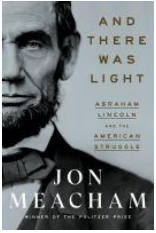


November 2022 New Adult Non Fiction Books

And There Was Light: Abraham Lincoln and the American Struggle - Jon Meacham



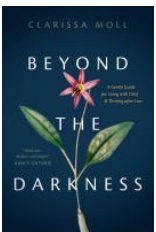
"A president who governed a divided country has much to teach us in a twenty-first-century moment of polarization and political crisis. Abraham Lincoln was president when implacable secessionists gave no quarter in a clash of visions inextricably bound up with money, power, race, identity, and faith. He was hated and hailed, excoriated and revered. In Lincoln we can see the possibilities of the presidency as well as its limitations. At once familiar and elusive, Lincoln tends to be seen in popular minds as the greatest of American presidents--a remote icon--or as a politician driven more by calculation than by conviction. This illuminating new portrait gives us a very human Lincoln--an imperfect man whose moral antislavery commitment was essential to the story of justice in America. Here is the Lincoln who, as a boy, was steeped in the sermons of emancipation by Baptist preachers; who insisted that slavery was a moral evil; and who sought, as he put it, to do right as God gave him light to see the right. This book tells the story of Lincoln from his birth on the Kentucky frontier in 1809 to his leadership during the Civil War to his tragic assassination at Ford's Theater on Good Friday 1865: his rise, his self-education through reading, his loves, his bouts of depression, his political failures, his deepening faith, and his persistent conviction that slavery must end. In a nation shaped by the courage of the enslaved of the era and by the brave witness of Black Americans of the nineteenth century, Lincoln's story illuminates the ways and means of politics, the marshaling of power in a belligerent democracy, the durability of white supremacy in America, and the capacity of conscience to shape the maelstrom of events".

The Art of Gifting Naturally: Simple Handmade Projects to Create for Friends and Family - Angela Maynard



The Art of Gifting Naturally is a unique and contemporary guide to the joy of making gifts by hand. Inspired by the seasons, Angela Maynard showcases 20 inspiring projects that are easy to make and perfect to gift to friends and family. From soothing skincare and fragrance to jam-making and natural dyeing, Angela shows us ways to reconnect with nature and reflect its importance in gift-giving. Consideration is also paid to the ways to wrap your gifts, such as doing away with plastic in favour of reusable materials. With a focus on sustainability, slow-living and mindful crafting, *The Art of Gifting Naturally* is a timeless book to be enjoyed and shared with loved ones.

Beyond the Darkness: A Gentle Guide to Living with Grief and Thriving After Loss - Clarissa Moll



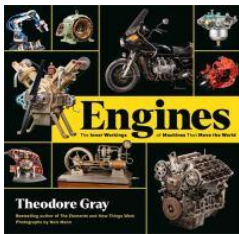
"Those going through dark times will find this generous, strongly Christian work a welcome beacon of light."

Dying of Politeness - Geena Davis



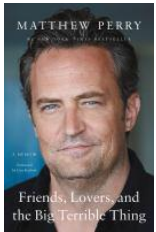
"From two-time Academy Award winner and screen icon Geena Davis, the surprising tale of her "journey to badassery"--from her epically polite childhood to roles that loaned her the strength to become a powerhouse in Hollywood."

Engines: The Inner Workings of Machines that Move the World - Theodore Gray



"International best-selling author Theodore Gray, whose Elements Trilogy has sold more than 1.5 million copies, now turns his irrepressible curiosity, wonderful wit, and inimitable photography to the world of engines in this visual exploration of everything from the first steam engines to giant turbines to tiny electrical engines".

Friends, Lovers, and the Big Terrible Thing - Matthew Perry



"The beloved star of Friends takes us behind the scenes of the hit sitcom and his struggles with addiction in this candid, funny, and revelatory memoir that delivers a powerful message of hope and persistence. In an extraordinary story that only he could tell, Matthew Perry takes readers onto the soundstage of the most successful sitcom of all time while opening up about his private struggles with addiction. Candid, self-aware, and told with his trademark humor, Perry vividly details his lifelong battle with the disease and what fueled it despite seemingly having it all. *Friends, Lovers, and the Big Terrible Thing* is an unforgettable memoir that shares the most intimate details of the love Perry lost, his darkest days, and his greatest friends. Unflinchingly honest, moving, and hilarious: this is the book fans have been waiting for".

Go-To Dinners - Ina Garten



The popular cooking show host and New York Times bestselling author shares her strategies for making delicious, satisfying, and uncomplicated dinners, including such dishes as overnight mac & cheese, Tuscan white bean soup, chicken in a pot with orzo, and roasted vegetables with jammy eggs.

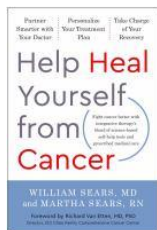
The Grandest Stage: A History of the World Series - Tyler Kepner



"From the New York Times bestselling author of *K: A History of Baseball in Ten Pitches*, a highly-entertaining history of the World Series, based on years of archival research and interviews with hundreds of players and managers, filled with never-before-heard details of the most exciting and fascinating tales from 117 years of the Fall Classic. The World Series is baseball's greatest stage. From Babe Ruth's famous called shot, to Jackie Robinson stealing home, to Carlton Fisk hitting the foul pole, Kirk Gibson limping around the bases, to Blake Snell being pulled in the 2020 Series, the sport's most iconic moments have happened in October. There's no one better to bring this rich history to life than New York Times national baseball columnist Tyler Kepner, whose bestselling history of pitching, *K*, was lauded as "like Michelangelo explaining the brush strokes on the Sistine Chapel" by Newsday. In *THE CLASSIC*,

Kepner talked to hundreds of people who've won - and lost - World Series, and looked deep into the records to present a vivid portrait of what it's like playing in the pressure cooker of the Series. He shows the human side of the game (the pitcher who gave up Ruth's called shot was still haunted by it on his deathbed), celebrates unlikely heroes such as Don Larsen (a mediocre pitcher who threw the only perfect game in World Series history), writes of the goats with compassion (the Phillies' Mitch Williams shouldn't have pitched the last inning in 1993), and busts some long-time myths (the Reds would have beat the Black Sox anyway.) The result is a vivid portrait of baseball at its finest and most intense, filled with humor, lore, keen analysis and memorable anecdotes. For every fan who's ever felt their heart in their mouth in the bottom of the ninth in Game Seven, and a great gift for those who love them, THE CLASSIC is the ultimate history of the World Series.

Help Heal Yourself from Cancer - William Sears, MD and Martha Sears, RN



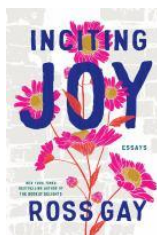
"In *Help Heal Yourself from Cancer*, cancer survivors and medical-profession veterans Bill and Martha Sears help you go from patient to partner in your cancer-healing journey. They outline the steps you can take, both in working with your cancer-care providers and on your own, to maximize your chances of not just beating cancer, but thriving in its wake".

Home is Where the Eggs Are: Farmhouse Food for the People You Love - Molly Yeh



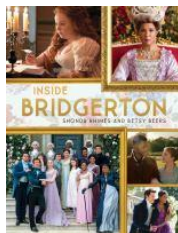
"From the host of Food Network's *Girl Meets Farm* and bestselling author of the IACP award-winning *Molly on the Range*, a collection of cozy recipes that feel like celebrations".

Inciting Joy - Ross Gay



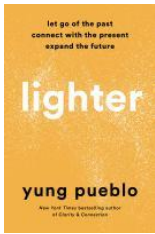
"A collection of long-form essays on joy, in which the author turns his curious and poetic mind to everything from skateboarding and cover songs, basketball and race, dancing and academia, death and laughter, and, always, the garden and the natural world".

Inside Bridgerton - Shonda Rhimes and Betsy Beers



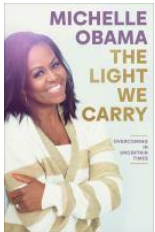
The smart, saucy, and official, four-colour, behind-the-scenes look at Netflix's *Bridgerton*. Featuring exclusive material from co-creators Shonda Rhimes and Betsy Beers and photos and interviews with cast and crew.

Lighter: Let Go of the Past, Connect with the Present, and Expand the Future - Yung Pueblo



"A radically compassionate plan for turning inward and lifting the heaviness that prevents us from healing ourselves and the world, from the New York Times bestselling author of Clarity & Connection".

The Light We Carry - Michelle Obama



"Mrs. Obama offers readers a series of fresh stories and insightful reflections on change, challenge, and power, including her belief that when we light up for others, we can illuminate the richness and potential of the world around us, discovering deeper truths and new pathways for progress. Drawing from her experiences as a mother, daughter, spouse, friend, and First Lady, she shares the habits and principles she has developed to successfully adapt to change and overcome various obstacles--the earned wisdom that helps her continue to "become." She details her most valuable practices, like "starting kind," "going high," and assembling a "kitchen table" of trusted friends and mentors. With trademark humor, candor, and compassion, she also explores issues connected to race, gender, and visibility, encouraging readers to work through fear, find strength in community, and live with boldness".

Listening Well: Bringing Stories of Hope to Life - Heather Morris



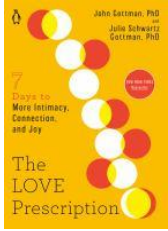
"From New York Times bestselling author Heather Morris comes the memoir of a life of listening to others. In Listening Well, Heather will explore her extraordinary talents as a listener-a skill she employed when she first met Lale Sokolov, the tattooist at Auschwitz-Birkenau and the inspiration for her bestselling novel. It was this ability that led Lale to entrust Heather with his story, which she told in her novel The Tattooist of Auschwitz and the bestselling follow up, Cilka's Journey. Now Heather shares the story behind her inspirational writing journey and the defining experiences of her life, including her profound friendship with Lale, and explores how she learned to really listen to the stories people told her-skills she believes we can all learn. "Stories are what connect us and remind us that hope is always possible."- Heather Morris".

Live Wire: Long-Winded Short Stories - Kelly Ripa



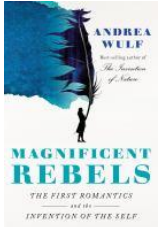
"A sharp, funny, and honest collection of real-life stories from Kelly Ripa, showing the many dimensions and crackling wit of the beloved daytime talk show host".

The Love Prescription: 7 Days to More Intimacy, Connection, and Joy - John Gottman, PhD and Julie Schwartz Gottman, PhD



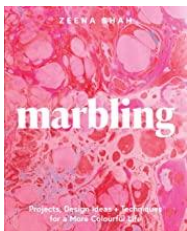
"The authors' decades of research have revealed that a great relationship is founded on the small stuff. The Love Prescription distills the data they have gathered over the past fifty years on more than three thousand couples (everything from their body language to the way they converse to their heart rates and stress hormone levels) into a seven-day action plan to transform your relationship".

Magnificent Rebels: The First Romantics and the Invention of the Self - Andrea Wulf



"From the best-selling author of *The Invention of Nature* comes an exhilarating story about a remarkable group of young rebels-poets, novelists, philosophers-who, through their epic quarrels, passionate love stories, heartbreaking grief, and radical ideas launched Romanticism onto the world stage, inspiring some of the greatest thinkers of the time. When did we begin to be as self-centered as we are today? At what point did we expect to have the right to determine our own lives? When did we first ask the question, How can I be free? It all began in a quiet university town in Germany in the 1790s, when a group of playwrights, poets, and writers put the self at center stage in their thinking, their writing, and their lives. This brilliant circle included the famous poets Goethe, Schiller, and Novalis; the visionary philosophers Fichte, Schelling, and Hegel; the contentious Schlegel brothers; and, in a wonderful cameo, Alexander von Humboldt. And at the heart of this group was the formidable Caroline Schlegel, who sparked their dazzling conversations about the self, nature, identity, and freedom. The French revolutionaries may have changed the political landscape of Europe, but the young Romantics incited a revolution of the mind that transformed our world forever. We are still empowered by their daring leap into the self, and by their radical notions of the creative potential of the individual, the highest aspirations of art and science, the unity of nature, and the true meaning of freedom. We also still walk the same tightrope between meaningful self-fulfillment and destructive narcissism, between the rights of the individual and our responsibilities toward our community and future generations. At the heart of this inspiring book is the extremely modern tension between the dangers of selfishness and the thrilling possibilities of free will".

Marbling: Projects, Design Ideas + Techniques for a More Colourful Life - Zeena Shah



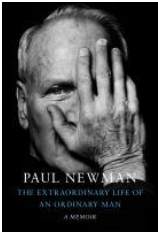
Throughout this book, Zeena Shah will help you to find your own eye for colour through marbling. Colour is intrinsically linked to our mood, and this book will explore how this can be translated into your craft. All you need is some inks and paper to start. Discover how accessible marbling can be as you learn to upcycle objects you already own and give them a new lease of life by playing with colour. Including a collection of 20 projects from dyeing postcards and envelopes to scrunchies, picture frames and a patchwork cushion, as well as a section on seasonal projects including baubles and Easter eggs - this book covers everything you need to know to marble. Learn how to find your colour confidence and uncover your love of marbling with this modern guide for craft lovers everywhere.

One Pot Magic: Cooking with Your Air Fryer, Baking Dish, Dutch Oven, Pressure Cooker, Sheet Pan, and Slow Cooker - Good Housekeeping



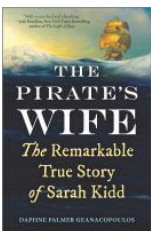
"Whip up fast and delicious one-pot meals that take full advantage of all your favorite appliances and everyday cookware. Good Housekeeping's tested-till-perfect recipes plus appliance and equipment testing notes and care instructions makes this the ultimate one-pot recipe collection".

Paul Newman: The Extraordinary Life of an Ordinary Man - Paul Newman



"The raw, candid, unvarnished memoir of an American icon Several years before he died in 2008, Paul Newman commissioned his best friend to interview actors and directors he worked with, his friends, his children, his first wife, his psychiatrist, and Joanne Woodward, to create an oral history of his life. After hearing and reading what others said about him, Newman then dictated his own version of his life. Now, this long-lost memoir-90% Newman's own narrative, interspersed with wonderful stories and recollections by his family, friends, and such luminaries as Elia Kazan, Tom Cruise, George Roy Hill, Martin Ritt-will be published. This book will surprise and even shock people, it reveals unknown sides of Paul Newman: funny and tragic, charming and insightful, personal and professional. Newman's traumatic childhood is brilliantly detailed: his terrible relationship with his mother (he says she always considered him purely a decoration, not an actual child), his complicated relationship with his father (who once insisted eight-year-old Paul walk home several miles with a broken leg). He talks with extraordinary honesty, insight and humor, about his insecurities as a teenager, his lack of success with women, his feelings of failure. Tales of his army years feel like a movie in itself. His college years, his early yearnings to be an actor, learning his craft, his acting rivals at the beginning of his career (Brando and Dean), his films (good and bad) - he spares no one, including himself. He discusses the complicated relationship he had with his first wife, his son Scott's death, and his guilt about that death. Perhaps the most moving material in the book comes when he discusses Joanne Woodward-their love for each other, his dependence on her, even their sexually charged life together".

The Pirate's Wife: The Remarkable True Story of Sarah Kidd - Daphne Palmer Geanakopoulos



In work of narrative nonfiction filled with romance and high seas adventure, a historian and journalist charts the life of Sarah Kidd, who secretly aided and abetted her infamous husband, pirate Captain Kidd, from within the strictures of polite society in seventeenth- and eighteenth-century New York.

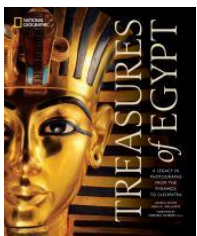
The Stories We Tell: Every Piece of Your Story Matters - Joanna Gaines



"In her first solo memoir, New York Times bestselling author Joanna Gaines invites us on an authentic and deeply vulnerable journey into her story--and helps shine a light on the beauty of our own--guiding us to release the weights that hold us back so we may live and share our story in truth. We've all dropped anchor in places that suited us for a time: a city, a perspective, a lie we mistook as truth. This book is an invitation to a kind of life where you know how to hold what you believe--about yourself and the quiet worlds behind the people you pass--with gracious and open hands. To see your story as greater than any

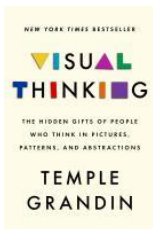
past or future thing, but for all the beauty and joy and hope it holds today. It's an invitation to take stock of the chapters you've lived--the good and the bad, the beautiful and the ugly--glean what's gold, and carry only that forward. Let it slow your feet and steady your life-in-motion so you can see where you stand today from a new point of view. No longer through weary or uncertain eyes, but a lens brimming with hope. 'The only way to break free was to rewrite my story. Because something would happen every time my pen stopped: it was like my soul was coming back to my body. Like the deepest parts of me that got knocked around and drowned out by all the crap I let the world convince me about who I was came back to the surface. And what was left was only what was real and true. I was, finally, standing in the fullness of my story. I felt hopeful. I felt full. Our story may crack us open, but it also pieces us back together. We all have a story to tell. This happens to be mine--every chapter a window into who I am, the journey I'm on, and the season I'm in right now. Because this is my story, maybe you won't always relate, or maybe it will feel like you're looking in a mirror. Whatever we have in common and whatever differences lie between us, I only hope my story can help shine a light on the beauty of yours. That my own soul work will stir something of your own. And that by the time you get to the end of my story, you're also holding the beautiful beginnings of your own. A story only you can tell. And I hope that you will.' - Joanna Gaines.'

Treasures of Egypt: A Legacy in Photographs from the Pyramids to Cleopatra - National Geographic



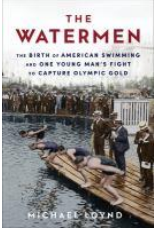
"The images in this breathtaking volume celebrate the vibrant beauty and rich cultural heritage of Egypt on the 100th anniversary of the discovery of King Tut's tomb".

Visual Thinking: The Hidden Gifts of People Who Think in Pictures, Patterns, and Abstractions - Temple Grandin



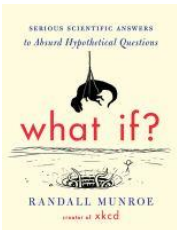
"A quarter of a century after her first book, *Thinking in Pictures*, forever changed how the world understood autism, Temple Grandin--the "anthropologist from Mars," as Oliver Sacks dubbed her--transforms our understanding of the different ways our brains are wired. Visual thinkers constitute a far greater proportion of the population than previously understood, she reveals, and a more varied one, from the purest "object visualizers" like Grandin herself, with their intuitive knack for engineering and problem-solving, to "visual spatial"--the abstract, mathematical thinkers who excel in pattern recognition and systemic thinking. With her genius for demystifying science, Grandin draws on cutting-edge research to take us inside visual thinking and its intuitive affinities for design, innovation, and problem-solving. She also makes us aware of how a world geared to the highly verbal screens out visual thinkers from an early age. Rather than continuing to waste their singular gifts, driving a collective loss in productivity and competitiveness, Grandin proposes new approaches to educating, parenting, employing, and collaborating with visual thinkers. In a highly competitive world, this important book helps us to see, we need every mind on board".

The Watermen: The Birth of American Swimming and One Young Man's Fight to Capture Olympic Gold - Michael Loynd



"In the early twentieth century, few Americans knew how to swim, and as a competitive sport, it was almost unheard of. That is, until Charles Daniels took to the water. On the surface, young Charles had it all: high-society parents, a place at an exclusive New York City prep school, summer vacations in the Adirondacks. But the scrawny teenager suffered from extreme anxiety and a sadistic father who mired the family in bankruptcy and scandal before abandoning Charles and his mother altogether. Charles's only source of joy was swimming. But with no one to teach him, he struggled with technique-until he caught the eye of two immigrant coaches hell-bent on building a U.S. swim program to rival the British Empire's seventy-year domination of the sport. Interwoven with the story of Charles's struggle to overcome his family's disgrace is the compelling history of the struggle to establish the modern Olympics in an era when competitive sports were still in their infancy. When the powerful British Empire finally legitimized the Games by hosting 1908's fourth Olympiad, Charles's hard-fought rise climaxed in a gold-medal race where British judges set a trap to ensure the American upstart's defeat. Set in the early days of a rapidly changing twentieth century, *The Watermen*-a term used at the time to describe men skilled in water sports-tells an engrossing story of grit, of the growth of a major new sport in which Americans would prevail, and of a young man's determination to excel".

What If? 2: Additional Serious Scientific Answers to Absurd Hypothetical Questions - Randall Munroe



"Millions of people visit xkcd.com each week to read Randall Munroe's iconic webcomic. His stick-figure drawings about science, technology, language, and love have a large and passionate following. Fans of xkcd ask Munroe a lot of strange questions. What if you tried to hit a baseball pitched at 90 percent the speed of light? How fast can you hit a speed bump while driving and live? If there was a robot apocalypse, how long would humanity last? In pursuit of answers, Munroe runs computer simulations, pores over stacks of declassified military research memos, solves differential equations, and consults with nuclear reactor operators. His responses are masterpieces of clarity and hilarity, complemented by signature xkcd comics. They often predict the complete annihilation of humankind, or at least a really big explosion. The book features new and never-before-answered questions, along with updated and expanded versions of the most popular answers from the xkcd website. *What If?* will be required reading for xkcd fans and anyone who loves to ponder the hypothetical. "