

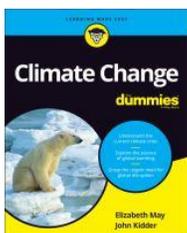
## July 2022 Adult Non-Fiction New Books

### ***Blue and White At Home: Inspiring Schemes for Vintage, Coastal, and Country Interiors - Henrietta Heald***



Blue & White At Home presents 15 unique homes that illustrate the endless possibilities of this timeless palette, which can be fresh and crisp, bold and saturated, dark and moody or timeworn and faded. In the first section, Vintage, author Henrietta Heald explores a Victorian house furnished with antique textiles, a prairie-style ranch in California and a light-filled cottage on Long Island. She then considers Coastal style, drawing inspiration from a whitewashed cabin in Spain and a spectacular modern beach house in South Africa. The third part of the book, Rustic, features an 18th-century English farmhouse, a Scandinavian summer retreat and a country house with over 400 years of history. Throughout the book, Henrietta also highlights particular themes, from walls and floors to fabrics and furniture, and explores ways to bring personality into your living space using collected ceramics, vintage pieces and foraged finds in every shade of blue and white.

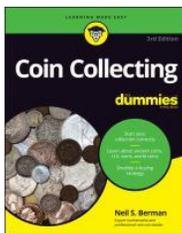
### ***Climate Change for Dummies - Elizabeth May and John Kidder***



Master the hottest--and most chilling--topic in the world today

More and more frequent extreme weather events occur each year, and wildlife everywhere is increasingly endangered. Science fiction or science fact, most climate experts see this as our world on climate change--and, according to polls, a majority of people around the globe agree. Climate Change For Dummies allows you to investigate this hottest of hotly debated issues for yourself--examining its causes, the way it affects our lives, and what we can all do to make a difference. This straightforward guide--co-written by the former leader of Canada's Green Party and the Canadian Chief of Staff to the Minister of Natural Resources--sifts the fact from the fiction: Is climate change caused by human activity or by natural elements beyond our control? What contribution can clean energy make? What are our best and worst-case scenarios? What are the likely long- and short-term effects? How can human activity can impact the environment? Can individuals and governments help reverse the possible effects? Which are the best sources of cleaner energy? With the IPCC predicting a 2.5-10°F warming over the next century, this complex subject will be making temperatures soar for years to come--on both sides of the debate. Climate Change For Dummies is the ideal tool to navigate these increasingly choppy waters--and to make an informed difference where you can.

### ***Coin Collecting for Dummies - Neil S. Berman***



Berman introduces readers to numismatics-- also known as coin collecting. His comprehensive yet easy-to-follow guide takes you through buying, selling, grading, valuing, handling, and storing coins. Readers will learn to how choose a coin-collection focus, evaluate corns based on their age and condition, and even navigate coin auction houses.

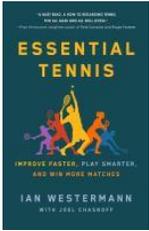
### ***Eightysomethings: A Practical Guide to Letting Go, Aging Well, and Finding Unexpected Happiness - Katharine Esty, PhD***



Old age is not what it used to be. For the first time, most people in the United States are living into their eighties. The first guide of its kind changes the understanding of old age with an upbeat and emotionally savvy view of the uncharted territory of the last stage of life. With insight and humor, Dr. Katharine Esty describes the series of dramatic and difficult transitions that

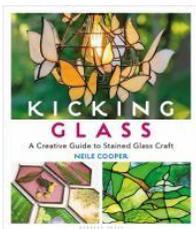
eightysomethings usually experience and how, despite their losses, they so often find themselves unexpectedly happy.

***Essential Tennis: Improve Faster, Play Smarter, and Win More Matches - Ian Westermann with Joel Chasnoff***



"The essential book from online tennis coaching sensation Ian Westermann, founder of EssentialTennis.com."

***Kicking Glass: A Creative Guide to Stained Glass Craft - Neile Cooper***



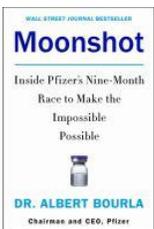
Creative and practical, Kicking Glass is a step-by-step guide for those wanting to practice the popular craft of stained glass. From simple suncatchers and boho lamps to exquisite 3D constructions and delicately-poised glass butterflies, experienced artist Neile Cooper guides you through the magical world of stained glass with a creative handbook for both the novice and more experienced crafter alike. Beautifully illustrated with photographs of Neile's own work including her glorious glass cabin in the woods as well as pieces from some of today's most stylish designers, Kicking Glass is packed with ideas to guide and inspire. This book provides comprehensive technical instruction in the copper foil method, covering everything from tools and supplies to exploratory techniques such as including foraged and found objects into your work. Skills are demonstrated through tutorials with photos, instructional drawings and 16 stunning patterns. Whether you're looking to decorate your windows, create lovely gifts for friends and family or design your own epic masterpiece, Kicking Glass is the essential modern guide to stained glass making.

***Managing Expectations: A Memoir in Essays - Minnie Driver***



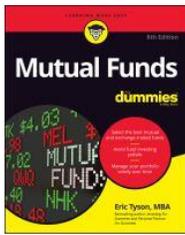
"A charming, poignant, unfiltered, laugh-out-loud memoir in essays from beloved actor and natural-born storyteller Minnie Driver, chronicling the way life works out even when it doesn't".

***Moonshot: Inside Pfizer's Nine-Month Race to Make the Impossible Possible - Dr. Albert Bourla***



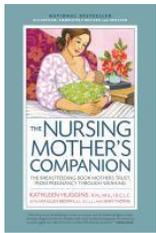
"A riveting, fast-paced, inside look at one of the most incredible private sector achievements in history, Moonshot recounts the intensive nine months in 2020 when the scientists at Pfizer, under the visionary leadership of Dr. Albert Bourla, made 'the impossible possible'--creating, testing, and manufacturing a safe and effective Covid-19 vaccine that previously would have taken years to develop".

### **Mutual Funds for Dummies - Eric Tyson, MBA**



Newly revised and updated, Mutual Funds For Dummies, 8th Edition provides readers with insight on how to find the best-managed funds that match their financial goals. With straightforward advice and a plethora of specific and up-to-date fund recommendations, Eric Tyson helps readers avoid fund-investing pitfalls and maximize their chances of success.

### **The Nursing Mother's Companion: The Breastfeeding Book Mothers Trust, from Pregnancy Through Weaning - Kathleen Huggins, R.N., M.S., I.B.C.L.C**



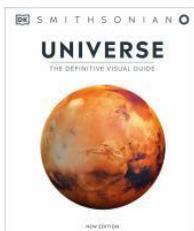
Nursing Mothers Companion, Kathleen Huggins equips breastfeeding mothers with the tools they need to overcome difficulties and nurse their babies successfully.

### **Resistance Band Workouts for Seniors: Strength Training At Home Or On the Go - Karina Inkster, MA, PTS**



"This is a resource for older adults looking to improve their strength and body composition without having to purchase a gym membership. Fitness coach and author Karina Inkster will teach you about the many benefits of strength training for seniors. You'll learn how to choose resistance bands, how to use them at home with a door anchor, and how to use them safely. An overview of the three types of resistance bands will help readers put together their own 'mini gym' that can fit into a small bag. A collection of 50 resistance band exercises that work all the major muscle groups will inspire readers to create--and maintain--a regular strength training practice, whether they're working out at home, outdoors, or while traveling. Exercises vary in difficulty from beginner to advanced; this book caters to older adults of all fitness levels. Once readers are familiar with the various exercise possibilities, they'll learn how to put together their own strength programs".

### **Universe: The Definitive Visual Guide - DK/Smithsonian**



Marvel at the wonders of the universe, from stars and planets to black holes and nebulae, in this exploration of our solar system and beyond.

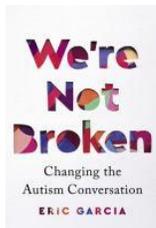
### **Vegan BBQ: 70 Delicious Plant-Based Recipes to Cook Outdoors - Katy Beskow**



Vegan BBQ showcases 70 simple, summery recipes to cook on your barbecue, as well as delicious sides, dips and snacks to brighten up any alfresco event. From Katsu burgers with wasabi mayo, Buttered Hassleback squash, and Sizzling fajitas, to Brown sugar baked beans, BBQ patatas bravas or Kiwi and avocado salsa, the recipes are easy to follow, using seasonal and readily available ingredients - proving that you don't have to grill meat to enjoy a barbecue! Plus, you'll learn how to get the most out of your ingredients, how to host the perfect plant-

based barbecue with friends and what essential kit you'll need (including advice on small barbecue set-ups for balconies or bijou gardens). With tips throughout from an expert author, Vegan BBQ will build your confidence on the grill, keep you fed all summer long and prove that vegan barbecuing is easy, with fun and vibrant recipes that everyone will love.

***We're Not Broken: Changing the Autism Conversation - Eric Garcia***



Garcia began writing about autism because he was frustrated by the media's coverage of the myths that the disorder is caused by vaccines, the narrow portrayals of autistic people as white men working in Silicon Valley. As a Latino, a graduate of the University of North Carolina, and working as a journalist covering politics in Washington D.C., Garcia realized he needed to put into writing what so many autistic people have been saying for years; autism is a part of their identity; they don't need to be fixed. From education to healthcare, he explores how autistic people wrestle with systems that were not built with them in mind.