

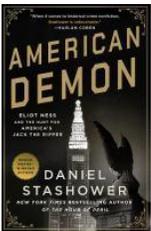
September 2022 New Adult Non-Fiction Books

Agatha Christie: An Elusive Woman - Lucy Worsley



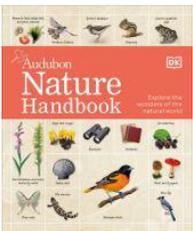
"Why did Agatha Christie spend her career pretending that she was "just" an ordinary housewife, when clearly she wasn't? Her life is fascinating for its mysteries and its passions and, as Lucy Worsley says, "She was thrillingly, scintillatingly modern." She went surfing in Hawaii, she loved fast cars, and she was intrigued by the new science of psychology, which helped her through devastating mental illness. So why--despite all the evidence to the contrary--did Agatha present herself as a retiring Edwardian lady of leisure? She was born in 1890 into a world that had its own rules about what women could and couldn't do. Lucy Worsley's biography is not just of a massively, internationally successful writer. It's also the story of a person who, despite the obstacles of class and gender, became an astonishingly successful working woman. With access to personal letters and papers that have rarely been seen, Lucy Worsley's biography is both authoritative and entertaining and makes us realize what an extraordinary pioneer Agatha Christie was--truly a woman who wrote the twentieth century".

American Demon: Eliot Ness and the Hunt for America's Jack the Ripper- Daniel Stashower



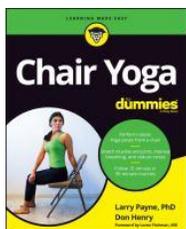
"New York Times bestselling author and Edgar Award-winner Daniel Stashower returns with American Demon, a historical true crime starring legendary lawman Eliot Nes.".

Audubon Nature Handbook - Audubon and DK



"A practical illustrated guide to exploring, observing, and understanding nature. Chris Packham will pass on his passion for nature and make you an enthusiastic and knowledgeable amateur naturalist. *Nature Handbook* reveals how easy it is to enjoy and learn about plants, animals, habitats, and ecological processes. It features visual studies of habitats - full of photos of the animals and plants that live there and illustrations of how they interact. All the habitats in your region (North America in the US edition) are included, from accessible urban and farming landscapes to wilderness areas. This book reveals the sights, sounds, and smells you can encounter and shows you how to connect with nature without intruding. It provides illustrated guides to activities for every season. Many of these, like pond dipping and raising butterflies from caterpillars, can be done close to home and without expensive equipment. The book promotes conservation and demonstrates simple ways to contribute to the health of the natural world".

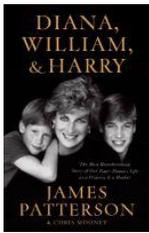
Chair Yoga for Dummies - Larry Payne, PhD and Don Henry



Chair Yoga For Dummies is a guide to developing a yoga practice that you can do while seated in a chair. Traditional yoga poses can be replicated as sitting yoga poses and stretches, enjoyable and accessible for people at all levels of experience and mobility. There's a reason yoga has been around for thousands of years. Practicing chair yoga regularly can decrease your blood pressure, anxiety, inflammation, and

chronic pain. It also increases flexibility, balance, and strength. And it helps you sleep better, too. All you need to get started is yourself, a chair, and this book -- couldn't be simpler.

Diana, William, and Harry: The Heartbreaking Story of a Princess and Mother - James Patterson and Chris Mooney



"From the moments William and Harry are born into the House of Windsor, they become their young mother's whole world. 'I've got two very healthy, strong boys. I realize how incredibly lucky I am,' Diana reminds herself every morning. But even the Princess of Wales questions, 'Am I a good mother?' Diana is faced with a seemingly impossible challenge: one son destined to be King of England and another determined to find his own way. She teaches them to honor royal tradition, even while daring to break it.

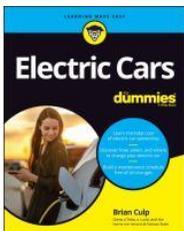
'Sometimes I'd like a time machine ...' Diana says as William and Harry grow up, never imagining they'd have less than a lifetime together. Even after she's gone, her sons follow their mother's lead--and her heart. As the years pass and William and Harry grow into adulthood and form families of their own, they carry on Diana's name, her likeness, and her incomparable spirit."

Dunkirk: The History Behind the Major Motion Picture - Joshua Levine



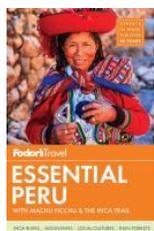
The Battle of Dunkirk, in May/June 1940, is remembered as a stunning defeat, yet a major victory as well. The Nazis had beaten back the Allies and pushed them across France to the northern port of Dunkirk. In the ultimate race against time, more than 300,000 Allied soldiers were daringly evacuated across the Channel. This moment of German aggression was used by Winston Churchill as a call to Franklin Roosevelt to enter the war. Now, historian Joshua Levine explores the real lives of those soldiers, bombed and strafed on the beaches for days on end, without food or ammunition; the civilians whose boats were overloaded; the airmen who risked their lives to buy their companions on the ground precious time; and those who did not escape.

Electric Cars for Dummies - Brian Culp



Are you considering your first electric vehicle purchase or looking for insight into how to take care of your brand new plug-in car? Either way, this book has the advice you need to make the right decisions.

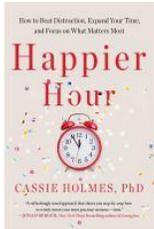
Fodor's Essential Peru - Fodor's Travel



Written by locals, *Fodor's Essential Peru* is the perfect guidebook for those looking for insider tips to make the most out their visit to Lima, Machu Picchu, Cusco and beyond. Complete with detailed maps and concise descriptions, this Peru travel guide will help you plan your trip with ease. Join Fodor's in exploring one of the most exciting countries in South America.

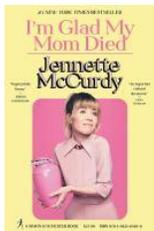
Machu Picchu, the Sacred Valley of the Inca, and the Nazca Lines are among the most-visited and awe-inspiring archaeological sites in the world. Bursting with beautiful full-color photos, Fodor's Peru provides expert insider advice on everything from the best guides to the Inca Trail to how to experience native cultures on Lake Titicaca.

Happier Hour: How to Beat Distraction, Expand Your Time, and Focus on What Matters Most - Cassie Holmes, PhD



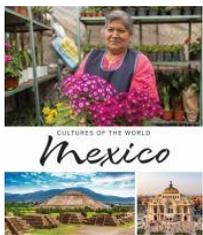
"We live in a culture where most of us suffer from feeling "time poor": the feeling of sprinting from morning to night-stressing over too much to do and not enough time to do it. Cassie Holmes has made this question her life's work: How do we optimally spend our time so that we feel satisfied in the day-to-day and with life overall? With clear, actionable advice from how to be confident in choosing how to spend your time, to how to sidestep distractions and be present, *HAPPIER HOUR* gives you all the tools you need to feel time rich and confidently design your schedule as a beautiful and colorful mosaic with you as the artist. We're each allotted 24 hours per day and a lifetime of years to optimally invest. How we spend our time comprises our constant stream of experiences, the lives we live, and the memories we leave behind. With this book, you'll learn how to craft the time of your life. It all starts with a happier hour".

I'm Glad My Mom Died - Jennette McCurdy



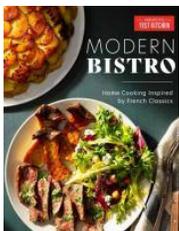
"Jennette McCurdy was six years old when she had her first acting audition. Her mother's dream was for her only daughter to become a star, and Jennette would do anything to make her mother happy. So she went along with what Mom called "calorie restriction," eating little and weighing herself five times a day. She endured extensive at-home makeovers while Mom chided, "Your eyelashes are invisible, okay? You think Dakota Fanning doesn't tint hers?" She was even showered by Mom until age sixteen while sharing her diaries, email, and all her income. In *I'm Glad My Mom Died*, Jennette recounts all this in unflinching detail--just as she chronicles what happens when the dream finally comes true. Cast in a new Nickelodeon series called *iCarly*, she is thrust into fame. Though Mom is ecstatic, emailing fan club moderators and getting on a first-name basis with the paparazzi ("Hi Gale!"), Jennette is riddled with anxiety, shame, and self-loathing, which manifest into eating disorders, addiction, and a series of unhealthy relationships. These issues only get worse when, soon after taking the lead in the *iCarly* spinoff *Sam & Cat* alongside Ariana Grande, her mother dies of cancer. Finally, after discovering therapy and quitting acting, Jennette embarks on recovery and decides for the first time in her life what she really wants."

Mexico - Mary Jo Reilly, Leslie Jermyn, Michael Spilling, and Debbie Nevins



"The culture of Mexico is colorful and complex, and readers are given a comprehensive look at its most unique elements in this guide to life in America's neighbor to the south. Chapters focused on geography, history, politics, and the economy supplement social studies curriculum topics, and others focused on leisure, arts, and food add plenty of fun along the way. Fact boxes and full-color photographs enhance this exciting reading experience, and sidebars highlight important information, including inspiring Mexicans who are shining examples of global citizenship. Readers can even try making their own Mexican food with the help of simple recipes!"

Modern Bistro: Home Cooking Inspired By French Classics - America's Test Kitchen



Make your table the place everyone will want to linger, with irresistible recipes for over 150 classic and modern bistro dishes, from Coq au Vin and Tartiflette to Mushroom Bourguignon and Peach Tarte Tatin. We share countless techniques and tricks to help you master bistro cooking: Learn how to make French basics like mayonnaise and saffron rouille, bake crusty baguettes, and whip up the lightest soufflés. Skip going out

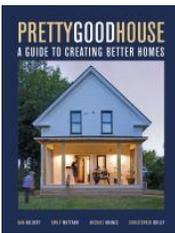
tonight. Set out a table of sumptuous food instead. We'll help you. Then all you need is some joie de vivre.

Nashville - Margaret Littman [Moon Travel Guidebooks series]



Move to the beat and savor the unique creative energy of Music City. From hot Southern food to warm Southern hospitality, you can experience it all with Moon Nashville.

Pretty Good House: A Guide to Creating Better Homes - Dan Kolbert, Emily Mottram, Michael Maines, and Christopher Briley



"*Pretty Good House* provides a framework and set of guidelines for building or renovating a high-performance home that focus on its inhabitants and the environment-- but keeps in mind that few people have pockets deep enough to achieve a "perfect" solution. The essential idea is for homeowners to work within their financial and practical constraints both to meet their own needs and do as much for the planet as possible. A *Pretty Good House* is : A house that's as small as possible. Simple and durable, but also well designed. Insulated and air-sealed. Above all, it is affordable, healthy, responsible, and resilient."