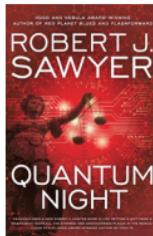


# Adult Spring Reading Recommendations 2018

*Selected by WPL Librarians*

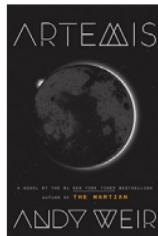


## Fiction



### **Quantum Night by Robert J. Sawyer**

As a rising tide of violence sweeps across the globe, a psychologist and a physicist combine forces to see if they can do the impossible--change human nature--before the world descends into darkness.



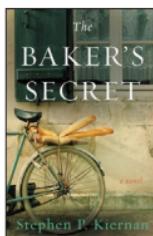
### **Artemis by Andy Weir**

Augmenting his income by smuggling contraband to survive on the moon's city of Artemis, Jazz agrees to commit a perfect crime only to become embroiled in a conspiracy for control of the city.



### **Eyes Like Those by Melissa Brayden**

Isabel has been offered her dream job on the hottest TV show, and its stunning producer Taylor has her head spinning. Taylor is at the top of her career and the studios know it. Then, Isabel arrives in her office and turns her world upside down.



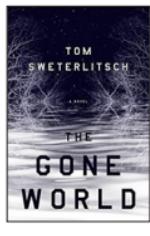
### **The Baker's Secret by Stephen P. Kiernan**

A baker's apprentice in Normandy endures shame and anger as her kind mentor is arrested for his Jewish heritage, a violation that compels the young woman bake contraband loaves of bread for the hungry.



### **Fierce Kingdom by Gin Phillips**

Trapped in a closed zoo after witnessing a life-shattering event, a woman and her 4-year-old son navigate the zoo's hidden pathways to stay ahead of a dangerous adversary who tests their survival and mother-child bond.



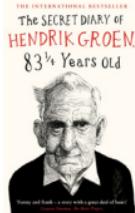
### **The Gone World by Tom Sweterlitsch**

Time-travel secret agent Shannon Moss visits the future for clues about a Navy SEAL astronaut's murdered family and the disappearance of his daughter.



### **The Indigo Girl by Natasha Boyd**

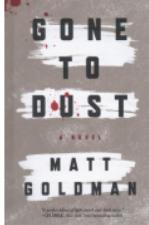
To save her family's plantation, Eliza Lucas strikes up a deal with a slave, who in exchange for being taught to read will teach Eliza the secrets of the indigo trade.



## The Secret Diary of Hendrik Groen by Hendrik Groen

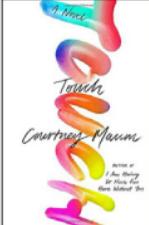
The riotous journal of an octogenarian who is far from reaching the end of his life traces a year in his care home in Amsterdam, revealing his misadventures and a crush whom he courted to devastating effect.

## Gone to Dust by Matt Goldman

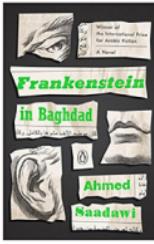


Investigating a murder complicated by the killer's approaches to confounding all possible DNA evidence, private detective Nils Shapiro is forced by FBI interference to uncover the potentially shattering identity of a mysterious woman.

## Touch by Courtney Maum



A NYC trend forecaster finds herself wanting to overturn her own predictions, move away from technology, and reclaim her heart. An amusing call to arms, Maum's new book is an investigation into what it means to be an individual in a globalized world.



## Frankenstein in Baghdad by Ahmed Saadawi

After he constructs a corpse from body parts found on the street, Hadi wants the government to prepare a proper burial, but when the corpse goes missing, a series of murders occur and Hadi realizes he has created a monster.

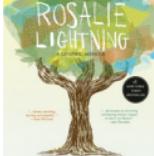


## The Tethered Mage by Melissa Caruso

Zaira has lived her life on the streets, hiding her mage-mark and thieving to survive; hers is a dangerous magic. Lady Amalia Cornaro was born into a world of political machinations. Fate has bound the heir and the mage, and as war looms, a single spark could turn their city into a pyre.

## Non-Fiction

### Rosalie Lightning: A Graphic Memoir by Tom Hart



Hart uses the graphic form to articulate his search for meaning in the aftermath of his daughter Rosalie's death, exploring themes of grief, rebirth, and hope.

Hart portrays the solace he discovers in nature, philosophy, literature, and art in this loving tribute to his baby girl.

### Bunny Mellon: The Life of an American Style Legend by Meryl Gordon



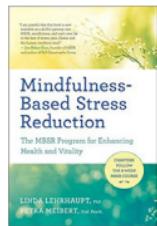
Bunny Mellon, the style icon who designed the White House Rose Garden for her friend JFK was press-shy during her lifetime. The author received access to her letters and has interviewed more than 175 people to capture the spirit of this talented American original.

### The First Mess Cookbook: Vibrant Plant-Based Recipes to Eat Well Through the Seasons by Laura Wright



An award-winning food blogger offers 125 seasonal, whole-food recipes along with gorgeous photography and charming storytelling including Fluffy Whole Grain Pancakes, Olive Bolognese, and Earl Grey and Vanilla Bean Tiramisu.

## **Mindfulness-Based Stress Reduction by Linda Lehrhaupt**



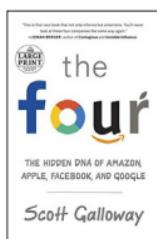
Presents an introduction to the techniques of Mindfulness-Based Stress Reduction, with instructions and real-life examples of mindfulness meditation, body scanning, and yoga, with suggestions for informal practice.

## **Higher Is Waiting by Tyler Perry**



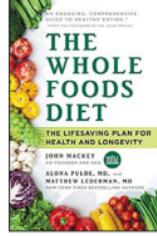
The innovator behind Tyler Perry Studios traces his youth in New Orleans through his successful career in an account of his spiritual awakening that explains how his faith has enriched his life and sustained him in hard times.

## **The Four: The Hidden DNA of Amazon, Apple, Facebook and Google by Scott Galloway**



An acclaimed NYU business professor examines the rise and influence of technology titans Apple, Amazon, Google and Facebook to reveal how they became successful.

## **The Whole Foods Diet: The Life-Saving Plan for Health and Longevity by John Mackey, Alona Pulde, MD and Mathew Lederman, MD**



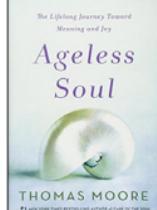
The co-CEO of Whole Foods Market and the co-authors of The Forks Over Knives Plan outline a plan for blending nutrition, exercise and lifestyle practices to enable maximum health and wellness.

## **Endurance: A Year in Space, a Lifetime of Discovery by Scott Kelly**



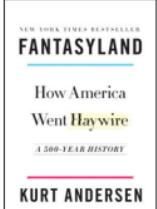
A memoir by the astronaut who spent a record-breaking year aboard the International Space Station shares reminiscences of his voyage, his formative years, and the off-planet journeys that shaped his early career.

## **Ageless Soul: The Lifelong Journey Toward Meaning and Joy by Thomas Moore**



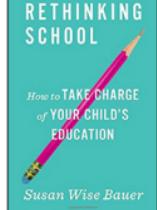
Counsels readers on how to embrace healthier perspectives on aging through a rich spiritual life, covering subjects ranging from depression and mentorship to sexuality and the spiritual paths that open later in life

## **Fantasyland: How America Went Haywire by Kurt Andersen**



Explains how the influences of dreamers, hucksters, and superstitious groups shaped America's tendency toward a rich fantasy life, citing the roles of individuals from P.T. Barnum to Donald Trump in perpetuating conspiracy theories, self-delusion, and magical thinking.

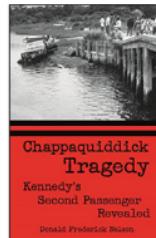
## **Rethinking School: How to Take Charge of Your Child's Education by Susan Wise Bauer**



A critique of the U.S. public school system that analyzes the traditional school structure, and offers advice for parents of children whose difficulties may stem from struggling with learning differences, toxic classroom environments, and more

## Upcoming Author Events

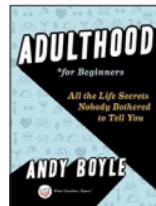
**Chappaquiddick: Pulling Back the Cloak of the Cover-Up with Author Donald Nelson on Tuesday, March 13 at 6:30 p.m. in the Fiction Area**



***Chappaquiddick Tragedy: Kennedy's Second Passenger Revealed*  
by Donald Frederick Nelson**

Was another passenger in the car with Ted Kennedy and Mary Jo Kopechne on that summer night in Martha's Vineyard when Kennedy's car went off a bridge and into a pond on Chappaquiddick Island? The author investigates this question and other curious aspects of the famous incident.

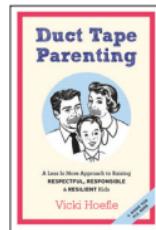
**20-30 Something Worcester Living Meetup on Wednesday, March 21 at 7 p.m. in the Saxe Room**



***Adulthood for Beginners: All the Life Secrets Life Nobody Bothered to Tell You*  
by Andy Boyle**

Shares humorous advice with twenty-somethings about growing into adulthood, including how to date, how to achieve career success, and how to maintain health.

**Stop Lecturing and Start Living! Author Event on Saturday, April 7 at 2 p.m. in the Fiction Area**



***Duct Tape Parenting* by Vicki Hoefle**

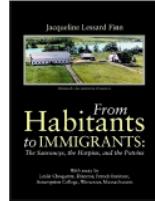
Casting helicopter parents aside, Hoefle encourages a different approach: for parents to stay on the sidelines so that kids step up.

Gives parents a new perspective on what it means to be engaged parents and to enable kids to develop confidence through solving their own problems.

**From Habitants to Immigrants: Franco-American Settlement in Central Massachusetts on Tuesday, May 15 at 6:30 p.m. in the Saxe Room**

***From Habitants to Immigrants: The Sansoucys, The Harpins, and The Potvins* by Jacqueline Lessard Finn**

The story of three French Canadian families, from the forays of the Carignan-Salières Regiment in 1665-66, to settlement in the Canadian wilderness, the pain of epidemics and war, and finally, emigration to the mill towns of Massachusetts.



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