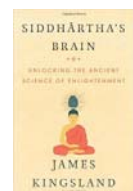


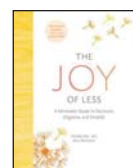
When Breath Becomes Air by Paul Kalanithi

An Ivy League-trained, award-winning young neurosurgeon describes how, after receiving a terminal diagnosis with lung cancer, he explored the dynamics of his roles as a patient and care provider, and how he wanted to spend his final days.



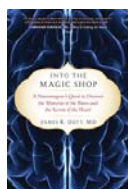
Siddhartha's Brain: Unlocking the Ancient Science of Enlightenment by James Kingsland

Looks at the science behind the ancient practices of Buddhism through the story of the spiritual life of Siddhartha, the man who would become the Buddha, and how his discoveries anticipated the findings of modern neuroscience.



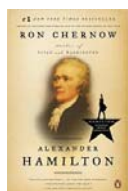
The Joy of Less: A Minimalist Guide to Declutter, Organize, and Simplify by Francine Jay

Philosophical approaches to decluttering a home, outlining practical steps for cultivating a minimalist mindset and developing healthier organizational habits.



Into the Magic Shop: A Neurosurgeon's Quest to Discover the Mysteries of the Brain and the Secrets of the Heart by James R. Doty, MD

Part memoir, part science, and part practical instruction, a fascinating volume, drawing on the author's childhood experiences during which he was taught exercises to ease his suffering and manifest his greatest desires.



Alexander Hamilton by Ron Chernow

The personal life of Alexander Hamilton, an illegitimate, largely self-taught orphan from the Caribbean who rose to become the first Treasury Secretary of the United States, is captured in a definitive biography.



Book clubbers:

Check out a WPL tote bag filled with eight copies of any of the titles below.

A binder with suggested discussion topics and organizational paperwork is included. It's never been easier!

The Corrections by Jonathan Franzen

Still Alice by Lisa Genova

Outliers: the Story of Success by Malcolm Gladwell

Life After Life by Kate Atkinson

The Book Thief by Marcus Zusak

Snow Flower and the Secret Fan by Lisa See

The Reader by Bernhard Schlink

Cutting for Stone by Abraham Verghese

The Goldfinch by Donna Tartt

The Elegance of the Hedgehog by Muriel Barbery

The China Study by T. Colin Campbell



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Adult Fall Reading Recommendations 2016

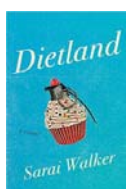
Selected by WPL Librarians



Fiction

Dietland by Sarai Walker

A fresh and provocative debut novel about a reclusive young woman saving up for weight loss surgery when she gets drawn into a shadowy feminist guerilla group called "Jennifer".



Euphoria by Lily King

Anthropologist Andrew Bankson has been alone in the field for years, haunted by the memory of his brothers' deaths and increasingly frustrated by his research. Bankson is on the verge of suicide when a chance encounter with colleagues pulls him back from the brink.



The Fireman by Joe Hill

When a bizarre virulent plague breaks out in the world's major cities, a dedicated nurse resolves to survive until her baby is born and receives protection from a mysterious infected man who uses his symptoms to help others.



And I Darken by Kiersten White

In this first book in a trilogy a girl child is born to Vlad Dracula, in Transylvania, in 1435--at first rejected by her father and always ignored by her mother, she will grow up to be Lada Dragwlya, a vicious princess, destined to rule and destroy her enemies.



The Fifth Season by N.K. Jemisin

A first entry in a new trilogy finds the sole continent of the earth threatened by murder, betrayal, a super-volcano and overlords who use the planet's power as a weapon.



Hex by Thomas Olde Heuvelt

Still haunted by a 17th-century witch, the townspeople of Black Spring try to contain the curse, but a group of bored, rebellious teenagers goes viral with the story.



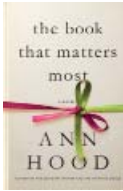


***The Headmaster's Wife*
by Thomas Christopher Greene**

Found wandering naked and mentally traumatized in Central Park, the headmaster of an elite boarding school imparts a story that is shaped by complicated memories, the evolution of a loving relationship, and tragedy.

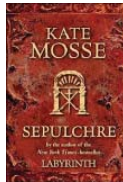
***The Book that Matters Most* by Ann Hood**

Ava's twenty-five-year marriage has ended, and her two grown children are pursuing their own lives. Ava joins a book group, not only for her love of reading but also out of desperation for companionship. The group's goal is for each member to present the book that matters most to them.



***Sepulchre* by Kate Mosse**

The stories of two women separated by more than a century are brought together by a series of visions that are related to the tarot and a small church, known as Sepulchre.



***Dog Days* by Elsa Watson**

When Jessica and Zoe, her newly adopted German Shepherd, are struck by lightning and switch bodies, they must work together to set things right during Woofinstock, Madrona's annual canine festival.



***Before I Go to Sleep* by S. J. Watson**

An amnesiac attempts to reconstruct her past by keeping a journal and discovers the dangerous inconsistencies in the stories of her husband and her secret doctor.



***Britt-Marie Was Here* by Fredrik Backman**

Walking away from her loveless marriage and taking a job in a financially devastated town, 63-year-old Britt-Marie uses her fierce organizational skills to become a local soccer coach to a group of lost children, becoming a vital community member.



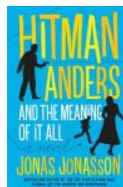
***The Passenger* by Lisa Lutz**

Changing her name and appearance to flee town after leaving her husband dead, a fugitive woman forges an uneasy alliance off the grid with a female bartender with whom she races from city to city.



***Hitman Anders and the Meaning of It All*
by Jonas Jonasson**

A disgraced priest, an ex-millionaire's grandson and a murderer newly released from prison forge an unlikely public relations company and build a clientele of rich gangsters before the former inmate discovers religion, causing his erstwhile partners to plot his death.



***Wit's End* by Karen Joy Fowler**

Visiting her mystery writer godmother in California after losing her father to cancer, Rima Lanisell endeavors to learn the nature of her godmother's and father's relationship, while her godmother struggles to keep secrets.



Non-Fiction

***M Train* by Patti Smith**

Reflections on the inner life of the Rock and Roll Hall of Fame inductee are presented from the unique perspectives of the cafés and cultural haunts she has visited and worked in around the world.



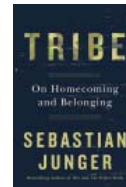
***Girls and Sex: Navigating the Complicated New Landscape* by Peggy Orenstein**

Presents an analysis of the new sexual landscape faced by girls in today's high schools and colleges, revealing hidden truths, hard lessons, and important possibilities in girls' modern-world sex lives.



***Tribe: On Homecoming and Belonging*
by Sebastian Junger**

Combining history, psychology, and anthropology, *Tribe* explores what we can learn from tribal societies about loyalty, belonging, and the eternal human quest for meaning. and explains why we are stronger when we come together.



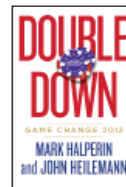
***The Nordic Theory of Everything: In Search of a Better Life* by Anu Partanen**

A Finnish journalist and naturalized American citizen compares and contrasts life in the U.S. with life in the Nordic region to encourage Americans to draw on practices from the Nordic way of life to create a fairer, happier, and less stressful society.



***Double Down: Game Change 2012*
by Mark Halperin**

The authors of the best-selling *Game Change* present an account of the 2012 presidential election that draws on hundreds of insider interviews to illuminate what the election meant to both parties, covering the dramatic Republican nomination fight, and Barack Obama's Election Day triumph.



***Furiously Happy: A Funny Book about Horrible Things* by Jenny Lawson**

Bestselling author Jenny Lawson explores her battle with mental illness. A hysterical, ridiculous book about crippling depression and anxiety? That sounds like a terrible idea. But terrible ideas are what Jenny does best.



***Finding Me: A Decade of Darkness, a Life Reclaimed - A Memoir of the Cleveland Kidnappings* by Michelle Knight**

Describes the details of the abduction and decade-long captivity of one of the three survivors of notorious Cleveland kidnapper Ariel Castro, and how she found the courage to endure unimaginable circumstances and never lose hope.



***Patriot Pride: My Life in the New England Dynasty* by Troy Brown**

Spotlighting a New England sports icon, this authorized biography chronicles the extraordinary life and career of Troy Brown, the talented athlete who played 15 seasons with the New England Patriots.

