F ACKERMAN  Ackerman, Elliot.  Waiting for Eden / Alfred A. Knopf, 2018
Eden Malcom lies in a bed, unable to move or to speak, imprisoned in his own mind. His wife Mary spends every day on the sofa in his hospital room. He has never even met their young daughter. And he will never again see the friend and fellow soldier who didn't make it back home--and who narrates the novel. But on Christmas, the one day Mary is not at his bedside, Eden's re-ordered consciousness comes flickering alive. As he begins to find a way to communicate, some troubling truths about his marriage--and about his life before he went to war--come to the surface.

F ALBOM  Albom, Mitch.  The next person you meet in Heaven / Harper, 2018
"In this enchanting sequel to the No. 1 best seller The Five People You Meet in Heaven, Mitch Albom tells the story of Annie - the little girl Eddie saved on Ruby Pier--and the five people she meets in heaven, where she is reunited with Eddie in a surprising and unforgettable novel of how our lives and losses intersect"--

F ASHFORD  Ashford, Jane.  What the duke doesn't know / Sourcebooks Casablanca, 2016
"A proper English wife, or the freedom of the sea? Lord James Gresham is the fifth son of the Duke of Langford, a captain in the Royal Navy, and at a loss for what to do next. He's made his fortune; perhaps now he should find a proper wife and set up his nursery. But the sea calls to him, while his search for a wife leaves him uninspired. And then, a dark beauty with a heart for revenge is swept into his life. He can't have both, but he won't give up either. Half-English, half-Polynesian Kawena Benson is out to avenge her father and reclaim a cache of stolen jewels. There's nothing for James to do but protest his innocence and help Kawena search for the jewels, even though it turns his world upside down."--Page 4 of cover.

F BALDACCI  Baldacci, David.  Long road to Mercy / Grand Central Publishing, 2018
Atlee Pine is an FBI special agent assigned to the remote wilds of the western United States who must confront a new threat...and an old nightmare. Ever since her twin sister was abducted by a notorious serial killer at age five, Atlee has spent her life hunting down those who hurt others. And she’s the best at it. She could be one of the Bureau's top criminal profilers, if she didn't prefer catching criminals in the vast wilderness of the West to climbing the career ladder in the D.C. office. Her chosen mission is a lonesome one--but that suits her just fine. Now, Atlee is called in to investigate the mutilated carcass of a mule found in the Grand Canyon--and hopefully, solve the disappearance of its rider. But this isn't the only recent disappearance. In fact, it may be just the first clue, the key to unraveling a rash of other similar missing persons cases in the canyon.

F BENNETT  Bennett, Robert Jackson.  Foundryside: a novel / Crown, 2018
The exciting beginning of a promising new epic fantasy series. Sancia Grado, a thief in a city controlled by industrialized magic joins forces with a rare honest police officer to stop an ancient evil ritual that endangers thousands of lives.
Lucille Howard is getting on in years, but she stays busy. Thanks to the inspiration of her dearly departed friend Arthur Truluv, she has begun to teach baking classes, sharing the secrets to her delicious classic Southern yellow cake, the perfect pinwheel cookies, and other sweet essentials. Her classes have become so popular that she's hired Iris, a new resident of Mason, Missouri, as an assistant. Iris doesn't know how to bake but she needs to keep her mind off a big decision she sorely regrets. When a new family moves in next door and tragedy strikes, Lucille begins to look out for Lincoln, their son. Lincoln's parents aren't the only ones in town facing hard choices and uncertain futures. In these difficult times, the residents of Mason come together and find the true power of community--just when they need it the most.

Victorian England is a country of sharp divides between rich and poor, but James Lionel Falconer is everything a self-made man should be: handsome, ambitious, charming, and brimming with self-confidence. Even as a boy working in his father's market stall in Camden, he was determined to become a merchant prince. Through hard work and a single-minded determination, James rises quickly through the ranks, with a loving wife, devoted children, and a lofty position in the Malvern & Malvern Company. But when back-to-back tragedies strike the Falconer home, shattering this idyllic life, it seems as though James might never recover his former glory... until a royal summons gives him the chance to prove that he truly is a master of the game.

In a subversive modern retelling of the Book of Jeremiah, two young poets living in Jerusalem have their lives disrupted when one gets beaten over the head by a renowned critic and the other is forced to keep secret the fact that his late father was king of Judah.

Lady Clara Fairfax, who is looking for a man who can see past her beauty, meets her match in arrogant barrister Oliver Radford, who reluctantly agrees to help her find a missing boy who has gotten involved in a London street gang.

"Lethally charming Simon Blair, Marquess of Lisburne, has reluctantly returned to London for one reason only: a family obligation. Still, he might make time for the seduction of a certain redhead dresseddressmaker--but Leonie Noirot hasn't time for him. She's obsessed with transforming his cousin, the dowdy Lady Gladys, into a swan. Leonie's skills can coax curves--and profits--from thin air, but his criminally handsome lordship is too busy trying to seduce her to appreciate her genius. He badly needs to learn a lesson, and the wager she provokes ought to teach him, once and for all. A great plan, in theory--but Lisburne's become a serious distraction and Leonie's usual logic is in danger of slipping away as easily as a silk chemise. Could the Season's greatest transformation be her own?"--from cover, p. 4.

"Jack Reacher has extended his thumb and hit the pavement. His plan is to follow the autumn sun on an epic trip across America, from Maine to California. He doesn't get far. On a country road in rural New Hampshire, deep in the New England woods, he sees a sign to a place he has never been: The town where his father was born. He thinks, What's one extra day? and takes
the detour. At the same moment, in the same isolated area, a car breaks down. Two young Canadians are trying to drive to New York City to sell a treasure. Now they're stranded at a lonely motel in the middle of nowhere. The owners almost seem too friendly. It's a strange place. but it's all there is. The next morning in the city clerk's office, Reacher asks about the old family home. He's told no one named Reacher ever lived in town. He knows his father left and never returned. Now Reacher wonders, Was he ever there in the first place? As Reacher explores his father's life, and strands of different stories begin to merge, he makes a shocking discovery: The present can be tough, but the past can be tense and deadly"--

F CLANCY Cameron, Marc. Tom Clancy oath of office / G.P. Putnam's Sons, 2018
Marine officer. CIA analyst. President. Jack Ryan has devoted his life to protecting the United States. What if this time, he can't? President Ryan and the Campus return in the latest entry in Tom Clancy's #1 New York Times-bestselling series.

F CLARK Clark, Mary Higgins. You don't own me / Simon & Schuster, 2018
"Queen of Suspense," Mary Higgins Clark, and Alafair Burke are back with their fifth enthralling mystery in the New York Times bestselling Under Suspicion series; You Don't Own Me finds television producer Laurie Moran stopping at nothing to solve the murder of a celebrity doctor--even as she finds herself in grave danger as a mysterious stalker plots his next move.

"The basis for the hit series "Shetland" now airing on PBS. Winner of Britain's coveted Duncan Lawrie Dagger Award, Ann Cleeves introduces a dazzling new suspense series to U.S. mystery readers. Raven Black begins on New Year's Eve with a lonely outcast named Magnus Tait, who stays home waiting for visitors who never come. But the next morning the body of a murdered teenage girl is discovered nearby, and suspicion falls on Magnus. Inspector Jimmy Perez enters an investigative maze that leads deeper into the past of the Shetland Islands than anyone wants to go."

F COELHO Coelho, Paulo. Hippie / Alfred A. Knopf, 2018
A Brazilian man and a Dutch woman embark on an extraordinary journey of self-discovery as they travel by bus from Amsterdam to Kathmandu against a backdrop of the protests and sexual-liberation experiments of the 1960s.

F COOPER Cooper, Ellison. Caged / Minotaur Books, 2018
"FBI neuroscientist Sayer Altair hunts for evil in the deepest recesses of the human mind. Still reeling from the death of her fiancé, she wants nothing more than to focus on her research into the brains of serial killers. But when the Washington D.C. police stumble upon a gruesome murder scene involving a girl who was slowly starved to death while held captive in a cage, Sayer is called in to lead the investigation. When the victim is identified as the daughter of a high profile senator, Sayer is thrust into the spotlight. As public pressure mounts, she discovers that another girl has been taken and is teetering on the brink of death. With evidence unraveling around her, Sayer races to save the second victim but soon realizes that they are hunting a killer with a dangerous obsession...a killer who is closer than she thought."

F CUSSLER Cussler, Clive. Sea of greed: a novel from the NUMA files / G.P. Putnam's Sons, 2018
"After an explosion in the Gulf of Mexico destroys three oil rigs trying to revive a dying field, Kurt Austin and the NUMA Special Projects Team are tapped by the President of the United
States to find out what's gone wrong. The trail leads them to a brilliant billionaire in the alternative energy field. Her goal is the end of the oil age; her company has spent billions developing the worlds' most advanced fuel-cell systems. But is she an environmental hero...or a rogue genetic engineer?"

**F EVANOVICH SP 25**  Evanovich, Janet.  *Look alive twenty-five / G.P. Putnam's Sons, 2018*

"There's nothing like a good deli, and the Red River Deli in Trenton is one of the best. World-famous for its pastrami, cole slaw, and for its disappearing managers. Over the last month, three have vanished from the face of the earth, and the only clue in each case is one shoe that's been left behind. The police are baffled. Lula is convinced that it's a case of alien abduction. Whatever it is, they'd better figure out what's going on before they lose their new manager, Ms. Stephanie Plum"--

**F FLOWER**  Flower, Amanda.  *Death and daisies: a magic garden mystery / Crooked Lane, 2018*

"Fiona Knox thought she was pulling her life back together when she inherited her godfather’s cottage in Duncreigan, Scotland, complete with a magical walled garden. But the erstwhile Tennessee flower shop owner promptly found herself puddle boot-deep in danger when she found a dead body among the glimmering blossoms. One police investigation later (made a trifle less unpleasant by the presence of handsome Chief Inspector Neil Craig), and Fiona’s life is getting back on a steady, though bewitched, track. Her sister Isla has just moved in with her, and the grand opening of her new spellbound venture, the Climbing Rose Flower Shop in Aberdeenshire, is imminent. But dark, ensorcelled clouds are gathering to douse Fiona’s newly sunny outlook. First, imperious parish minister Quaid MacCullen makes it undeniably clear that he would be happy to send Fiona back to Tennessee. Then, a horrific lightning storm, rife with terribly omen, threatens to tear apart the elderly cottage and sends Fi and Isla cowering under their beds. The storm passes, but then, Fi is called away from the Climbing Rose’s opening soiree when Kipling, the tiny village’s weak-kneed volunteer police chief, finds a dead body on the beach. The body proves difficult to identify, but Kipling is certain it’s that of the parish minister. Which makes Fiona, MacCullen’s new nemesis, a suspect. And what’s worse, Isla has seemed bewitched as of late--did she do something unspeakable to protect her sister? The last thing Fiona wanted to do was play detective again. But now, the rosy future she’d envisioned is going to seed, and if she and Craig can’t clear her name, her idyllic life will wilt away in Death and Daisies, national bestselling author Amanda Flower’s second enchanting Magic Garden mystery."

**F FOSTER**  Foster, Lori.  *Under pressure / HQN, 2017*

Leese Phelps's road hasn't been an easy one, but it's brought him to the perfect job--working for the elite Body Armor security agency. And what his newest assignment lacks in size, she makes up for in fire and backbone. But being drawn to Catalina Nicholson is a dangerous complication, especially since it could be the very man who hired Leese who's threatening her. What Catalina knows could get her killed. But who'd believe the sordid truth about her powerful stepfather? Beyond Leese's ripped body and brooding gaze is a man of impeccable honor. He's the last person she expects to trust--and the first who's ever made her feel safe. And he's the only one who can help her expose a deadly secret, if they can just stay alive long enough...
"1838: Northumberland, England. Longstone Lighthouse on the Farne Islands has been Grace Darling’s home for all of her twenty-two years. When she and her father rescue shipwreck survivors in a furious storm, Grace becomes celebrated throughout England, the subject of poems, ballads, and plays. But far more precious than her unsought fame is the friendship that develops between Grace and a visiting artist. Just as George Emmerson captures Grace with his brushes, she in turn captures his heart.

1938: Newport, Rhode Island. Nineteen-years-old and pregnant, Matilda Emmerson has been sent away from Ireland in disgrace. She is to stay with Harriet, a reclusive relative and assistant lighthouse keeper, until her baby is born. A discarded, half-finished portrait opens a window into Matilda’s family history. As a deadly hurricane approaches, two women, living a century apart, will be linked forever by their instinctive acts of courage and love."

In Amitav Ghosh’s Sea of Poppies, the Ibis began its treacherous journey across the Indian Ocean, bound for the cane fields of Mauritius with a cargo of indentured servants. Now, in River of Smoke, the former slave ship flounders in the Bay of Bengal, caught in the midst of a deadly cyclone. The storm also threatens the clipper ship Anahita, groaning with the largest consignment of opium ever to leave India for Canton. Meanwhile, the Redruth, a nursery ship, carries horticulturists determined to track down the priceless botanical treasures of China. All will converge in Canton’s Fanqui-town, or Foreign Enclave, a powder keg awaiting a spark to ignite the Opium Wars. A spectacular adventure, but also a bold indictment of global avarice, River of Smoke is a consuming historical novel with powerful contemporary resonance.

Irene Steele's idyllic life---house, husband, family---is shattered when she is woken up by a late-night phone call. Her beloved husband has been found dead, but before Irene can process this tragic news, she must confront the perplexing details of her husband's death. He was found on St. John island, a tropical paradise far removed from their suburban life. Leaving the cold winter behind, Irene flies down to the beautiful Caribbean beaches of St. John only to make another shocking discovery: her husband had a secret second family. As Irene investigates the mysterious circumstances of her husband's death, she is plunged into a web of intrigue and deceit belied by the pristine white sand beaches of St. John's.

"Librarian Emilia is alone in a library that is soon to close its doors forever. Alone save for one last patron, his head completely swathed in bandages, his hands gloved, not one inch of skin exposed. Emilia feels sorry for him--like her, he is always alone. Today, he sees, really sees, Emilia. What he does to her then is unspeakable. Thousands of miles away, another victim rises—a dead woman who still lives. Sophie is determined to protect the people she loves best in the world—but she is a monster. To Jess, it doesn’t matter that Sophie was once as close to her as her own daughter. It doesn’t matter that Sophie’s baby died so that Jess’s grandson could live. It only matters that Sophie is a vampire. Vampires can’t be trusted. Even if they love you. Aunt Sally loved all the monsters she’d created in the hundreds of years since she died and rose again. She loved her home in the bayou. When her existence was exposed to the human world, she didn’t hesitate to destroy her home, and her offspring, to save herself. Herself, and one special girl, Aunt Sally’s last chance to be a perfect mother. These people are
drawn together from across the United States, bound by love and hatred, by the desire for reunification and for revenge. In their own ways, they are all monsters. Some deserve to live. Some do not."

F JOUKHADAR Joukhadar, Jennifer Zeynab. The map of salt and stars / Touchstone, 2018
"In the summer of 2011, just after Nour loses her father to cancer, her mother moves Nour and her sisters from New York City back to Syria to be closer to their family. In order to keep her father’s spirit as she adjusts to her new home, Nour tells herself their favorite story, the tale of Rawiya, a twelfth-century girl who disguised herself as a boy in order to apprentice herself to a famous mapmaker. But the Syria Nour’s parents knew is changing, and it isn’t long before the war reaches their quiet Homs neighborhood. When a stray shell destroys Nour’s house and almost takes her life, she and her family are forced to choose: stay and risk more violence or flee across seven countries of the Middle East and North Africa in search of safety, along the very route Rawiya and her mapmaker took eight hundred years before in their quest to chart the world. As Nour’s family decides to take the risk, their journey becomes more and more dangerous, until they face a choice that could mean the family will be separated forever."

F KENNEDY Kennedy, Randy. Presidio: a novel / Touchstone, 2018
Troy Falconer returns home after years of working as a solitary car thief to help his younger brother, Harlan, search for his wife, who has run away with the little money he had. When they steal a station wagon for the journey, the brothers accidentally kidnap Martha Zacharias, a Mennonite girl asleep in the back of the car. Martha turns out to be a stubborn survivor who refuses to be sent home, so together these unlikely road companions attempt to escape across the Mexican border, pursued by the police and Martha’s vengeful father.

F KIM Kim, Crystal Hana. If you leave me: a novel / William Morrow, an imprint of HarperCollinsPublishers, 2018
An emotionally riveting debut novel about war, family, and forbidden love, the unforgettable saga of two ill-fated lovers in Korea and the heartbreaking choices they're forced to make in the years surrounding the civil war that still haunts us today. When the communist-backed army from the north invades her home, sixteen-year-old Haemi Lee, along with her widowed mother and ailing brother, is forced to flee to a refugee camp along the coast. For a few hours each night, she escapes her family's makeshift home and tragic circumstances with her childhood friend, Kyunghwan. Focused on finishing school, Kyunghwan doesn't realize his older and wealthier cousin, Jisoo, has his sights set on the beautiful and spirited Haemi, and is determined to marry her before joining the fight. But as Haemi becomes a wife, then a mother, her decision to forsake the boy she always loved for the security of her family sets off a dramatic saga that will have profound effects for generations to come. Richly told and deeply moving, If You Leave Me is a stunning portrait of war and refugee life, a passionate and timeless romance, and a heartrending exploration of one woman's longing for autonomy in a rapidly changing world.

It began -- and ended -- in 1958 when seven children searched in the drains beneath Derry (Maine) for an evil creature, but in 1985, Mike, once one of those children, makes six phone calls and disinters an unremembered promise that sets off the ultimate terror.
F KINGSBURY  Kingsbury, Karen.  When we were young: a novel / Howard Books, 2018
"From #1 New York Times bestselling author Karen Kingsbury comes a classic story about second chances, featuring the beloved Baxter family and a young father who finds his whole world turned upside down on the eve of his divorce"--

F LAING  Laing, Olivia.  Crudo: a novel / W.W. Norton & Company, 2018
Kathy, a writer, is getting married. She spends the first summer of her forties adjusting to the idea of a lifelong commitment. But it's not only Kathy who's changing: it's the summer of 2017 and the whole world is falling apart. Fascism is on the rise, truth is dead, the planet is heating up, and Trump is tweeting the world ever-closer to nuclear war. How do you make art, let alone a life, when one rogue tweet could end it all? -- adapted from jacket

"The skies over the Korean Peninsula on March 21, 2020, were clear and blue." So begins this sobering report on the findings of the Commission on the Nuclear Attacks against the United States, established by law by Congress and President Donald J. Trump to investigate the horrific events of the next three days. An independent, bipartisan panel led by nuclear expert Jeffrey Lewis, the commission was charged with finding and reporting the relevant facts, investigating how the nuclear war began, and determining whether our government was adequately prepared for combating a nuclear adversary and safeguarding U.S. citizens. Did President Trump and his advisers understand North Korean views about nuclear weapons? Did they appreciate the dangers of provoking the country's ruler with social media posts and military exercises? Did the tragic milestones of that fateful month--North Korea's accidental shoot-down of Air Busan flight 411, the retaliatory strike by South Korea, and the tweet that triggered vastly more carnage--inevitably lead to war? Or did America's leaders have the opportunity to avert the greatest calamity in the history of our nation? Answering these questions will not bring back the lives lost in March 2020. It will not rebuild New York, Washington, or the other cities reduced to rubble. But at the very least, it might prevent a tragedy of this magnitude from occurring again. It is this hope, more than any other, that inspired The 2020 Commission Report"--

F MCCALL SMITH  McCall Smith, Alexander.  The colors of all the cattle / Pantheon Books, 2018
When Mma Potokwane suggests to Mma Ramotswe that she run for a seat on the City Council, Mma Ramotswe is at first unsure. But when she learns about the proposed construction of the flashy Big Fun Hotel next to a graveyard, she allows herself to be persuaded. Her opponent is none other than Violet Sephoto, who is in the pocket of the hotel developers. Although Violet is intent on using every trick in the book to secure her election, Mma Ramotswe refuses to promise anything beyond what she can deliver--hence her slogan: "I can't promise anything--but I shall do my best." To everyone's surprise, she wins. As it turns out, politics does not agree with Mma Ramotswe. Though everyone is supportive, she eventually resigns. She thinks there will be a new election, but she discovers that the rules state that in such an event, the runner-up automatically takes the seat. Violet is triumphant, and sure that she will get the Big Fun Hotel planning application through without a hitch. But Mma Makutsi and Mma Potokwane are not about to make it easy for her. Through it all, Mma Ramotswe uses her good humor and generosity of spirit to help the community navigate divisive issues, and proves that honesty and compassion will always carry the day.--
F MCKINLAY McKinlay, Jenn. About a dog / Berkley Sensation, 2017
Mackenzie "Mac" Harris fled her hometown of Bluff Point, Maine, after being left at the altar--and seeking solace in the arms of her best friend's off-limits brother. Now, seven years later, she's back to attend her best friend's wedding--safe, or so she thinks, from the mistakes of her youth. But Gavin Tolliver has never forgotten the woman who has always held his heart. And when Mac rescues a stray puppy named Tulip, only Gavin, the town's veterinarian, can help. With a little assistance from Tulip, Gavin vows to make Mac realize that their feelings are more than just puppy love.

F MOORE Moore, Wayétu. She would be king: a novel / Graywolf Press, 2018
Three extraordinary people use their unusual powers to protect the fledgling state of Liberia.

Nine people gather at a remote health resort. Some are here to lose weight, some are here to get a reboot on life, some are here for reasons they can't even admit to themselves. Amid all the luxury and pampering, the mindfulness and meditation, they know these ten days might involve some real work. But none of them could imagine just how challenging the next ten days are going to be. Frances Welty, the formerly bestselling romantic novelist, arrives at Tranquillum House and is immediately intrigued by her fellow guests, including the charismatic owner and director. Could this person really have the answers Frances didn't even know she was seeking? Should Frances put aside her doubts and immerse herself in everything Tranquillum House has to offer -- or should she run while she still can? And it's not long before every guest is asking the same question.

F OATES Oates, Joyce Carol. Hazards of time travel: a novel / Ecco, an imprint of HarperCollinsPublishers, 2018
"Time travel" and its hazards are made literal in this astonishing new novel in which a recklessly idealistic girl dares to test the perimeters of her tightly controlled (future) world and is punished by being sent back in time to a region of North America, “Wainscotia, Wisconsin,” that existed eighty years before. Cast adrift in time in this idyllic Midwestern town she is set upon a course of “rehabilitation” but cannot resist falling in love with a fellow exile and questioning the constrains of the Wainscotia world with results that are both devastating and liberating. Arresting and visionary, Hazards of Time Travel is both a novel of harrowing discovery and an exquisitely wrought love story that may be Joyce Carol Oates’s most unexpected novel so far."

F PARKER Lupica, Mike. Robert B. Parker's Blood feud / G.P. Putnam's Sons, an imprint of Penguin Random House LLC, 2018
"Robert B. Parker’s iconic and irresistible PI Sunny Randall is back, and the stakes are higher than ever as she races to protect her ex-husband--and his Mafia family--from the vengeful plan of a mysterious rival. Sunny Randall is “on” again with Richie, the ex-husband she never stopped loving and never seemed to be able to let go, despite her discomfort with his Mafia connections. When Richie is shot and nearly killed, Sunny is dragged into the thick of his family's business as she searches for answers and tries to stave off a mob war. But as the bullets start flying in Boston's mean streets, Sunny finds herself targeted by the deranged mastermind of the plot against the Burke family, whose motive may be far more personal than she could have anticipated."--
PATTERSON AC 26 Patterson, James. Target Alex Cross / Little Brown and Company, 2018
A leader has fallen, and the procession route from Capitol Hill to the White House is lined with hundreds of thousands of mourners. None feel the loss of a President more keenly than Alex Cross, who has devoted his life to the public good. A sniper's bullet strikes a target in the heart of DC. Alex Cross's wife, Bree Stone, newly elevated chief of DC detectives, faces an ultimatum: solve the case, or lose the position for which she's worked her entire career. The Secret Service and the FBI deploy as well in the race to find the shooter. Alex is tasked by the new President to take a personal role with the FBI, leading an investigation unprecedented in scale and scope. Alex has a horrible premonition: is the sniper's strike only the beginning of a larger attack on the nation?

PELECANOS Pelecanos, George P. The man who came uptown / Mulholland Books, an imprint of Little, Brown and Company, 2018
Michael Hudson spends the long days in prison devouring books given to him by the prison's librarian, a young woman named Anna who develops a soft spot for her best student. Anna keeps passing Michael books until one day he disappears, suddenly released after a private detective manipulated a witness in Michael's trial. Outside, Michael encounters a Washington, D.C. that has changed a lot during his time locked up. Once shady storefronts are now trendy beer gardens and flower shops. But what hasn't changed is the hard choice between the temptation of crime and doing what's right. Trying to balance his new job, his love of reading, and the debt he owes to the man who got him released, Michael struggles to figure out his place in this new world before he loses control.

PENN CIG 14 Penny, Louise. Kingdom of the blind / Minotaur Books, 2018
When a peculiar letter arrives inviting Armand Gamache to an abandoned farmhouse, the former head of the Sûreté du Quebec discovers that a complete stranger has named him one of the executors of her will. Still on suspension, and frankly curious, Gamache accepts and soon learns that the other two executors are Myrna Landers, the bookseller from Three Pines, and a young builder. None of them had ever met the elderly woman. The will is so odd and includes bequests that are so wildly unlikely that Gamache and the others suspect the woman must have been delusional. But what if, Gamache begins to ask himself, she was perfectly sane? When a body is found, the terms of the bizarre will suddenly seem less peculiar and far more menacing. But it isn't the only menace Gamache is facing. The investigation into what happened six months ago--the events that led to his suspension--has dragged on, into the dead of winter. And while most of the opioids he allowed to slip through his hands, in order to bring down the cartels, have been retrieved, there is one devastating exception. Enough narcotic to kill thousands has disappeared into inner city Montreal. With the deadly drug about to hit the streets, Gamache races for answers. As he uses increasingly audacious, even desperate, measures to retrieve the drug, Armand Gamache begins to see his own blind spots. And the terrible things hiding there.

PERRY Perry, Anne. A Christmas revelation: a novel / Ballantine Books, 2018
"When Worm, a young orphan boy who works at the local clinic, sees Eloise being kidnapped by two men in the days leading up to Christmas, he immediately recruits Squeaky Robinson to help rescue her. But as they track Eloise down, they're surprised to hear that she does not, in fact, wish to be rescued. Instead, Eloise intends to bring the kidnappers, who drew her father into their shady business deals and then murdered him, to justice. The kidnappers are skilled illusionists, and after they try their tricks on Worm and Squeaky, the friends are determined to
help Eloise with her plan--and they might just be able to use the kidnappers' tricks against them"--

F ROSE Rose, Karen. Death is not enough / Berkley, 2018
Gwyn Weaver is as resilient as anyone could be. Having survived an attempted murder, she has rebuilt her life and reclaimed her dignity and strength. She's always known about her feelings for defense attorney Thomas Thorne, but as her friend and a colleague there could be no chance of anything more ... or could there? Thorne has known violence and pain all his life. He's overcome the hardships thanks to his own steel, and the love of his loyal friends. Now he's thinking it might finally be time to let his guard down, and allow himself to let in the woman he's always admired from afar. Then Thorne's whole world is torn apart - he is found unconscious in his own bed, the lifeless body of a stranger lying next to him, her blood on his hands. Knowing Thorne could never have committed such a terrible crime, Gwyn and his friends rally round to clear his name. But this is just the beginning - the beginning of a brutal campaign to destroy Thorne, and everything he holds dear ...

"The internationally acclaimed, New York Times bestselling author returns to the magnificent universe he constructed in his bestselling novels The Shadow of the Wind, The Angel's Game, and The Prisoner of Heaven in this riveting series finale--a heart-pounding thriller and nail-biting work of suspense which introduces a sexy, seductive new heroine whose investigation shines a light on the dark history of Franco's Spain."

F RUNCIE Runcie, James. Sidney Chambers and the dangers of temptation / Bloomsbury, 2016
"It's the summer of love in late 1960s England. Basil D'Oliveira has just been dropped from the English cricket team before for a test series in apartheid South Africa; the war in Biafra dominates the news; and the Apollo 11 astronauts are preparing to land on the moon. In the midst of all this change, Sidney Chambers, now Archdeacon of Ely Cathedral, is still up to his amateur sleuthing investigations. A bewitching divorcee enlists Sidney's help in convincing her son to leave a hippie commune; at a soiree on Grantchester Meadows during May Week celebrations, a student is divested of a family heirloom; Amanda's marriage runs into trouble; Sidney and Hildegard holiday behind the Iron Curtain; Mrs Maguire's husband returns from the dead and an arson attack in Cambridge leads Sidney to uncover a cruel case of blackmail involving his former curate. In the rare gaps between church and crime, Sidney struggles with a persistent case of toothache, has his first flutter at the Newmarket races and witnesses the creation of a classic rock song. Charming, witty, intelligent, and filled with a strong sense of compassion, here are six new stories guaranteed to satisfy and delight this clerical detective's many fans."

F SCHWAB Schwab, V. E. Vengeful / Tor, 2018
Marcella Riggins needs no one. Flush from her brush with death, she's finally gained the control she's always sought--and will use her new-found power to bring the city of Merit to its knees. She'll do whatever it takes, collecting her own sidekicks, and leveraging the two most infamous EOs, Victor Vale and Eli Ever, against each other. With Marcella's rise, new enmities create opportunity--and the stage of Merit City will once again be set for a final, terrible reckoning.
Winona Farmington once dreamed of graduating from college, moving to New York City, and pursuing a career in publishing. Then real life got in the way when she left college and returned to her small Michigan hometown to care for her sick mother. Years later, stuck in a dead-end job and an unsatisfying relationship, Winnie has concluded that dreams were meant for others. She consoles herself with binge-watching the British television series that she loves, Beauchamp Hall, enthralled by the sumptuous period drama set on a great Norfolk estate in the 1920s. The rich upstairs-downstairs world brilliantly brought to life by superb actors is the ultimate in escapism. On the day Winnie is passed over for a long-overdue promotion, she is also betrayed by her boyfriend and her best friend. Heartbroken, she makes the first impulsive decision of her conventional life—which changes everything. She packs her bags and flies to England to see the town where Beauchamp Hall is filmed. The quaint B & B where she stays feels like home. The brother and sister who live in the castle where the show is filmed, rich in titles but poor in cash, are more like long-lost friends than British nobility. And the show itself, with its colorful company and behind-the-scenes affairs, is a drama all its own. Winnie's world comes alive on the set of the show. What happens next is the stuff of dreams, as Winnie takes the boldest leap of all.

"Following his presentation of Beren and Lúthien Christopher Tolkien has used the same 'history in sequence' mode in the writing of this edition of The Fall of Gondolin. In the words of J.R.R. Tolkien, it was 'the first real story of this imaginary world' and, together with Beren and Lúthien and The Children of Húrin, he regarded it as one of the three 'Great Tales' of the Elder Days" - From inside book flap.

"Fears, feeding, and sleep problems, croup and tantrums, stomachaches, asthma: these are some of the problems that every parent worries about at one time or another. According to Dr. Brazelton, most of these are a normal part of growing up. Only if parents add their own anxieties to the child's natural drive toward mastery will these "normal problems" become laden with guilt and tension and deepen into chronic issues. If parents can learn to listen, to hear the stress that may lie behind psychosomatic complaints, they can not only remove some of the excess pressures, but also help their children toward self-understanding.

Draws on cutting-edge scientific studies to discuss the U-shaped trajectory of happiness, which declines from the optimism of youth before surging upward again after age fifty, and offers ways to endure the slump during midlife.

Argues that there is abundant evidence that the afterlife is not separated from the living world by an impassable wall, and that, instead of starting a new journey after one dies, they simply continue their current voyage on another spiritual level.
“In the year 2018, it seems as if women’s anger has suddenly erupted into the public conversation. But long before Pantsuit Nation, before the Women’s March, and before the #MeToo movement, women’s anger was not only politically catalytic—but politically problematic. The story of female fury and its cultural significance demonstrates the long history of bitter resentment that has enshrouded women’s slow rise to political power in America, as well as the ways that anger is received when it comes from women as opposed to when it comes from men.”

“The popular FOX News star of Tucker Carlson Tonight offers his signature fearless and funny political commentary on how America’s ruling class has failed everyday Americans. "You look on in horror, helpless and desperate. You have nowhere to go. You're trapped on a ship of fools." Tucker Carlson tells the truth about the new American elites, a group whose power and wealth has grown beyond imagination even as the rest of the country has withered. The people who run America now barely interact with it. They fly on their own planes, ski on their own mountains, watch sporting events far from the stands in sky boxes. They have total contempt for you. "They view America the way a private equity firm sizes up an aging conglomerate," Carlson writes, "as something outdated they can profit from. When it fails, they're gone." In Ship of Fools, Tucker Carlson offers a blistering critique of our new overlords. Traditional liberals are gone, he writes. The patchouli-scented hand-wringers who worried about whales and defended free speech have been replaced by globalists who hide their hard-edged economic agenda behind the smokescreen of identity politics. They'll outsource your job while lecturing you about transgender bathrooms. Left and right, Carlson says, are no longer meaningful categories in America. "The rift is between those who benefit from the status quo, and those who don't." Our leaders are fools, Carlson concludes, "unaware that they are captains of a sinking ship." But in the signature and witty style that viewers of Tucker Carlson Tonight have come to enjoy, his book answers the all-important question: How do we put the country back on course?”

“From award-winning actress and political activist America Ferrera comes a vibrant and varied collection of first person accounts from prominent figures about the experience of growing up between cultures. America Ferrera has always felt wholly American, and yet, her identity is inextricably linked to her parents' homeland and Honduran culture. Speaking Spanish at home, having Saturday-morning-salsa-dance-parties in the kitchen, and eating tamales alongside apple pie at Christmas never seemed at odds with her American identity. Still, she yearned to see that identity reflected in the larger American narrative. Now, in American Like Me, America invites thirty-one of her friends, peers, and heroes to share their stories about life between cultures. We know them as actors, comedians, athletes, politicians, artists, and writers. However, they are also immigrants, children or grandchildren of immigrants, indigenous people, or people who otherwise grew up with deep and personal connections to more than one culture. Each of them struggled to establish a sense of self, find belonging, and feel seen. And they call themselves American enthusiastically, reluctantly, or not at all. Ranging from the heartfelt to the hilarious, their stories shine a light on a quintessentially American experience and will appeal to anyone with a complicated relationship to family, culture, and growing up.”
Nations don't have to be fascist to suffer from fascist politics. Stanley shows that fascism's roots have been present in the United States for more than a century. Here he focuses on the structures that unite them, laying out and analyzing the ten pillars of fascist politics. He makes clear the immense danger of underestimating the cumulative power of such tactics as exploiting a mythic version of a nation's past; anti-intellectualism directed against universities and experts; law and order politics predicated on the assumption that members of minority groups are criminals; and more. By uncovering patterns that are as prevalent today as ever, Stanley argues that we must resist their harmful effects and return to democratic ideals.

"Twice before in its history, the United States has been faced with a crisis so severe it was forced to reinvent itself in order to survive: first, the struggle over slavery, culminating in the Civil War, and the second, the Great Depression, which led to President Roosevelt’s New Deal and the establishment of America as a social-democratic state. In a sequence of essays that excavate the past while laying bare the political upheaval of 2016, Ben Fountain argues that the United States may be facing a third existential crisis, one that will require a “burning” of the old order as America attempts to remake itself. Beautiful Country Burn Again narrates a shocking year in American politics, moving from the early days of the Iowa Caucus to the crystalizing moments of the Democratic and Republican national conventions, and culminating in the aftershocks of the weeks following election night. Along the way, Fountain probes deeply into history, illuminating the forces and watershed moments of the past that mirror and precipitated the present, from the hollowed-out notion of the American Dream, to Richard Nixon’s southern strategy, to our weaponized new conception of American exceptionalism, to the cult of celebrity that gave rise to Donald Trump. In an urgent and deeply incisive voice, Ben Fountain has fused history and the present day to paint a startling portrait of the state of our nation. Beautiful Country Burn Again is a searing indictment of how we came to this point, and where we may be headed."

"From the legendary former Fed Chairman and the acclaimed Economist writer and historian, the full, epic story of America's evolution from a small patchwork of threadbare colonies to the most powerful engine of wealth and innovation the world has ever seen. From even the start of his fabled career, Alan Greenspan was duly famous for his deep understanding of even the most arcane corners of the American economy, and his restless curiosity to know even more. To the extent possible, he has made a science of understanding how the US economy works almost as a living organism--how it grows and changes, surges and stalls. He has made a particular study of the question of productivity growth, at the heart of which is the riddle of innovation. Where does innovation come from, and how does it spread through a society? And why do some eras see the fruits of innovation spread more democratically, and others, including our own, see the opposite? In Capitalism in America, Greenspan distills a lifetime of grappling with these questions into a thrilling and profound master reckoning with the decisive drivers of the US economy over the course of its history."
Dershowitz, Alan M. The case against impeaching Trump / Hot Books, 2018

"Alan Dershowitz has been called “one of the most prominent and consistent defenders of civil liberties in America” by Politico and “the nation’s most peripatetic civil liberties lawyer and one of its most distinguished defenders of individual rights” by Newsweek. Yet he has come under partisan fire for applying those same principles to Donald Trump during the course of his many appearances in national media outlets as an expert resource on civil and constitutional law. The Case Against Impeaching Trump seeks to reorient the debate over impeachment to the same standard that Dershowitz has continued to uphold for decades: the law of the United States of America, as established by the Constitution. In the author’s own words: “In the fervor to impeach President Trump, his political enemies have ignored the text of the Constitution. As a civil libertarian who voted against Trump, I remind those who would impeach him not to run roughshod over a document that has protected us all for two and a quarter centuries.”"

Beschloss, Michael R. Presidents of war / Crown, 2018

"Ten years in the making, Presidents of War is a fresh, intimate, irresistibly readable narrative of how a procession of Chief Executives took the nation into major conflicts, mobilized Americans for victory and seized greater power for themselves. Beschloss's findings in original letters, diaries, and declassified documents, and his interviews with surviving participants in the drama, allow him to bring us into the room and into the minds of these men as they make the most difficult decisions that face any President, at times sending hundreds of thousands of American men and women to their deaths. From James Madison and the War of 1812 to Lyndon Johnson and Vietnam, we see these leaders struggling with Congress, the courts, the press, their own advisers, and antiwar protesters; seeking comfort from their spouses, families, and friends; and dropping to their knees in prayer. We come to understand how these Presidents were able to withstand the pressures of war--both physically and emotionally--or were broken by them. Presidents of War combines this sense of immediacy with the overarching context of two centuries of American history. Through his rich and vivid storytelling, Beschloss shows how far we have traveled, from the time of our Founders, who tried to constrain presidential power, to our modern day, when a single leader has the potential to launch nuclear weapons that can destroy much of the human race."--Dust jacket flap.

Oshinsky, David M. Bellevue: three centuries of medicine and mayhem at America's most storied hospital / Doubleday, 2016

"Bellevue Hospital, on New York City's East Side, occupies a colorful and horrifying place in the public imagination: a den of mangled crime victims, vicious psychopaths, assorted derelicts, lunatics, and exotic-disease sufferers. In its two and a half centuries of service, there was hardly an epidemic or social catastrophe or groundbreaking scientific advance that did not touch Bellevue. David Oshinsky, whose last book, Polio: An American Story, was awarded a Pulitzer Prize, chronicles the history of America’s oldest hospital and in so doing also charts the rise of New York to the nation’s preeminent city, the path of American medicine from butchery and quackery to a professional and scientific endeavor, and the growth of a civic institution. From its origins in 1738 as an almshouse and pesthouse, Bellevue today is a revered public hospital bringing first-class care to anyone in need. With its diverse, ailing, and unprotesting patient population, the hospital was a natural laboratory for the nation's first clinical research. It treated tens of thousands of Civil War soldiers, launched the first civilian ambulance corps and the first nursing school for women, pioneered medical photography and psychiatric treatment, and spurred New York City to establish the country's first official Board of Health. As medical technology advanced, “voluntary” hospitals began to seek out patients willing to pay for their care. For charity cases, it was left to Bellevue to fill the void. The latter decades
of the twentieth century brought rampant crime, drug addiction, and homelessness to the nation's struggling cities, problems that called a public hospital's very survival into question. It took the AIDS crisis to cement Bellevue's enduring place as New York's ultimate safety net, the iconic hospital of last resort. Lively, page-turning, fascinating, Bellevue is essential American history."

362.188 SCA Scardino, Mike. Bad call: a summer job on a New York ambulance / Little, Brown and Company, 2018
Recounts the author's experiences as a sensitive 1960s college student who worked during the summer as a New York City emergency-ambulance attendant.

363.7009 MAN Mann, Charles C. The wizard and the prophet: two remarkable scientists and their dueling visions of tomorrow's world / Alfred A. Knopf, 2018
Two influential scientists, William Vogt (1902-1968), and Norman Borlaug (1914-2009), and their approaches to environmental problems.

363.738 HAW Drawdown: the most comprehensive plan ever proposed to reverse global warming / Penguin Books, 2017
In the face of widespread fear and apathy, an international coalition of researchers, professionals, and scientists have come together to offer a set of realistic and bold solutions to climate change. One hundred techniques and practices are described here--some are well known; some you may have never heard of. They range from clean energy to educating girls in lower-income countries to land use practices that pull carbon out of the air. The solutions exist, are economically viable, and communities throughout the world are currently enacting them with skill and determination. If deployed collectively on a global scale over the next thirty years, they represent a credible path forward, not just to slow the earth's warming but to reach drawdown, that point in time when greenhouse gases in the atmosphere peak and begin to decline. These measures promise cascading benefits to human health, security, prosperity, and well-being--giving us every reason to see this planetary crisis as an opportunity to create a just and livable world.

364.1097 CHA Chaffetz, Jason. The deep state: how an army of bureaucrats protected Barack Obama and is working to destroy the Trump agenda / Broadside Books, 2018
The liberal media loves to characterize the Obama years as free of scandal. They pretend this is true because virtually every office in the executive branch worked to withhold evidence of wrongdoing, silence witness testimony, destroy federal records, classify embarrassing information, and retaliate against truth tellers. Yet these same tight-lipped lifers leaked like a sieve once President Trump was sworn in, freely promoting the illusion that everything he does is the new Watergate. Sometimes even conservatives portray the Deep State as nothing more than dumb inefficient bureaucracy. In fact, it's the opposite. The Deep State is intentional, unconstitutional, and organized. Former Congressman and current Fox News contributor Jason Chaffetz reveals an entrenched leadership within the civil service that resists exposure, accountability, and responsibility. At the highest levels, they fight back, outlast, and work the system for their own advantage. And they certainly don't like disruptive forces such as Donald Trump. As Chairman of the House Oversight Committee, Chaffetz was the tip of the spear challenging the Deep State and trying to hold them accountable. He and his colleagues took on the powerful forces at the IRS, the EPA, the DOJ, the Department of State, and more. The deeper he dove in, the more shocking he found the brazen approach by the power brokers. The balance of power has shifted. The Deep State has gotten used to operating anonymously and
without consequence. Unless we do something dramatic to wrest back control, we risk losing the ability to successfully challenge wrongdoing by the most powerful bureaucracy in the world.

364.134 GOR Gorn, Elliott J. Let the people see: the story of Emmett Till / Oxford University Press, 2018
"Everyone knows the story of the murder of young Emmett Till. In August 1955, the fourteen-year-old Chicago boy was murdered in Mississippi for having—supposedly—flirted with a white woman named Carolyn Bryant, who was working behind the counter of a store. Emmett was taken from the home of a relative later that night by white men; three days later, his naked body was recovered in the Tallahatchie River, weighed down by a cotton-gin fan. Till's killers were acquitted, but details of what had happened to him became public; the story gripped the country and sparked outrage. It continues to turn. The murder has been the subject of books and documentaries, rising and falling in number with anniversaries and tie-ins, and shows no sign of letting up. The Till murder continues to haunt the American conscience. Fifty years later, in 2005, the FBI reopened the case. New papers and testimony have come to light, and several participants, including Till's mother, Mamie Till Mobley, have published autobiographies. Using this new evidence and a broadened historical context, Elliott Gorn delves into facets of the case never before studied and considers how and why the story of Emmett Till still resonates, and likely always will. Even as it marked a turning point, Gorn shows, hauntingly, it reveals how old patterns of thought and behavior linger in new faces, and how deeply embedded racism in America remains. Gorn does full justice to both Emmett and the Till Case—the boy and the symbol—and shows how and why their intersection illuminates a number of crossroads: of north and south, black and white, city and country, industrialization and agriculture, rich and poor, childhood and adulthood."--Provided by publisher.

365.973 BAU Bauer, Shane. American prison: a reporter's undercover journey into the business of punishment / Penguin Press, 2018
"In 2014, Shane Bauer was hired for $9 an hour to work as an entry-level prison guard at a private prison in Winnfield, Louisiana. An award-winning investigative journalist, he used his real name; there was no meaningful background check. Four months later, his employment came to an abrupt end. But he had seen enough, and in short order he wrote an expose about his experiences that won a National Magazine Award and became the most-read feature in the history of the magazine Mother Jones. Still, there was much more that he needed to say.

...Bauer weaves a much deeper reckoning with his experiences together with a thoroughly researched history of for-profit prisons in America from their origins in the decades before the Civil War. For, as he soon realized, we can't understand the cruelty of our current system and its place in the larger story of mass incarceration without understanding where it came from."

Glimmer of Hope is the official, definitive book from The March for Our Lives founders. Glimmer of Hope tells the story of how a group of teenagers raced to channel their rage and sorrow into action, and went on to create one of the largest youth-led movements in global history. In keeping up with their ongoing fight to end gun-violence in all communities, the student leaders of March for Our Lives have decided not to be paid as authors of the book. 100% of net proceeds from this book will be paid to March For Our Lives Action Fund. March For Our Lives Action Fund is a nonprofit 501c4 organization dedicated to furthering the work of March For Our Lives students to end gun violence across the country. The full list of
contributors, in alphabetical order, are: Adam Alhanti, Dylan Baierlein, John Barnitt, Alfonso Calderon, Sarah Chadwick, Jaclyn Corin, Matt Deitsch, Ryan Deitsch, Sam Deitsch, Brendan Duff, Emma Gonzalez, Chris Grady, David Hogg, Lauren Hogg, Cameron Kasky, Jammal Lemy, Charlie Mirsky, Kyrah Simon, Delaney Tarr, Bradley Thornton, Kevin Trejos, Naomi Wadler, Sofie Whitney, Daniel Williams, and Alex Wind.

387.5409 UJI Ujifusa, Steven. Barons of the sea: and their race to build the world's fastest clipper ship / Simon & Schuster, 2018
"There was a time, back when the United States was young and the robber barons were just starting to come into their own, when fortunes were made and lost importing luxury goods from China. It was a secretive, glamorous, often brutal business--one where teas and silks and porcelain were purchased with profits from the opium trade. But the journey by sea back home to New York could take six agonizing months, and so the most pressing technological challenge of the day became ensuring one's goods arrived first to market, so they might fetch the highest price--making their sellers some of the first millionaires. Barons of the Sea tells the story of a handful of cutthroat competitors who raced to build the fastest, finest, most profitable clipper ships to carry their precious cargo to American shores. They were visionary, eccentric shipbuilders, debonair captains, and socially ambitious merchants with names like Forbes and Delano--men whose business interests took them from the cloistered confines of China's expatriate communities to the sin-city decadence of Gold Rush-era San Francisco and from the teeming hubbub of East Boston's shipyards and to the lavish sitting rooms of New York’s Hudson Valley estates. Elegantly written and meticulously researched, Barons of the Sea is a riveting tale of innovation and ingenuity that draws back the curtain on the making of some of the nation's greatest fortunes, and the rise and fall of an all-American industry as sordid as it was genteel".--Dust jacket.

613.25 SWI Swift, Kathie Madonna. The swift diet: 4 weeks to mend the belly, lose the weight, and get rid of the bloat / Hudson Street Press, 2014
"The microbiome is about to be the hottest thing in health. New research, for example, shows that lean people have different gut bacteria than heavier people. The Swift Diet will be the first to show women how they can tap into that research to lose weight permanently by eating to change their gut bacteria. But the promise doesn’t stop there--the Diet also helps heal the bloating, gas, constipation, and digestive distress that so often go with carrying extra weight."-

613.283 STE The new sugar busters!: cut sugar to trim fat / Ballantine Books  2003
"When SUGAR BUSTERS! hit the shelves almost five years ago, it quickly became a diet and lifestyle phenomenon, soaring to the number one spot on the New York Times bestseller list and embraced by millions of people across the country. Those satisfied individuals on the SUGAR BUSTERS! plan discovered that by simply choosing the correct carbohydrates and lowering their sugar intake, they could shed the pounds they failed to lose with other diets. Now the weight-loss program that swept the nation has been completely revised and updated, incorporating all the newest nutritional findings, health statistics, and scientific studies, including the latest on glycemic levels. Based on sound dietary principles, SUGAR BUSTERS! remains a highly effective program that shows you how to reduce the sugar in your life (without feeling deprived) through easy-to-follow recipes and meal plans."
Barrios, Dagny Scott. Runner's world complete book of women's running: the best advice to get started, stay motivated, lose weight, run injury-free, be safe, and train for any distance / Rodale | Distributed to the trade by Holtzbrinck Publishers, 2007
"Designed specifically to address the unique challenges and rewards for women runners, this comprehensive resource provides the most current practical advice available anywhere for women runners of all levels. With clear photographs, running sidebars, and testimonials from women runners of all ages and abilities, Dagny Scott Barrios and the experts at Runner's World have created this singular guide, where women will discover how to train for any race, from a 5K to a marathon; eat nutritionally and for maximum energy; lose weight permanently; deal with self-consciousness and body image; run during pregnancy and through menopause; choose the best clothes and accessories; run anywhere safely; prevent and treat injuries, especially those that women are most likely to encounter."

Siler, Brooke. The Pilates body: the ultimate at-home guide to strengthening, lengthening, and toning your body --without machines / Broadway Books, 2000
Presents illustrated, step-by-step instructions for beginning to advanced Pilates exercises and provides an overview of the Pilates method's history and philosophies.

Barrett, Deborah. Paintracking: your personal guide to living well with chronic pain / Prometheus Books 2012
Discusses how to improve the quality of life while dealing with chronic pain, encouraging readers to incorporate effective treatment options and track each treatment for continued, incremental progress.

LeFavour, Cree. Lights on, rats out / Grove Press, 2017
"As a young college graduate a year into treatment with a psychiatrist, Cree LeFavour began to organize her days around the cruel, compulsive logic of self-harm: with each newly lit cigarette, the world would drop away as her focus narrowed on the blooming release of pleasure-pain as the burning tip was applied to an unblemished patch of skin. Her body was a canvas of cruelty; each scar a mark of pride and shame. In sharp and shocking language, Lights On, Rats Out brings us closely into these years. We see the world as Cree did, turned upside down, the richness of life muted and dulled, its pleasures perverted. The heady thrill of meeting with her psychiatrist, Dr. Adam N. Kohl, whose relationship with Cree is at once sustaining and paralyzing, comes to be the only bright spot in her days. Lights On, Rats Out describes a fiercely smart and independent woman’s charged attachment to a mental health professional and the dangerous compulsion to keep him in her life at all costs."

Shows leaders and managers of public and nonprofit organizations both how and why they should use strategic planning to improve the performance of their organizations. This expanded edition includes many examples to illustrate both successful and unsuccessful planning efforts, while new chapters address planning implementation, strategy evaluation and reassessment, and key leadership roles vital to effective strategic planning. In addition, the author presents a planning process used successfully by many public and nonprofit organizations--the Strategy Change Cycle--along with detailed guidance on its application.
658.4 COM Comstock, Beth. Imagine It Forward: courage, creativity, and the power of change / Currency, 2018
"From one of today's foremost innovation leaders, an inspiring and practical guide to mastering change in the face of relentless uncertainty. The world will never be slower than it is right now, says Beth Comstock, the former Vice Chair and head of marketing and innovation at GE. But confronting the relentless pace of change is hard. Employees get downsized; companies find themselves disrupted as challengers steal away customers. To thrive in today's world, every one of us has to become a change-maker. In Imagine It Forward, Comstock shares lessons from a thirty year career as the change-maker in chief, on spotting trends and driving innovation. In a candid and deeply personal narrative, Beth describes her successes and failures from the front lines of business, across industries ranging from media to health, energy to manufacturing, finance to the Industrial Internet. As the woman who spearheaded Ecomagination, and GE's famed FastWorks methodology, she helped to turn a process-heavy, risk-averse culture, to one that increasingly embraced transparency, adaptability, iteration, and discovery."--

658.4092 WIL Willink, Jocko. The dichotomy of leadership: balancing the challenges of extreme ownership to lead and win / St. Martin's Press, 2018
With their first book, Extreme Ownership (published in October 2015), Jocko Willink and Leif Babin set a new standard for leadership, challenging readers to become better leaders, better followers, and better people, in both their professional and personal lives. Now, in The Dichotomy of Leadership, Jocko and Leif dive even deeper into the unchartered and complex waters of a concept first introduced in Extreme Ownership: finding balance between the opposing forces that pull every leader in different directions. Here, Willink and Babin get granular into the nuances that every successful leader must navigate. Mastering the Dichotomy of Leadership requires understanding when to lead and when to follow; when to aggressively maneuver and when to pause and let things develop; when to detach and let the team run and when to dive into the details and micromanage. In addition, every leader must: take Extreme Ownership of everything that impacts their mission, yet utilize Decentralize Command by giving ownership to their team; care deeply about their people and their individual success and livelihoods, yet look out for the good of the overall team and above all accomplish the strategic mission; exhibit the most important quality in a leader--humility, but also be willing to speak up and push back against questionable decisions that could hurt the team and the mission. With examples from the authors' combat and training experiences in the SEAL teams, and then a demonstration of how each lesson applies to the business world, Willink and Babin clearly explain The Dichotomy of Leadership--skills that are mission-critical for any leader and any team to achieve their ultimate goal: VICTORY.

"In this heart-pounding, starkly colored, and visually stunning graphic novel, three women have twelve hours to get out of Cuba with six-million dollars on the night of New Year's Eve 1958"--Publisher's website.

747.0948 BRI Brits, Louisa Thomsen. The book of hygge: the Danish art of contentment, comfort, and connection / Plume, 2017
"The centuries-old Danish tradition of Hygge (pronounced "hue-gah") comes from a country voted to be the happiest on earth, and its special custom of emotional warmth, slowness, and appreciation, is becoming increasingly familiar to an international audience. To hygge means to enjoy the good things in life with good people"--
Formed as a New York City hardcore band in 1981, Beastie Boys struck an unlikely path to global hip hop superstardom. Here is their story, told for the first time in the words of the band. Adam "ADROCK" Horovitz and Michael "Mike D" Diamond offer revealing and very funny accounts of their transition from teenage punks to budding rappers; their early collaboration with Russell Simmons and Rick Rubin; the debut album that became the first hip hop record ever to hit #1, Licensed to Ill--and the album's messy fallout as the band broke with Def Jam; their move to Los Angeles and rebirth with the genre-defying masterpiece Paul's Boutique; their evolution as musicians and social activists over the course of the classic albums Check Your Head, Ill Communication, and Hello Nasty and the Tibetan Freedom Concert benefits conceived by the late Adam "MCA" Yauch; and more. For more than thirty years, this band has had an inescapable and indelible influence on popular culture. With a style as distinctive and eclectic as a Beastie Boys album, Beastie Boys Book upends the typical music memoir. Alongside the band narrative you will find rare photos, original illustrations, a cookbook by chef Roy Choi, a graphic novel, a map of Beastie Boys' New York, mixtape playlists, pieces by guest contributors, and many more surprises.

"When Abbi Jacobson announced to friends and acquaintances that she planned to drive across the country alone, she was met with lots of questions and opinions: Why wasn't she going with friends? Wouldn't it be incredibly lonely? The North route is better! Was it safe for a woman? The Southern route is the way to go! You should bring mace! And a common one... why? But Abbi had always found comfort in solitude, and needed space to step back and hit the reset button. As she spent time in each city and town on her way to Los Angeles, she mulled over the big questions-- What do I really want? What is the worst possible scenario in which I could run into my ex? How has the decision to wear my shirts tucked in been pivotal in my adulthood? In this collection of anecdotes, observations and reflections--all told in the sharp, wildly funny, and relatable voice that has endeared Abbi to critics and fans alike--readers will feel like they're in the passenger seat on a fun and, ultimately, inspiring journey. With some original illustrations by the author"

"In late September 2015, Hurricane Joaquin swept past the Bahamas and swallowed a pair of cargo vessels in its destructive path: El Faro, a 790-foot American behemoth with a crew of thirty-three, and the Minouche, a 230-foot freighter with a dozen sailors aboard. From the parallel stories of these ships and their final journeys, Tristram Korten weaves a remarkable tale of two veteran sea captains from very different worlds, the harrowing ordeals of their desperate crews, and the Coast Guard’s extraordinary battle against a storm that defied prediction. When the Coast Guard received word from Captain Renelo Gelera that the Minouche was taking on water on the night of October 1, the servicemen on duty helicoptered through Joaquin to the sinking ship. Rescue swimmer Ben Cournia dropped into the sea, in the middle of a raging tropical cyclone, in the dark, and churned through the monstrous swells, loading survivors into a rescue basket dangling from the helicopter as its pilot struggled against the tempest. With pulsating narrative skill in the tradition of Sebastian Junger and Jon Krakauer, Korten recounts the heroic efforts by Cournia and his fellow guardsmen to haul the Minouche’s crew to safety. Tragically, things would not go as well for Captain Michael Davidson..."
and El Faro. Despite exhaustive searching by her would-be rescuers, the loss of the vessel became the largest U.S. maritime disaster in decades. As Korten narrates the ships’ fates, with insights drawn from insider access to crew members, Coast Guard teams, and their families, he delivers a moving and propulsive story of men in peril, the international brotherhood of mariners, and the breathtaking power of nature."

920 O'B O'Brien, Keith. Fly girls: how five daring women defied all odds and made aviation history / Houghton Mifflin Harcourt, 2018
"High adventure and high ideals merge when a corps of intrepid female aviators battle to take part in the hugely popular air shows of the 1920s and 1930s. Ultimately, one of our heroines would win a race that earned her the right to be called America's best pilot. Keith O'Brien weaves together the stories of five remarkable women: Florence Klingensmith, a high school dropout who worked for a dry cleaner in Fargo, North Dakota; Ruth Elder, an Alabama housewife; Amelia Earhart, the most famous, but not necessarily the most skilled; Ruth Nichols, who chafed at the constraints of her blue blood family's expectations; and Louise Thaden, the mother of two young kids who got her start selling coal in Wichita, Kansas. Together they fought for the chance to race against the men--and in 1936 one of them would triumph in the toughest race of all."--Dust jacket flap

921 BELICHIK O'Connor, Ian. Belichick: the making of the greatest football coach of all time / Houghton Mifflin Harcourt, 2018
"Bill Belichick is perhaps the most fascinating figure in the NFL, the infamously dour face of one of the winningest franchises in sports. As head coach of the New England Patriots, he’s led the team to five Super Bowl championship trophies. In this revelatory and robust biography, readers will come to understand and see Belichick’s full life in football, from watching college games as a kid with his father, a Naval Academy scout, to orchestrating two Super Bowls’ winning game plans as defensive coordinator for the Giants, to his dramatic leap to New England, where he has made history. Award-winning columnist and New York Times best-selling author Ian O’Connor delves into the mind of the man who has earned a place among coaching legends like Lombardi, Halas, and Paul Brown, presenting sides of Belichick that have been previously unexplored. O’Connor discovers how this legendary coach shaped the people he met and worked with in ways perhaps even Belichick himself doesn’t know. Those who follow and love pro football know Bill Belichick only as the hooded genius of the Patriots. But there is so much more, from the hidden tensions and deep layers to his relationship with Tom Brady to his sometimes frosty dealings with owner Robert Kraft to his ability to earn the unmitigated respect of his players, if not their affection. This is a man who has many facets and, ultimately, has created a notorious football dynasty. Based on exhaustive research and countless interviews, this book circles around Belichick to tell his full story for the first time, and presents an incisive portrait of a mastermind at work."

921 CROMWELL MacCulloch, Diarmaid. Thomas Cromwell: a revolutionary life / Viking, 2018
Examines the life of Henry VII's right-hand man, who did everything he could to secure the future of a son he loved dearly, but who ultimately could not control the unpredictable monarch.
921 GORDIEVSKY Macintyre, Ben. The spy and the traitor: the greatest espionage story of the Cold War / Crown, 2018
The celebrated author of Double Cross and Rogue Heroes returns with his greatest spy story yet, a thrilling Americans-era tale of Oleg Gordievsky, the Russian whose secret work helped hasten the end of the Cold War. If anyone could be considered a Russian counterpart to the infamous British double-agent Kim Philby, it was Oleg Gordievsky. The son of two KGB agents and the product of the best Soviet institutions, the savvy, sophisticated Gordievsky grew to see his nation's communism as both criminal and philistine. He took his first posting for Russian intelligence in 1968 and eventually became the Soviet Union's top man in London, but from 1973 on he was secretly working for MI6. For nearly a decade, as the Cold War reached its twilight, Gordievsky helped the West turn the tables on the KGB, exposing Russian spies and helping to foil countless intelligence plots, as the Soviet leadership grew increasingly paranoid at the United States's nuclear first-strike capabilities and brought the world closer to the brink of war. Desperate to keep the circle of trust close, MI6 never revealed Gordievsky's name to its counterparts in the CIA, which in turn grew obsessed with figuring out the identity of Britain's obviously top-level source. Their obsession ultimately doomed Gordievsky: the CIA officer assigned to identify him was none other than Aldrich Ames, the man who would become infamous for secretly spying for the Soviets. Unfolding the delicious three-way gamesmanship between America, Britain, and the Soviet Union, and culminating in the gripping cinematic beat-by-beat of Gordievsky's nail-biting escape from Moscow in 1985, Ben Macintyre's latest may be his best yet. Like the greatest novels of John le Carre, it brings readers deep into a world of treachery and betrayal, where the lines bleed between the personal and the professional, and one man's hatred of communism had the power to change the future of nations.

921 HARRISON Harrison, Scott. Thirst: a story of redemption, compassion, and a mission to bring clean water to the world / Currency, 2018
At 28 years old, Scott Harrison had it all. A top nightclub promoter in New York City, his life was an endless cycle of drugs, booze, and models. But 10 years in, desperately unhappy and morally bankrupt, he asked himself, "What would the exact opposite of my life look like?"
Walking away from everything, Harrison spent the next 16 months on a hospital ship in West Africa and discovered his true calling. In 2006, with no money and less than no experience, Harrison founded charity: water. Today, his organization has raised over $300 million to bring clean drinking water to more than 8.2 million people around the globe. Now Harrison recounts the twists and turns that built charity: water into one of the most trusted and admired nonprofits in the world. Renowned for its 100% donation model, bold storytelling, imaginative branding, and radical commitment to transparency, charity: water has disrupted how social entrepreneurs work while inspiring millions of people to join its mission of bringing clean water to everyone on the planet within our lifetime. Harrison outlines how to build a better charity, a better business, and a better life -- proving it's never too late to make a change.

921 OBAMA Obama, Michelle. Becoming / Crown, 2018
In a life filled with meaning and accomplishment, Michelle Obama has emerged as one of the most iconic and compelling women of our era. As First Lady of the United States of America, she helped create the most welcoming and inclusive White House in history. With unerring honesty and lively wit, she describes her triumphs and her disappointments, both public and private. A deeply personal reckoning of a woman of soul and substance who has steadily defied expectations.
921 ROGERS King, Maxwell. The good neighbor: the life and work of Fred Rogers / Abrams Press, 2018
Drawing on original interviews, oral histories and archival documents, the author traces the iconic children's program host's personal, professional, and artistic life through decades of work.

921 TIMBERLAKE Timberlake, Justin. Hindsight: & all the things I can't see in front of me / Harper Design, an imprint of HarperCollinsPublishers, 2018
"In his first book, Justin Timberlake creates a characteristically dynamic experience, one that combines an intimate, remarkable collection of anecdotes, reflections, and observations on his life and work with hundreds of candid photographs from his personal archives that range from his early years to the present day, in locations around the world, both on and off the stage. Justin discusses many aspects of his childhood, including his very early love of music and the inspiration behind many of his songs and albums. He talks about his songwriting process, offering the back story to many of his hits. He muses on his collaborations with other artists and directors, sharing the details of performances in concert, TV comedy, and film. He also reflects on who he is, examining what makes him tick, speaking candidly about fatherhood, family, close relationships, struggles, and his search to find an inner calm and strength. Living a creative life, observing and finding inspiration in the world, taking risks, and listening to an inner voice--this is Justin Timberlake."--Dust jacket.

921 WILEY Blum, Deborah. The poison squad: one chemist's single-minded crusade for food safety at the turn of the twentieth century / Penguin Press, 2018
Dr. Harvey Washington Wiley set out to ensure food safety. He selected food tasters to test various food additives and preservatives, letting them know that the substances could be harmful or deadly. The tasters were recognized for their courage, and became known as the poison squad.

940.5318 O'R O'Reilly, Bill. Killing the SS: the hunt for the worst war criminals in history / Henry Holt and Company, 2018
"Confronting Nazi evil is the subject of the latest installment in the mega-bestselling Killing series. As the true horrors of the Third Reich began to be exposed immediately after World War II, the Nazi war criminals who committed genocide went on the run. A few were swiftly caught, including the notorious SS leader, Heinrich Himmler. Others, however, evaded capture through a sophisticated Nazi organization designed to hide them. Among those war criminals were Josef Mengele, the "Angel of Death" who performed hideous medical experiments at Auschwitz; Martin Bormann, Hitler's brutal personal secretary; Klaus Barbie, the cruel "Butcher of Lyon"; and perhaps the most awful Nazi of all: Adolf Eichmann. Killing the SS is the epic saga of the espionage and daring waged by self-styled "Nazi hunters." This determined and disparate group included a French husband and wife team, an American lawyer who served in the army on D-Day, a German prosecutor who had signed an oath to the Nazi Party, Israeli Mossad agents, and a death camp survivor. Over decades, these men and women scoured the world, tracking down the SS fugitives and bringing them to justice, which often meant death. Written in the fast-paced style of the Killing series, Killing the SS will educate and stun the reader."--provided by publisher.
962.056 KIR  Kirkpatrick, David D.  Into the hands of the soldiers: freedom and chaos in Egypt and the Middle East / Viking, an imprint of Penguin Random House LLC, 2018
A candid narrative of how and why the Arab Spring sparked, then failed, and the truth about America's role in that failure and the subsequent military coup that put Sisi in power--from the Middle East correspondent of the New York Times. In 2011, Egyptians of all sects, ages, and social classes shook off millennia of autocracy, then elected a Muslim Brotherhood president. The 2013 military coup replaced him with a vigorous strongman, Abdel Fattah el-Sisi, who has cracked down on any dissent or opposition with a degree of ferocity Mubarak never dared. What went wrong? Is the Arab world stuck between military and theocratic authoritarianism? And how did Washington manage to be so feckless and reactive? Egypt has for centuries set in motion every major trend in politics and culture across the Arab world, from independence and Arab nationalism to Islamic modernism, political Islam, and the jihadist thought that led to Al Qaeda and ISIS. The Arab Spring revolts of 2011 spread from Cairo, so Americans naturally look to its disastrous democratic experiment with cynical exasperation; but they fail to understand the dynamic of the uprising, the hidden story of its failure, and Washington's part in that tragedy. David D. Kirkpatrick arrived in Egypt less than six months before the uprising broke out. The book juxtaposes his account of Tahrir Square, the elections, and the eventual coup, with new reporting on the conflicts within the Obama administration over how to handle the tumult. It is the story of Kirkpatrick's education in the Arab world, in a time of revolution and violence.

973.933 TRU  Trump, Donald.  Whose boat is this boat?: comments that don't help in the aftermath of a hurricane / Simon & Schuster, 2018
Composed entirely of quotations from President Donald Trump in the wake of Hurricane Florence. On September 19, 2018, Trump paid a visit to New Bern, North Carolina, one of the towns ravaged by Hurricane Florence. It was there he showed deep concern for a boat that washed ashore. "At least you got a nice boat out of the deal," said President Trump to hurricane victims. "Have a good time!" he told them. The staff of The Late Show with Stephen Colbert felt Trump's words were an excellent teaching tool for readers of all ages who enjoy learning about empathy. -- adapted from Amazon.com info

LARGE PRINT

LP DELINSKY  Delinsky, Barbara.  Fulfillment / Severn House, 2018
The Caseys and the Yorks share a history laced with bitterness. But when Diandra Casey and Geg York - rivals since childhood - are forced to work together, competing family legacies and the uncovering of family disputes are not the only things they struggle with. The hostile atmosphere suddenly becomes charged with something quite different - something hot, primal, and eternal - a love they're powerless to deny.

LP FLYNN  Mills, Kyle.  Red war / Center Point Large Print, 2018
"Mitch Rapp races to prevent Russia's gravely ill leader from starting a full-scale war with NATO. With the Kremlin's entire security apparatus hunting him, Rapp must eliminate the threat. If his mission is discovered, it will plunge Russia and America into a conflict that neither will survive"

LP JACKSON  Jackson, Lisa.  Liar, liar / Center Point Large Print, 2018
"A woman searches for the mother she hasn't seen in twenty years, and uncovers a nightmare of greed and deception"
LP MORTON  Morton, Kate. The clockmaker's daughter: a novel / Center Point Large Print, 2018
"A rich, spellbinding new novel from the author of The Lake House - the story of a love affair and a mysterious murder that cast their shadows across generations, set in England from the 1860's until the present day"--

LP MOSLEY  Mosley, Walter. John Woman / Center Point Large Print, 2018
"A convention-defying novel by bestselling writer Walter Mosley, John Woman recounts the transformation of an unassuming boy named Cornelius Jones, the son of an Italian-American woman and an older black man from Mississippi, into John Woman, an unconventional history professor while the legacy of a hideous crime lurks in the shadows"--

AUDIO-VISUAL

DVD 576 EUG The eugenics crusade: what's wrong with perfect? / PBS, 2018
Presents the story of the eugenics movement in the U.S., tracing its evolution from a force for human progress through the study of genetics to an anti-humanistic campaign for state-sponsored sterilization and the closing of the country's borders to peoples believed by some to be genetically inferior.

DVD CRA The craft / Columbia TriStar Home Video, 2000
A supernatural horror story filled with special effects, about a group of unpopular high-school girls who dabble in witchcraft. Once unleashed, the power becomes too much for them to handle, leading to a battle for control between Sarah, the new girl in the group, and power-crazed Nancy.

DVD NO No passport required / PBS, 2018
Follow chef Marcus Samuelsson as he immerses himself in diverse immigrant communities and cuisines in cities across the US. In each hour, Marcus will travel to a different city and dive into a new food culture. He'll discover the important immigrant histories - and delicious culinary traditions - that shape the way America eats today.

GREAT COURSES

GC 153.4 ZAR pt.1 Zarefsky, David. Argumentation the study of effective reasoning / Teaching Co., 2001
Lectures by Dr. David Zarefsky, Professor of Argumentation and Debate and Professor of Communication Studies, Northwestern University, cover the history of rhetoric and debate as well as analysis of different types of arguments in various situations.

GC 153.4 ZAR pt.2 Zarefsky, David. Argumentation the study of effective reasoning / Teaching Co., 2001
Lectures by Dr. David Zarefsky, Professor of Argumentation and Debate and Professor of Communication Studies, Northwestern University, cover the history of rhetoric and debate as well as analysis of different types of arguments in various situations.
When does the Jewish Sabbath begin? Who are Vishnu and Shiva? What are Buddhism's Four Noble Truths? What are the Five Pillars of Islam? These questions are more than an academic exercise. Religious belief has been innate to humans everywhere and in every age, from the time of the Neanderthals to the 21st century. It's also one of the strongest motivators of human behavior and has a profound impact on all aspects of our culture—our spiritual beliefs, our rituals, our politics, and the very foundations of our democracy. Unfortunately, the majority of Americans fail basic tests about religion, including their own faith, according to polls conducted by Gallup and the Pew Research Forum. This is troublesome, because religious literacy is about so much more than naming deities or knowing the stories of ancient history. A basic understanding of religion is crucial for today's educated citizen— from publisher's website.
GC 201.3 VOT  Voth, Grant L.  Myth in human history / Teaching Co., 2010
"In 36 half-hour lectures, this course explores myths from around the world, focusing in particular on myths outside the Greco-Roman world"--Guidebook.

GC 201.3 VOT v.1  Voth, Grant L.  Myth in human history / Teaching Co., 2010
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GC 201.6 ROB  Roberts, Tyler T.  Skeptics and believers religious debate in the western intellectual tradition / Teaching Co., 2009
This course explores how leading Western philosophers and theologians such as Kant, Kierkegaard, Marx, Nietzsche, Freud, Martin Buber, Bertrand Russell, Martin Heidegger, Rowan Williams, and Jacques Derrida have defined and debated, defended and attacked religion. Some are pious and some are atheists. Some are philosophers who explain why religion is essential for human life, and some are philosophers who just as rationally explain why religion is irrational and illusory. Is religious faith blind submission? Or can it be part of an intellectually vital and realistic view of the world? Or could it be both, that religion is complicated-- at times bound up with the worst, at other times bound up with the best?

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Professor Ruderman delivers twenty-four lectures exploring the problem of Jewish identity in the modern era. He identifies the challenges to Jewish intellectual thought from the 16th through the 20th centuries, and reveals the ways in which Jewish thinkers grappled with the meaning of God, Torah, and Israel.

Present lectures on the philosophical concepts of political science.

Professor Cook examines Alexis de Tocqueville's Democracy in America and probes his thoughts on the young nation he was observing. He examines Tocqueville's thoughts about "classical" issues such as the nature of the judiciary and the role of freedom of the press. He considers the often-ignored passages about the three races (white, African, and Native American), as well as what Tocqueville says about the importance of women in American democracy.

Presents thirty-six lectures on the principles of modern economics.
GC 338.9 WHA v.3  Whaples, Robert.  *Modern economic issues* / Teaching Co., 2007
Presents thirty-six lectures on the principles of modern economics.

GC 342.73 PAN  Pangle, Thomas L.  *The great debate advocates and opponents of the American Constitution* / Teaching Co., 2007
A discussion about the American Constitution that provides insight into the concerns of the founding fathers by presenting opposing viewpoints on the issues of the day and by presenting how the founders on both sides of the debate helped define the result.

GC 342.73 PAN  Pangle, Thomas L.  *The great debate advocates and opponents of the American Constitution* / Teaching Co., 2007
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GC 371.3 MCG  *How to become a SuperStar student* / Teaching Company, 1997
When a high school student has trouble learning a subject like math or history, the problem may lie not in the teacher's ability or the student's I.Q.--often it is because the student has never been taught how to learn.  The little town of Worland, Wyoming, produces a steady stream of honor students who win scholarships and get into top universities.  In this series of lectures, Worland's "secret weapon," Dr. Tim McGee, illuminates how any student can build a foundation of achievement that will last a lifetime.  Dr. McGee devotes the last two lectures to parents, with discussions on the best home educational environment and tips on finding the right college for your child.

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GC 515 STA PT.1  Starbird, Michael.  *Change and motion calculus made clear* / Teaching Co., 2001
Professor Michael Starbird of the University of Texas at Austin presents the fundamental features of calculus and shows how they can be understood and applied in many settings, with the goal that viewers comprehend these concepts as meaningful ideas, not as the manipulation of meaningless symbols.

GC 515 STA PT.1  Starbird, Michael.  *Change and motion calculus made clear* / Teaching Co., 2001
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Who was the greatest baseball hitter of all time? How likely is it that a poll is correct? Is it smart to buy last year’s highest-performing stock? These questions all involve the interpretation of statistics, and this film is an introduction to this vitally important subject in today’s data-driven society. Explanations for terms such as mean, median, percentile, quartile, statistically significant, and bell curve, and scores of other statistical concepts are covered. The emphasis is on the role of statistics in daily life, giving a broad overview of how statistical tools are employed in risk assessment, college admissions, drug testing, fraud investigation, and a host of other applications.

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Particle physics for non-physicists: a tour of the microcosmos / Teaching Co., 2003
GC 530 POL PT.1 Pollock, Steven.  Particle physics for non-physicists: a tour of the microcosmos / Teaching Co., 2003

GC 530 POL PT.2 Pollock, Steven.  Particle physics for non-physicists: a tour of the microcosmos / Teaching Co., 2003

GC 530 WOL PT.1 Wolfson, Richard.  Physics in your life / Teaching Co., 2004
"This course introduces principles of physics through their application to everyday life"--Guidebook.

GC 530 WOL PT.2 Wolfson, Richard.  Physics in your life / Teaching Co., 2004
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GC 530 WOL PT.2 Wolfson, Richard.  Physics in your life / Teaching Co., 2004
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Why is it so hard to lose weight, stop smoking, or establish healthy habits? Why do couples argue about the same issues over and over? Why do so many people lie awake at night, stricken with worry and anxiety? Why is it so difficult to come to terms with a loved one’s death, even if it’s after a long illness? The answers to these questions - and the path to lasting change in your life - lie in cognitive behavioral therapy (CBT), a well-tested collection of practical techniques for managing moods and modifying undesirable behaviors through self-awareness, critical analysis, and goal-oriented change.
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