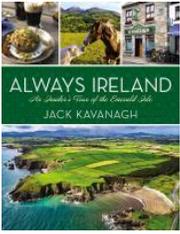


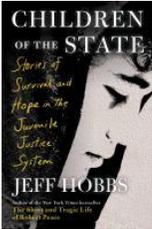
February 2023 New Adult Non-Fiction Books

Always Ireland: An Insider's Tour of the Emerald Isle - Jack Kavanagh



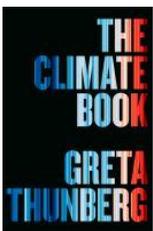
This alluring travel guide from National Geographic, covering every county of the Emerald Isle, offers the ultimate insider's tour of Ireland's most iconic places, from the literary pubs of Dublin to the Cliffs of Moher.

Children of the State: Stories of Survival and Hope in the Juvenile Justice System - Jeff Hobbs



"Very little has been written about juvenile justice. In the greater consciousness, the word "justice" in this context has been leached of meaning; it just signifies prison for kids. But to those living and working in various capacities within that system, the word "justice" holds a sepulchral gravity. In *Children of the State*, bestselling author of *The Short and Tragic Life of Robert Peace* Jeff Hobbs presents three different true stories that show the day-to-day life and the existential challenges faced by those living and working in juvenile programs: educators, counselors, administrators, and-most importantly-children. While serving a year-long detention in Wilmington, DE-perennially one of the violent crime capitols of America-a bright but stunted young man considers the benefits and also the immense costs of striving for college acceptance while imprisoned. A career juvenile hall English Language Arts teacher struggles to align the small moments of wonder in her work alongside its overall statistical futility, all while the city government presumes to design a new juvenile system without cinderblocks-and possibly without those teaching in the current system. A territorial fistfight in Paterson, NJ is characterized by the media as a hate crime, and the boy held accountable for that crime seeks redemption and friendship in a rigorous Life & Professional Skills class in lower Manhattan. These stories are followed to their knotty conclusions in triptych form. In chronicling the work of this constellation of people trying to accomplish good work in abjectly horrible systems and circumstances, ***Children of the State*** asks: What should society do with young people who have made terrible decisions? For many kids, a woeful mistake made at age thirteen or fourteen-often as a result of external factors bearing upon a biologically immature brain-will resonate through the rest of their lives, making high school difficult, college nearly impossible, and a middle class life a foolish fantasy. To observe these missteps and raw challenges and small triumphs from shoulder height, through the experiences of thinking, feeling, poignant young people, is to be moved to consider altering the fixed narrative currently laid out of them. As Hobbs demonstrates in piercing, vivid prose: No one so young should ever be considered irredeemable".

The Climate Book - Greta Thunberg



"Greta Thunberg has gathered the wisdom of over one hundred experts - geophysicists, oceanographers and meteorologists; engineers, economists and mathematicians; historians, philosophers and indigenous leaders--to equip us all with the knowledge we need to combat climate disaster".

Compost Science for Gardeners: Simple Methods for Nutrient Rich Soil - Robert Pavlis



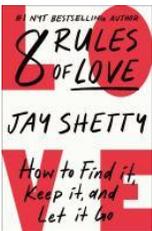
"**Compost Science for Gardeners** demystifies the full range of composting methods and helps readers determine or select the best technique for their situation. This comprehensive, plain-language, science-based book covers everything from the inputs required to the beneficial impacts on the environment and soil health."

The Confidante: The Untold Story of the Woman Who Helped Win WWII and Shape Modern America - Christopher C. Gorham



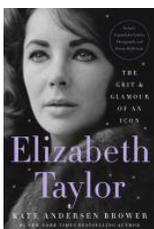
The first-ever biography of Anna Marie Rosenberg, a Hungarian Jewish immigrant who became a real power behind national policies critical to America winning World War II and prospering afterwards, chronicles her extraordinary career as FDR's special envoy to Europe during the war and an adviser to five presidents.

8 Rules of Love: How to Find It, Keep It, and Let It Go - Jay Shetty



"Instead of presenting love as an ethereal concept or a collection of clichés, Jay Shetty lays out specific, actionable steps to help you develop the skills to practice and nurture love better than ever before. He shares insights on how to win or lose together, how to define love, and why you don't break in a break-up. Inspired by Vedic wisdom and modern science, he tackles the entire relationship cycle, from first dates to moving in together to breaking up and starting over. And he shows us how to avoid falling for false promises and unfulfilling partners".

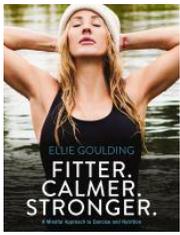
Elizabeth Taylor: The Grit and Glamour of an Icon - Kate Andersen Brower



"No celebrity rivals Elizabeth Taylor's glamour and guts or her level of fame. She was the last major star to come out of the old Hollywood studio system and she is a legend known for her beauty and her magnetic screen presence in a career that spanned most of the twentieth century and nearly sixty films. But her private life was even more compelling than her Oscar-winning on-screen performances. During her seventy-nine years of rapid-fire love and loss she was married eight times to seven different men.

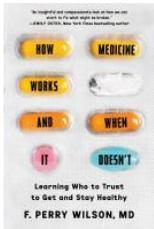
Above all, she was a survivor--by the time she was twenty-six she was twice divorced and once widowed. Her life was a soap opera that ended in a deeply meaningful way when she became the first major celebrity activist to lead the fight against HIV/AIDS. A co-founder of amfAR, she raised more than \$100 million for research and patient care. She was also a shrewd businesswoman who made a fortune as the first celebrity perfumer who always demanded to be paid what she was worth. In the first ever authorized biography of the Hollywood icon, Kate Andersen Brower reveals the world through Elizabeth's eyes. Brower uses Elizabeth's unpublished letters, diary entries, and off-the-record interview transcripts as well as interviews with 250 of her closest friends and family to tell the full, unvarnished story of her remarkable career and her explosive private life that made headlines worldwide. **Elizabeth Taylor** captures this intelligent, empathetic, tenacious, volatile, and complex woman as never before, from her rise to massive fame at age twelve in National Velvet to becoming the first to negotiate a million-dollar salary for a film, from her eight marriages and enduring love affair with Richard Burton to her lifelong battle with addiction and her courageous efforts as an AIDS activist. Here is a fascinating and complete portrait worthy of the legendary star and her legacy".

Fitter. Calmer. Stronger. -Ellie Goulding



Combining a mindful approach to exercise with delicious, nutritious recipes, this book will help you kickstart healthy habits, develop a positive mindset, and establish clear, achievable goals. Going far beyond diet and exercise, Ellie shares a holistic approach to feeling and being your best. From learning to listen to your body to establishing permanent rituals that work for you, the book encompasses all that improves your relationship with your physical and mental health.

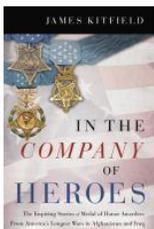
How Medicine Works and When It Doesn't: Learning Who to Trust to Get and Stay Healthy - F. Perry Wilson, MD



"We live in an age of medical miracles. Never in the history of humankind has so much talent and energy been harnessed to cure disease. So why does it feel like it's getting harder to live our healthiest lives? Why does it seem like "experts" can't agree on anything, and why do our interactions with medical professionals feel less personal, less honest, and less impactful than ever? Through stories from his own practice and historical case studies, Dr. F. Perry Wilson, a physician and researcher from the Yale

School of Medicine, explains how and why the doctor-patient relationship has eroded in recent years and illuminates how profit-driven companies-from big Pharma to healthcare corporations-have corrupted what should have been medicine's golden age. By clarifying the realities of the medical field today, Dr. Wilson gives readers the tools they need to make informed decisions, from evaluating the validity of medical information online to helping caregivers advocate for their loved ones, in the doctor's office and with the insurance company. Dr. Wilson wants readers to understand medicine and medical science the way he does: as an imperfect and often frustrating field, but still the best option for getting well. To rebuild trust between patients, doctors, medicine, and science, we need to be honest, we need to know how to spot misinformation, and we need to avoid letting skepticism ferment into cynicism. For it is only by redefining "good medicine"-science that is well-researched, rational, safe, effective, and delivered with compassion, empathy, and trust-that the doctor-patient relationship can be truly healed".

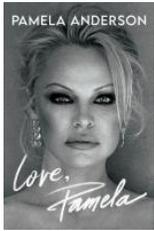
In the Company of Heroes: The Inspiring Stories of Medal of Honor Recipients from America's Longest Wars in Afghanistan and Iraq - James Kitfield



"An award-winning military journalist tells the amazing stories of twenty-two soldiers who've won the Medal of Honor, the nation's highest military award. In the Company of Heroes will feature in-depth narrative profiles of the twenty-three post-9/11 Medal of Honor awardees who served in Afghanistan and Iraq. This book will focus on the stories of these extraordinary people, expressed in their own voices through one-on-one interviews, and in the case of posthumous awards, through interviews with their brothers

in arms and their families. The public affairs offices of the Joint Chiefs of Staff and the individual armed services, as well as the Congressional Medal of Honor Society, have expressed their support for this project. Stories include Marine Corps Corporal William "Kyle" Carpenter, who purposely lunged toward a Taliban hand grenade in order to shield his buddy from the blast; Navy SEAL team leader Britt Slabinski, who, after being ambushed and retreating in the Hindu Kush, returned against monumental odds in order to try to save one of his team who was inadvertently lost in the fight; and Ranger Staff Sergeant Leroy Petry, who lunged for a live grenade, threw it back at the enemy, and saved his two Ranger brothers".

Love, Pamela - Pamela Anderson



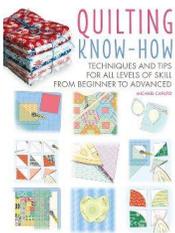
"Pamela Anderson's blond bombshell image was ubiquitous in the 1990s. Discovered in the stands during a Canadian football game, she was immediately rocket launched into fame, becoming Playboy's favorite cover girl and an emblem of Hollywood glamour and sexuality. Yet the Pamela Anderson we think we know was created through happenstance rather than careful cultivation. Love, Pamela brings forth her true story, that of a small-town girl getting tangled up in her own dreams. Growing up on Vancouver Island, the daughter of young, wild, and unwittingly stylish parents, Pamela Anderson lived a hardscrabble existence but developed a deep love for nature, populating her world with misfits, apparitional friends, and animals in need. Eventually overcoming her natural shyness, Pamela let her restless imagination propel her into a new life few can dream of, Hollywood and the Playboy Mansion. And as her star rose, she found herself becoming a fixture of tabloid fodder, at the height of an era when paparazzi tactics were bent on destroying a person's image and self-esteem. Pamela forged ahead with grace, finding sanctuary in her love of art and literature, and emerged a devoted mother and activist. Now having returned to the island of her childhood, after a memorable run starring as Roxie in Chicago on Broadway, Pamela is telling her story, a story of an irrepressible free spirit coming home and discovering herself anew at every turn. With vivid prose interspersed with bursts of original poetry, Love, Pamela is a pensive, layered, and unforgettable memoir".

The New Guys: The Historic Class of Astronauts That Broke Barriers and Changed the Face of Space Travel - Meredith Bagby



"The never-before-told story of the barrier-breaking NASA class of 1978, which for the first time consisted of a diverse crew of women, people of color, LGBTQ+ people, and more, and their triumphs and tragedies working on the newly launched space shuttle program, with the exclusive cooperation of five astronauts".

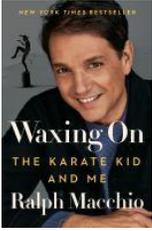
Quilting Know-How: Techniques and Tips For All Levels of Skill from Beginner to Advanced - Michael Caputo



A complete guide to the techniques and finishing touches that every quilter needs to know.

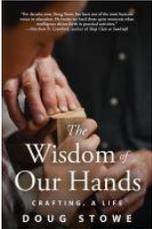
Whether you would like to learn new patchwork and quilting skills or want to take up this flourishing craft for the first time, you'll find all the techniques you'll need in this essential guide. Step-by-step instructions and easy-to-follow artworks show you how to master everything from accurate cutting and using templates to sewing curves and English paper piecing. If you are a beginner, the first chapter takes you through all the basic tools and equipment you'll need, such as a sewing machine, curved pins, and a rotary cutter. For more experienced quilters, tips on perfect pressing, hand stitching, and reverse appliqué will help you achieve a professional finish. Whatever your skill level, **Quilting Know-How** is the ideal reference handbook to keep by your side, helping you to build your confidence and abilities so that you can create stunning projects.

Waxing On: The Karate Kid and Me - Ralph Macchio



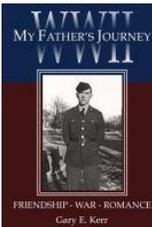
"A fun-filled memoir by the Karate Kid and Cobra Kai actor that's equal parts nostalgia and contemporary relevance, based on both the classic movies and his current show, which is Netflix's #1 hit and gaining legions of new fans from every generation".

The Wisdom of Our Hands: Crafting, a Life - Doug Stowe



"A guide to living fully and humanely by learning the wisdom of authentic manual work. Many of us live in a world of constant abstraction, immersed in our heads and our screens. But there is a deeper wisdom to be found in working with our hands in the real world. In ***The Wisdom of Our Hands***, craftsman and educator Doug Stowe shows how working with our hands, either professionally or as a hobby, is essential for a full education and a full life. Based on his 45 years as a woodworker and 25 years as a teacher of handcrafts, Stowe argues that human beings have a natural need to express themselves creatively through tangible work. The use of one's hands and whole body to make physical things and reshape our surroundings promotes both physical and mental health and fosters a sense of mastery in both young and adult students. A life of craftsmanship offers the opportunity and obligation to define one's own values. Drawing on his experiences living and working in Eureka Springs, Arkansas, a town dedicated to handcrafts and arts, Stowe demonstrates how craft work can create community, forge deeper social bounds, and foster a saner attitude about the value of human labor and material goods. Written for everyone who wants to reconnect with the deep experience of the human body at work, *The Wisdom of Our Hands* is a quietly radical call to spiritual (and physical) action".

WWII: My Father's Journey: Friendship - War - Romance - Gary E. Kerr



"A young man from a small midwestern town leaves his family and fiancée to volunteer to serve his country in World War II. He witnesses first hand the tragedies of war in North Africa and Italy and bigotry and racism in his own country. Combat was his goal. However, tending to the wounded, sick, and dying were his assigned missions. Relying on instincts, taking risks and breaking rules were often the norm for soldier Roy Kerr Jr.".