

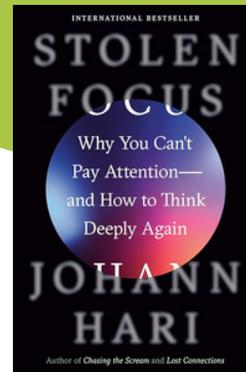
NON-FICTION LIBRARIAN FAVORITES



Nobody Will Tell You This But Me

by Bess Kalb
Bess Kalb's grandmother Bobby Bell was a force-glamorous, unapologetically opinionated. Bobby doted on Bess; Bess adored Bobby. Then, at ninety,

Bobby died. Recounting both family lore and family secrets, Bobby brings us four generations of indomitable women and the men who loved them. **NF Biography Kalb**



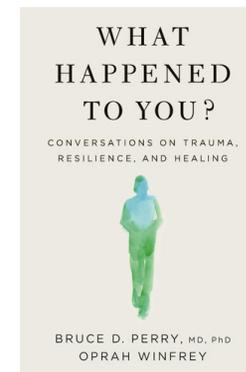
STOLEN FOCUS

by Johann Hari
Like so many of us, Johann Hari was finding that constantly switching from device to device and tab to tab was a diminishing and depressing way to live. He tried all sorts of self-help solutions but nothing seemed to work. So Hari went on an epic journey across the world to interview the leading experts on human attention.

NF Social Science Psych

THE RIDE OF HER LIFE

by Elizabeth Letts
In 1954, 63 year old Maine farmer Annie Wilkins embarked on an impossible journey. She had no money and no family, she had just lost her farm, and her doctor had given her only two years to live. But Annie wanted to see the Pacific Ocean before she died. She bought a cast-off brown gelding named Tarzan, donned men's dungarees, and headed south in mid-November. **NF Biography Wilkins**



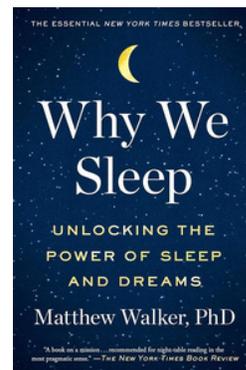
WHAT HAPPENED TO YOU?

by Bruce D. Perry
Through deeply personal conversations, Oprah Winfrey and Dr. Perry discuss our approach to trauma. They offer a profound shift from asking "What's wrong with you?" to "What happened to you?" and it's one that allows us to understand our pasts in order to clear a path to our future.

NF Self Help Personal Growth

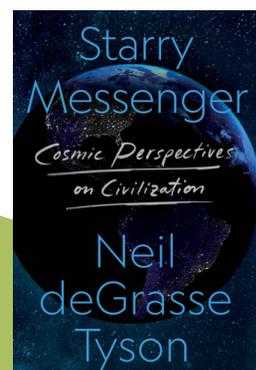
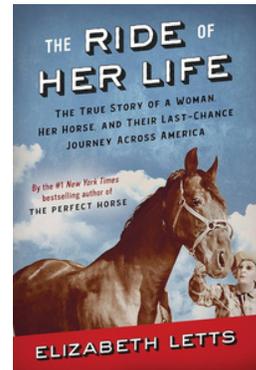
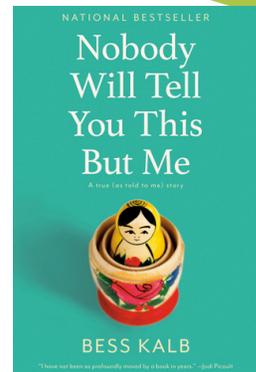
STARRY MESSENGER

by Neil deGrasse Tyson
Bringing his cosmic perspective to civilization on Earth, Neil deGrasse Tyson shines new light on the crucial fault lines of our time-war, politics, religion, truth, beauty, gender, and race-in a way that stimulates a deeper sense of unity for us all.

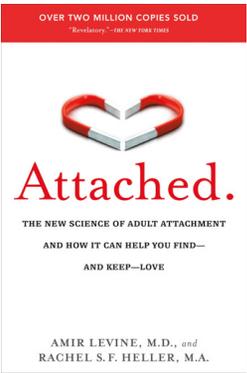


WHY WE SLEEP

by Matthew P. Walker
Sleep is one of the most important but least understood aspects of our life, wellness, and longevity. Now, preeminent neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming. **NF Health**



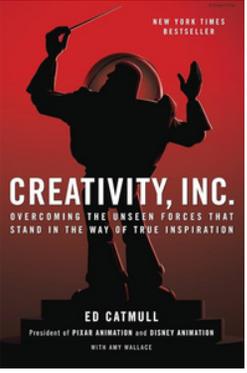
NF Science Physics



ATTACHED

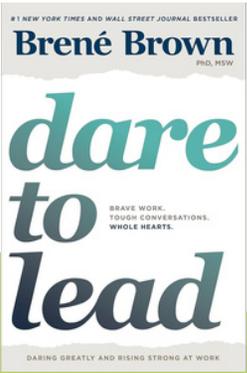
by Amir Levine
In this revolutionary book, psychiatrist and neuroscientist Dr. Amir Levine and Rachel Heller scientifically explain why some people seem to navigate relationships effortlessly, while others

struggle. Discover how an understanding of adult attachment can help us find and sustain love. **NF Relation**



CREATIVITY, INC.

by Ed Catmull
The co-founder and longtime president of Pixar updates and expands his 2014 New York Times bestseller on creative leadership, reflecting on the management principles that built Pixar's singularly successful culture, and on all he learned during the past nine years that allowed Pixar to retain its creative culture while continuing to evolve. **NF Business Mngmnt**

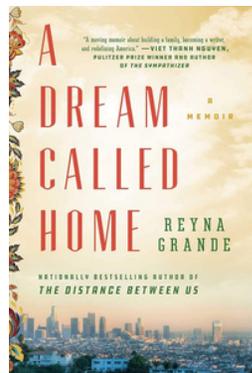


DARE TO LEAD

by Brené Brown
How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? Brown uses research, stories, and examples to answer these questions in

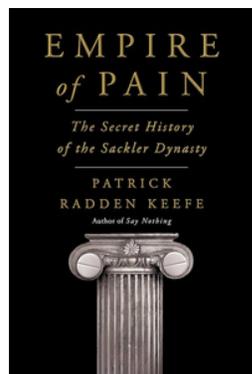
the no-BS style that millions of readers have come to expect and love.

NF Business Mngmnt



A DREAM CALLED HOME

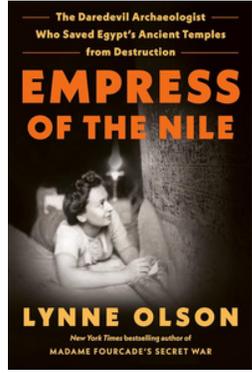
by Reyna Grande
When Reyna Grande was nine years old, she walked across the US-Mexico border in search of a home, desperate to be reunited with the parents who had left her behind years before for a better life in the US. By daring to pursue her dreams, Reyna was able to build the one thing she had always longed for: a home that would endure. **NF Biography Grande**



EMPIRE OF PAIN

by Patrick Radden Keefe
They are one of the richest families in the world, but the source of the family fortune was vague--until it emerged that the Sacklers were responsible for making and marketing a blockbuster painkiller that was the catalyst for the opioid crisis.

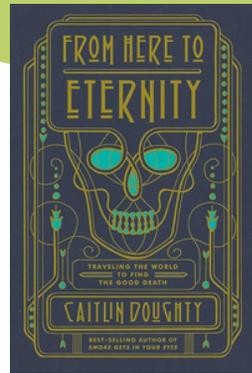
NF Business



EMPRESS OF THE NILE

by Lynne Olson
A female version of the Indiana Jones story: Christiane Desroches-Noblecourt's, an intrepid French archaeologist, remarkable story of leading the international effort to

save ancient Egyptian temples from the floodwaters of the Aswan Dams. **NF History**

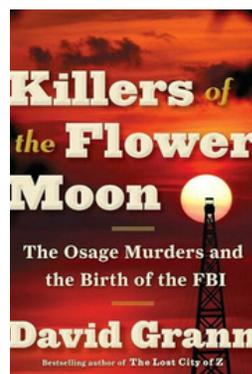


FROM HERE TO ETERNITY

by Caitlin Doughty
Mortician Caitlin Doughty set out to discover how other cultures care for the dead. From Here to Eternity is an immersive global journey that introduces compelling, powerful

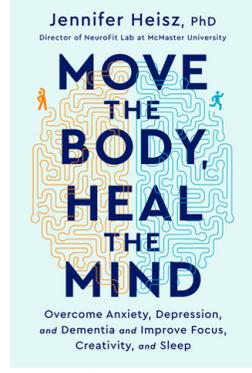
rituals almost entirely unknown in America.

NF Social Science Death



KILLERS OF THE FLOWER MOON

by David Grann
In the 1920s, the richest people per capita in the world were members of the Osage Nation in Oklahoma. Then, one by one, the Osage began to be killed off. As the death toll rose, the newly created FBI took up the case, and together with the Osage, began to expose one of the most chilling conspiracies in American history. **NF True Crime**



MOVE THE BODY HEAL THE MIND

by Jennifer Heisz
A neuroscientist reveals groundbreaking research on how fitness and exercise can combat mental health conditions such as anxiety, dementia, ADHD, and depression, and offers a

plan for improving focus, creativity, and sleep.

NF Self Help Personal Growth