected the youthful spirit of the First Family and their vision of a more progressive, inclusive American society. Ultimately, this book will serve as both a historical document and a voyeur's delight, capturing a specific moment in time for the White House, the Obamas, and the American experience.

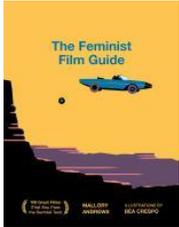
The Enlightenment: The Pursuit of Happiness 1680-1790 - Ritchie Robertson



A magisterial history that recasts the Enlightenment as a period not solely consumed with rationale and reason, but rather as a pursuit of practical means to achieve greater human happiness ... One of the formative periods of European and world history, the Enlightenment is the fountainhead of modern secular Western values: religious tolerance, freedom of thought, speech and the press, of rationality and evidence-based argument. Yet why, over three hundred years after it began, is the Enlightenment so profoundly misunderstood as controversial, the expression of soulless calculation? The answer may be that, to an extraordinary extent, we have accepted the account of the Enlightenment given by its conservative enemies: that enlightenment necessarily implied hostility to religion or support for an unfettered free market, or that this was the best of all possible worlds. Ritchie Robertson goes back into the long eighteenth century, from approximately 1680 to 1790, to reveal what this much-debated period was really about. Robertson returns to the era's original texts to show that above all, the Enlightenment was really about increasing human happiness in this world rather than the next by promoting scientific inquiry and reasoned argument. In so doing Robertson chronicles the campaigns mounted by some Enlightened figures against evils like capital punishment, judicial torture, serfdom and witchcraft trials,

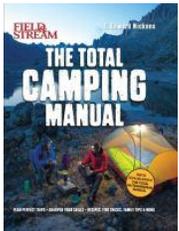
featuring the experiences of major figures like Voltaire and Diderot alongside ordinary people who lived through this extraordinary moment. In answering the question 'What is Enlightenment?' in 1784, Kant famously urged men and women above all to have the courage to use your own intellect. Robertson shows how the thinkers of the Enlightenment did just that, seeking a well-rounded understanding of humanity in which reason was balanced with emotion and sensibility. Drawing on philosophy, theology, historiography and literature across the major western European languages, *The Enlightenment* is a master-class in big picture history about the foundational epoch of modern times.

The Feminist Film Guide: 100 Great Films (That Also Pass the Bechdel Test) - Mallory Andrews



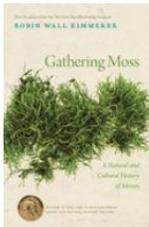
"Become a film buff and enjoy your night in with this guide to feminist approved films. Have you noticed something about every "100 Greatest Movies Ever Made," or "100 Films to See Before You Die" list? The people in those movies ... they're almost all men. With so much incredible cinema to choose from, there's only so many movies you can watch about bunch of white guys struggling with their daddy issues, right? It's time to push past the male gatekeepers of what makes a movie "great" or "culturally significant" and get a broader view of what's out there. This curated selection of great films spans eras and genres, from the overlooked female trail-blazers of the silent era and the iconic triple-threat performers of classic Hollywood, to the gun-toting rebels of the '80s and '90s and the funny women absolutely dominating comedy in the new millennium. *The Feminist Film Guide* offers a fresh take on what defines great cinema and lends a voice to the female creators and characters who've defined the art form."

Field and Stream: The Total Camping Manual - T. Edward Nickens



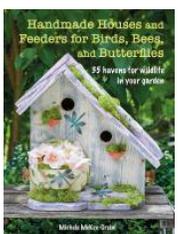
Featuring helpful resources, definitive lists, and informative illustrations, photos, and charts, *Field & Stream The Total Camping Manual* is the ultimate reference companion for campers at any level, from novice day hikers to experienced backcountry adventurers. This comprehensive, officially licensed guide provides hundreds of tips and techniques for first-time campers and veteran outdoor enthusiasts alike. Created by Field & Stream and Audubon Magazine editor-at-large T. Edward Nickens, this essential manual instructs campers on topics including planning your trip, setting up camp, cooking large meals in the woods, and preparation for the inevitable unexpected circumstances. *Field & Stream The Total Camping Manual* is the ideal companion for backpackers, car campers, and RVers alike.

Gathering Moss: A Natural and Cultural History of Mosses - Robin Wall Kimmerer



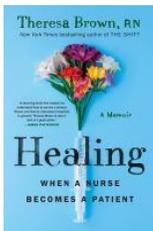
Living at the limits of our ordinary perception, mosses are a common but largely unnoticed element of the natural world. *Gathering Moss* is a beautifully written mix of science and personal reflection that invites readers to explore and learn from the elegantly simple lives of mosses.

Handmade Houses and Feeders for Birds, Bees, and Butterflies: 35 Havens for Wildlife in Your Garden - Michele McKee-Orsini



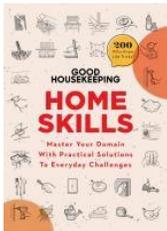
"These handmade birdhouses and feeders, bee hotels, and butterfly and ladybug homes will bring welcome visitors to your backyard. *Handmade Houses and Feeders for Birds, Bees, and Butterflies* features 35 beautiful havens to build to attract more wildlife into your backyard. Each house is beautifully designed, with colorful details, but is also perfectly adapted for its intended inhabitants. There are birdhouses you can hang up or place on stands, and a bee house you can "plant" in your flowerbed. There are also feeders for birds, and homes for butterflies and ladybugs. With her trademark attention to detail, Michele McKee-Orsini has designed a gorgeous collection of miniature palaces for the wildlife that we should all be encouraging into our gardens. Michele takes you through the basic woodworking and decorating skills you will need, and the step-by-step project instructions, clear artwork, and stunning photography will all inspire you to build your own havens for our flying friends".

Healing: When a Nurse Becomes a Patient - Theresa Brown, RN



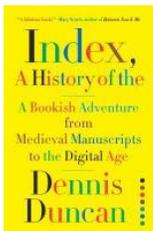
"When a cancer nurse becomes a cancer patient, she has to confront the most critical, terrified, sometimes furious patient she's ever encountered: herself. A frank look at struggling with illness while navigating the health care maze".

Home Skills: Master Your Domain with Practical Solutions to Everyday Challenges - Good Housekeeping editors



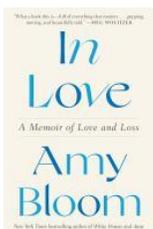
A practical and attractive handbook with more than 200 essential life skills to get anything done faster and easier. The editors and scientists at Good Housekeeping and its lab, the Good Housekeeping Institute, share genius solutions and trusted, expert advice in this how-to guide to making life simpler. With chapters on the kitchen, organizing and cleaning, decorating, home maintenance, outdoor living, and entertaining and celebrating, this go-to resource offers step-by-step illustrated instructions, inspiring photos and sometimes surprising but always practical guidance to get things done. Plus, you'll save time and money and even have fun along the way. The 200+ skills include how to - Store and make your own spice mixes - Clean your house in 15 minutes - Seal a drafty window - Remove water rings from your tables - Perk up a grocery-store bouquet - Sew a button - Plant an outdoor herb garden (and keep herbs fresh after they are picked!) - Make the perfect boiled egg - Uncork champagne - Cure a hangover and so much more! QR codes throughout the pages offer additional lessons and video instruction. Whatever home means to you, this book is brimming with invaluable know-how to keep your home in tip-top shape and to help you inject more fun and flair into your every day.

Index, a History of the: A Bookish Adventure from Medieval Manuscripts to the Digital Age - Dennis Duncan



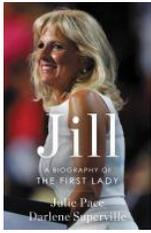
"Most of us give little thought to the back of the book-it's just where you go to look things up. But as Dennis Duncan reveals in this delightful and witty history, hiding in plain sight is an unlikely realm of ambition and obsession, sparring and politicking, pleasure and play. In the pages of the index, we might find Butchers, to be avoided, or Cows that sh-te Fire, or even catch Calvin in his chamber with a Nonne. Here, for the first time, is the secret world of the index: an unsung but extraordinary everyday tool, with an illustrious but little-known past. Charting its curious path from the monasteries and universities of thirteenth-century Europe to Silicon Valley in the twenty-first, Duncan uncovers how it has saved heretics from the stake, kept politicians from high office, and made us all into the readers we are today. We follow it through German print shops and Enlightenment coffee houses, novelists' living rooms and university laboratories, encountering emperors and popes, philosophers and prime ministers, poets, librarians and-of course-indexers along the way. Revealing its vast role in our evolving literary and intellectual culture, Duncan shows that, for all our anxieties about the Age of Search, we are all index-rakers at heart-and we have been for eight hundred years".

In Love: A Memoir of Love and Loss - Amy Bloom



"Amy and Brian's world was changed forever with his diagnosis of early onset Alzheimer's. Forced to confront the daily frustrations and realities of the disease and its impact on their lives and marriage, Brian resolved not to let it dictate his life and instead asked himself: What makes life meaningful, and how do I want to live the rest of mine? His decision led them to learn about Dignitas and to fly to Zürich for a peaceful ending of Brian's life. In Love is the illuminating story of a marriage, of the gradual awareness that something was deeply wrong, and of a disease's effect on a man, a woman, a family. What were the signs that Brian and Amy brushed aside, and how did they cope when they could no longer ignore the truth as confirmed by an MRI? Why, in retrospect, did Brian decide to retire from his architecture practice earlier than he had planned? Bloom goes on to recount their search for a dignified and kind solution to the pain of Brian's life, and their discovery of Dignitas in Zurich, where the choice for a dignified end of life can be realized. In this moving memoir, Bloom also writes of their life together before Alzheimer's, and of a love that runs so deep that they were willing to work to find a courageous way to part".

Jill: A Biography of the First Lady - Julie Pace and Darlene Superville



"Dr. Jill Biden has been described as President Joe Biden's greatest political asset. Like many women of her generation, she holds her commitments as wife, mother and grandmother at the center of her life. She is a professor, earned a doctorate in educational leadership, and taught at Northern Virginia Community College. She broke barriers as First Lady as the first to hold a paying job outside the White House. "Jill" is the story of this accomplished American woman. From her earliest days dating Senator Biden, to her embrace of Biden's young sons Beau and Hunter Biden and the birth of their daughter Ashley; her role by Joe Biden's side through Senate reelection race after Senate reelection race; her years as Second Lady; to Joe's successful third run for the Democratic presidential nomination, Jill has lived in the public eye. In this deeply reported biography, Julie Pace and Darlene Superville of The Associated Press, along with writer Evelyn M. Duffy, reveal some of the private sides of Jill Biden. We come to better understand her personality, which has held the Biden family together through tragedy and good fortune alike."

Level Up: Rise Above the Hidden Forces Holding Your Business Back - Stacey Abrams and Lara Hodgson with Heather Cabot



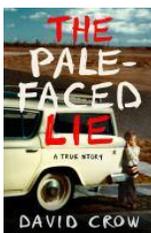
"Stacey Abrams and Lara Hodgson draw on firsthand experience starting and scaling multiple companies over nearly two decades to crystallize their advice in Level Up, a how-to guide for small business owners. They share stories of building their own businesses, as well as actionable principles for founders looking to propel their ventures forward. They cover such topics as hiring, identifying a revenue strategy, recognizing when growth is a trap, and managing cash flow, and share the experiences of other successful founders including Jules Pieri of The Grommet, Alisa Clark of Glory Professional Services, and Sheila Jordan of Knowledge Architects".

Lies My Mother Told Me: Tall Tales from a Short Woman - Melissa Rivers



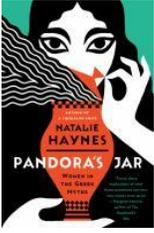
"If you think Joan Rivers said funny, outrageous, and ridiculous things ONSTAGE, wait 'til you read the funny, outrageous, and ridiculous things she said OFFSTAGE...things that will make you laugh out loud...and keep Melissa in therapy for the foreseeable future. The only thing my mother loved more than making people laugh was lying...or as she'd say, "embellishing." Her motto was: "Why let the truth ruin a good story?" This book contains some of those stories".

The Pale-Faced Lie - David Crow



"Growing up on the Navajo Indian Reservation, David Crow and his three siblings idolized their dad. Tall, strong, smart, and brave, the self-taught Cherokee regaled his family with stories of his World War II feats. But as time passed, David discovered the other side of Thurston Crow, the ex-con with his own code of ethics that justified cruelty, violence, lies--even murder. A shrewd con artist with a genius IQ, Thurston intimidated David with beatings to coerce him into doing his criminal bidding. David's mom, too mentally ill to care for her children, couldn't protect him. One day, Thurston packed up the house and took the kids, leaving her with nothing. Soon he remarried, and David learned that his stepmother was just as vicious and abusive as his father. Through sheer determination, and with the help of a few angels along the way, David managed to get into college and achieve professional success. When he finally found the courage to stop helping his father with his criminal activities, he unwittingly triggered a plot of revenge that would force him into a showdown with Thurston Crow. With lives at stake, including his own, David would have only twenty-four hours to outsmart his father--the brilliant, psychotic man who bragged that the three years he spent in the notorious San Quentin State Prison had been the easiest time of his life."

Pandora's Jar: Women in Greek Myths - Natalie Haynes



The Greek myths are among the world's most important cultural building blocks and they have been retold many times, but rarely do they focus on the remarkable women at the heart of these ancient stories. Stories of gods and monsters are the mainstay of epic poetry and Greek tragedy, from Homer to Aeschylus, Sophocles and Euripides, from the Trojan War to Jason and the Argonauts. And still, today, a wealth of novels, plays and films draw their inspiration from stories first told almost three thousand years ago. But modern tellers of Greek myth have usually been men, and have routinely shown little interest in telling women's stories. And when they do, those women are often painted as monstrous, vengeful or just plain evil. But Pandora -- the first woman, who according to legend unloosed chaos upon the world -- was not a villain, and even Medea and Phaedra have more nuanced stories than generations of retellings might indicate. Now, in *Pandora's Jar*, Natalie Haynes -- broadcaster, writer and passionate classicist -- redresses this imbalance. Taking Pandora and her jar (the box came later) as the starting point, she puts the women of the Greek myths on equal footing with the menfolk. After millennia of stories telling of gods and men, be they Zeus or Agamemnon, Paris or Odysseus, Oedipus or Jason, the voices that sing from these pages are those of Hera, Athena and Artemis, and of Clytemnestra, Jocasta, Eurydice and Penelope.

Queen of Our Times - Robert Hardman



This new study includes previously-unpublished Royal Family papers and photographs, along with personal stories from other world leaders. It is a story of dynastic survival and renewal, and a portrait of a world leader who remains as intriguing today as the day she became queen.