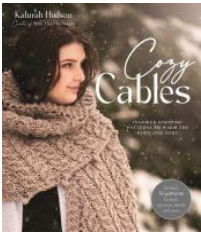


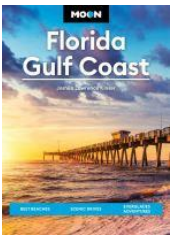
December 2022 New Adult Non-Fiction Books

Cozy Cables: Inspired Knitting Patterns to Warm the Body and Soul - Kalurah Hudson



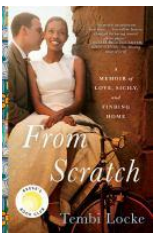
"A successful knitwear designer and photographer offers expert guidance and instruction for beginners or seasoned knitters looking to improve their cable-knit skills in sixteen patterns for socks, hats, mittens, shawls, cardigans and more".

Florida Gulf Coast - Joshua Lawrence Kinser



Whether you're kayaking through mangroves, bodysurfing with manta rays, or sunbathing with a piña colada in hand, soak up the Sunshine State with **Moon Florida Gulf Coast**. Inside you'll find: * Flexible itineraries from short beach getaways to a 10-day road trip covering all 700 miles of the **Florida Gulf Coast** * The best spots for outdoor adventures like kayaking, hiking, biking, bird-watching, and fishing, and the best beaches for swimming, sunsets, and seclusion * Top activities and unique experiences: Discover the vibrant performing arts scene in Sarasota or stroll through quaint riverfront towns and secluded island enclaves. Unwind on shell-scattered beaches, explore winding mazes of mangroves, or spot gators in the swampy Everglades. Ride the coasters at Busch Gardens, browse art galleries in Naples, or catch a college baseball game during Spring Training. Sail through the canals of Tampa, kick back at a beachfront oyster bar, and sip a local brew as the sun sets over the ocean * Expert advice from Florida native Joshua Lawrence Kinser on where to stay, where to eat, and how to get around by car, bus, or boat * Full-color photos and detailed maps throughout * Background information on the Gulf Coast's landscape, wildlife, history, and culture Experience the best of Florida's Gulf Coast with Moon. For more of the Sunshine State, try Moon Florida Keys. About Moon Travel Guides: Moon was founded in 1973 to empower independent, active, and conscious travel. We prioritize local businesses, outdoor recreation, and traveling strategically and sustainably. Moon Travel Guides are written by local, expert authors with great stories to tell-and they can't wait to share their favorite places with you.

From Scratch: A Memoir of Love, Sicily, and Finding Home - Tembi Locke



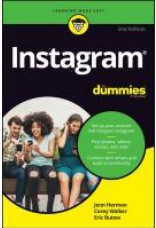
It was love at first sight when Tembi met professional chef, Saro, on a street in Florence. There was just one problem: Saro's traditional Sicilian family did not approve of him marrying a black American woman, an actress no less. They built a life in Los Angeles, with fulfilling careers, deep friendships and a baby girl they adopt at birth. They reconciled with Saro's family just as he faces a formidable cancer that will consume all their dreams. In the Sicilian countryside, Tembi discovers the healing gifts of simple fresh food, the embrace of a close knit community, and timeless traditions and wisdom that light a path forward.

Good Boundaries and Goodbyes: Loving Others Without Losing the Best of Who You Are - Lysa TerKeurst



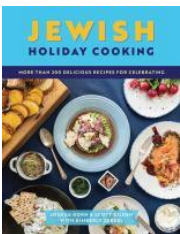
"Number-one New York Times bestselling author Lysa TerKeurst helps readers stop the dysfunction of unhealthy relationships by showing them biblical ways to set boundaries--and, when necessary, say goodbye--without losing the best of who they are".

Instagram for Dummies - Jenn Herman, Corey Walker, and Eric Butow



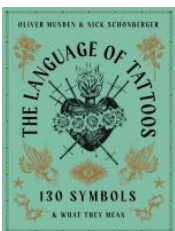
"*Instagram For Dummies* helps you navigate Instagram and all the updates coming to the platform. For new and experienced users, this book keeps you in the know, so you can post to your feed, create Reels and Stories, broadcast and watch live video, and so much more. This handy guide covers creating Reels to attract more followers, adding updates and stickers for stories, and the addition of multiple feeds so you can customize your experience. There are so many new features coming to this ever-more-popular social platform, you need a friend like Dummies to help you keep up. Create viral content, or just share cat pics with your close friends and family.

Jewish Holiday Cooking: More Than 200 Delicious Recipes for Celebrating - Joshua Korn and Scott Gilden with Kimberly Zerkel



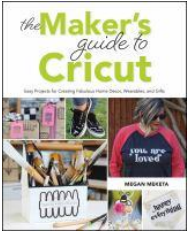
"Embrace the international culinary traditions of Jewish cuisine each holiday with *Jewish Holiday Cooking*. The menu is one of the most important elements to consider when it comes to holiday celebrations. Holiday meals vary widely from Sephardic to Ashkenazic and Mizrahic traditions, meaning that for Jewish people, there's no one right way to celebrate. With nostalgic recipes and new dishes inspired from Moroccan, Russian, German, and more cuisines, these dishes rich in variety and heritage are sure to satisfy and delight. Includes: - Over 250 flavorful recipes that celebrate regional authenticity and modern flair - Sample holiday menus for Rosh Hashanah, Hanukkah, Passover, breaking the fast of Yom Kippur, and Shabbat dinner - Exquisite dishes such as Salted Honey Apple Upside-Down Cake, White Wine Braised Leeks, Cholent, Sufganiyot, Bourekas, Keftes de Espinaca, Tzimmes Chicken with Apricots, Prunes & Carrots, Charoset, Matzo Brei, and more.

The Language of Tattoos: 130 Symbols and What They Mean - Oliver Munden and Nick Schonberger



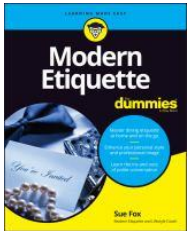
"This book uncovers the meanings behind tattoo symbols, delving into the history of the most popular motifs that recur in many different tattoo styles, including tribal, traditional, Japanese and realistic. Over 150 symbols are grouped according to their meanings, whether it's good luck, freedom, wisdom, power, spirituality or love.

The Maker's Guide to Cricut: Easy Projects for Creating Fabulous Home Decor, Wearables, and Gifts - Megan Meketa



Cricut electric cutting machines have made it easy for anyone to make adorable, one-of-a-kind creations in their own home. In this book crafting expert Megan Meketa, of Lovebird Heartworks, shares all her tips and tricks for making colorful, eye-catching projects that make every day a celebration.

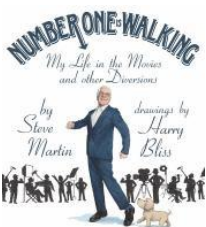
Modern Etiquette for Dummies - Sue Fox



Improve your manners, navigate uncomfortable social situations, and show greater kindness to others

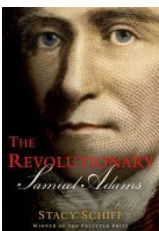
Our world is constantly changing, but something that always remains true? Manners matter. Etiquette is about more than just knowing which fork to use at a fancy dinner or how to write a thank-you note. ***Modern Etiquette For Dummies*** shows you how to navigate tricky interpersonal scenarios and tough workplace dilemmas with ease. With the help of Dummies, you'll toss aside stuffy old notions of etiquette and discover how to conduct yourself in various environments. This book is full of helpful tips on tackling today's unique challenges, including how to use the right pronouns, how to behave on social media, how to maintain professionalism in hybrid work settings (like when is it okay to turn off your camera during a Zoom meeting?), and how to put your phone down so you can focus on what matters.

Number One is Walking: My Life in Movies and Other Diversions - Steve Martin



"***Number One Is Walking*** is Steve Martin's cinematic legacy—an illustrated memoir of his legendary acting career, with stories from his most popular films and artwork by New Yorker cartoonist Harry Bliss. Steve Martin has never written about his career in the movies before. In ***Number One Is Walking***, he shares anecdotes from the sets of his beloved films—Father of the Bride, Roxanne, The Jerk, Three Amigos, and many more—bringing readers directly into his world. He shares charming tales of antics, moments of inspiration, and exploits with the likes of Paul McCartney, Diane Keaton, Harrison Ford, and Chevy Chase. Martin details his forty years in the movie biz, as well as his stand-up comedy, banjo playing, writing, and cartooning, all with his unparalleled wit. With gorgeously illustrated cartoons and single-panel "diversions" in Steve and Harry's signature style, Number One Is Walking is full of the everyday moments that make up a movie star's life, capturing Steve Martin's singular humor and acclaimed career in film. The perfect gift from the team who brought you the #1 New York Times bestseller *A Wealth of Pigeons*".

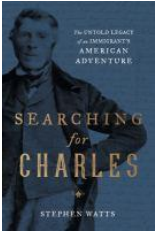
The Revolutionary: Samuel Adams - Stacy Schiff



"Thomas Jefferson asserted that if there was any leader of the Revolution, "Samuel Adams was the man." With high-minded ideals and bare-knuckle tactics, Adams led what could be called the greatest campaign of civil resistance in American history. Stacy Schiff returns Adams to his seat of glory, introducing us to the shrewd and eloquent man who supplied the moral backbone of the American Revolution. He employed every tool available to rally a town, a colony, and eventually a band of colonies behind him, creating the cause that created a country. For his efforts he became the most wanted man in America: When Paul Revere rode to Lexington in 1775, it was to warn Samuel Adams that he was

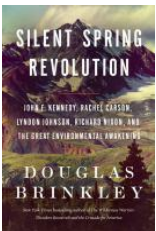
about to be arrested for treason. In ***The Revolutionary***: Samuel Adams, Schiff brings her masterful skills to Adams's improbable life, illuminating his transformation from aimless son of a well-off family to tireless, beguiling radical who mobilized the colonies".

Searching for Charles: The Untold Legacy of an Immigrant's American Adventure - Stephen Watts



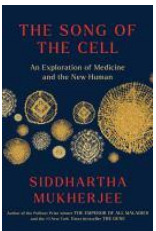
Searching for Charles is the chronological account of Watts's experiences as told through his letters home -- and the subsequent five-decade multigenerational search by his descendant.

Silent Spring Revolution: John F. Kennedy, Rachel Carson, Lyndon Johnson, Richard Nixon, and the Great Environmental Awakening - Douglas Brinkley



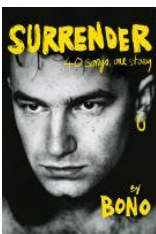
"Chronicles the rise of environmental activism during the Long Sixties (1960-1973), telling the story of an indomitable generation that saved the natural world under the leadership of John F. Kennedy, Lyndon Johnson, and Richard Nixon".

The Song of the Cell: An Exploration of Medicine and the New Human - Siddhartha Mukherjee



"Presenting revelatory and exhilarating stories of scientists, doctors, and the patients whose lives may be saved by their work, the author draws on his own experience as a researcher, doctor, and prolific reader to explore how the discovery of cells created a new kind of medicine based on the therapeutic manipulation of cells.".

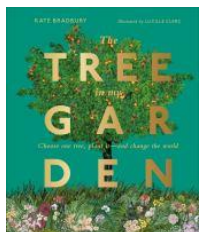
Surrender: 40 Songs, One Story - Bono



"Bono, artist, activist, and the lead singer of Irish rock band U2, has written a memoir: honest and irreverent, intimate and profound, ***Surrender*** is the story of the remarkable life he's lived, the challenges he's faced, and the friends and family who have shaped and sustained him. 'When I started to write this book, I was hoping to draw in detail what I'd previously only sketched in songs. The people, places, and possibilities in my life. ***Surrender*** is a word freighted with meaning for me. Growing up in Ireland in the seventies with my fists up (musically speaking), it was not a natural concept. A word I only circled until I gathered my thoughts for the book. I am still grappling with this most humbling of commands. In the band, in my marriage, in my faith, in my life as an activist. Surrender is the story of one pilgrim's lack of progress ... with a fair amount of fun along the way." - Bono. As one of the music world's most iconic artists and the cofounder of the organizations ONE and (RED), Bono's career has been written about extensively. But in ***Surrender***, it's Bono who picks up the pen, writing for the first

time about his remarkable life and those he has shared it with. In his unique voice, Bono takes us from his early days growing up in Dublin, including the sudden loss of his mother when he was fourteen, to U2's unlikely journey to become one of the world's most influential rock bands, to his more than twenty years of activism dedicated to the fight against AIDS and extreme poverty. Writing with candor, self-reflection, and humor, Bono opens the aperture on his life, and the family, friends, and faith that have sustained, challenged, and shaped him. *Surrender's* subtitle, 40 Songs, One Story, is a nod to the book's forty chapters, which are each named after a U2 song. Bono has also created forty original drawings for ***Surrender***, which will appear throughout the book.

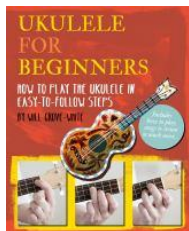
The Tree in My Garden: Choose One Tree, Plant It -- and Change the World - Kate Bradbury



In RHS ***The Tree in My Garden***, award-winning wildlife author Kate Bradbury reveals the amazing effect planting a single tree in your garden can have - and dares to imagine what would happen if every gardener up and down the country did the same. Combining practical gardening advice, eye-opening scientific research, reflections on the cultural importance of different species, and evocative accounts of how vital trees are for countless different forms of wildlife, this book will leave you in no doubt that every garden needs a tree!

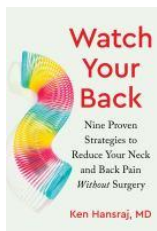
This terrific tree book features a directory of 50 key species, each one beautifully illustrated by Lucille Clerc and packed with information about each tree's appearance, care needs, carbon sequestration ability, and the wildlife it supports - to help you choose the best tree for your own garden, or learn more about the trees you may already have.

Ukulele for Beginners: How to Play the Ukulele in Easy-To-Follow Steps - Will Grove-White



"Interested in the ukulele and want to learn how to play it? This is the book for you. This all-encompassing guide to the ukulele is written by Will Grove-White, one of the world-renowned Ukulele Orchestra of Great Britain. Clearly written, beautifully designed, and chock-full of photos and illustrations, ***Ukulele for Beginners*** is the perfect teach-yourself ukulele book for adults and children alike, and a must for anyone with an interest in the instrument."

Watch Your Back: Nine Proven Strategies to Reduce Your Neck and Back Pain Without Surgery - Ken Hansraj, MD



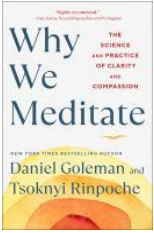
Nine essential strategies to support your neck and spine, reduce pain, and improve your quality of life--without medication or surgery.

Whole House Storage & Organizing - Family Handyman



Continuing Family Handyman's "Whole House" series, this book offers readers a wide variety of tips and projects to help them tidy up and declutter around their living spaces. Chapters are as follows: Kitchen & Bathroom; Garage & Outdoors; Laundry Room, Closets & Clothes; Around the House; Workshop; Special Section: Storing Sports Gear.

Why We Meditate: The Science and Practice of Clarity and Compassion - Daniel Goleman and Tsoknyi Rinpoche



"**WHY WE MEDITATE** by Daniel Goleman, the New York Times-bestselling author of Emotional Intelligence and many other books, and Tsoknyi Rinpoche, an internationally recognized and beloved spiritual guide in the Tibetan Buddhist community, presents scientifically backed and time-proven Eastern meditation practices that offer an antidote to the forces of frenzy and stress that awash us".

The Wind at My Back: Resilience, Grace, and Other Gifts from My Mentor Raven Wilkinson - Misty Copeland with Susan Fales-Hill



"Misty Copeland made history as the first African-American principal ballerina at the American Ballet Theatre. Her talent, passion, and perseverance enabled her to make strides no one had accomplished before. But as she will tell you, achievement never happens in a void. Behind her, supporting her rise was her mentor, Raven Wilkinson, who had been virtually alone in her quest to breach the all-white ballet world when she fought to be taken seriously as a Black ballerina in the 1950s and 60s. A trailblazer in the world of ballet decades before Misty's time, Raven faced overt and casual racism, hostile crowds, and death threats for having the audacity to dance ballet. **The Wind at My Back** tells the story of two unapologetically Black ballerinas, their friendship, and how they changed each other--and the dance world--forever. Misty Copeland shares her own struggles with racism and exclusion in her pursuit of this dream career and honors the women like Raven who paved the way for her but whose contributions have gone unheralded. She celebrates the connection she made with Raven, the only teacher who could truly understand the obstacles she faced, beyond the technical or artistic demands. A beautiful and wise memoir of intergenerational friendship and the impressive journeys of two remarkable women, **The Wind at My Back** captures the importance of mentorship, of shared history, and of respecting the past to ensure a stronger future".