

Wolfgram Memorial Library

McNaughton Collection

August 2019 - New Arrivals

NOTES: Our McNaughton Collection delivers New York Times bestsellers to our patrons on or before street date, and are shelved by the author's last name. *Fictitious characters, series, or club names are in "quotes" for easy identification.*

| Author - <u>Title</u> - <i>Subject</i> - Synopsis |
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| Bittman, Mark - <u>Dinner for Everyone: 100 Iconic Dishes Made 3 Ways - Easy, Vegan, or Perfect for Company</u> - <i>Quick and Easy Cooking, Vegetarian Cooking</i> - For those wishing to cook healthy food in their own homes, this new book from best-selling author Bittman (How To Grill Everything), which treats 100 iconic dishes in three different ways--easy, vegan, and perfect for company--is especially welcome. For example, do you fancy a pasta bake but are limited for time on a weeknight, or are you a beginner with few kitchen tools? The "easy" version of any meal is ideal because most recipes take 30 minutes or less to produce. If a vegan pasta bake is your preference then the recipe is on the same page. The all-out, or perfect-for-company recipes are for those who wish to take their time and cook for pleasure, not survival. Bittman's approach is unpretentious and flexible, taking advantage of good, sensible ingredients and a reasonable number of kitchen equipment. With a thoughtful and global range of recipes and clear instructions using easily available ingredients, this cleverly conceived cookbook is a winner for all types of cooks, especially those wishing to enhance their skills. |
| Gilbert, Elizabeth - <u>City of Girls</u> - <i>Man-Woman Relationships Fiction, Theater Fiction</i> - Someone told Vivian Morris in her youth that she would never be an interesting person. Good thing they didn't put money on it. The delightful narrator of Gilbert's City of Girls begins the story of her life in the summer of 1940. At 19, she has just been sent home from Vassar. "I cannot fully recall what I'd been doing with my time during those many hours that I ought to have spent in class, but--knowing me--I suppose I was terribly preoccupied with my appearance." Vivian is very pretty, and she is a talented seamstress, but other than that, she is a silly, naive girl who doesn't know anything about anything. That phase of her life comes to a swift end when her parents send her to Manhattan to live with her Aunt Peg. Peg is the proprietor of the Lily Playhouse, a grandiose, crumbling theater in midtown that caters to the tastes and wallets of the locals with week after week of original "revues" that inevitably feature a sweet young couple, a villain, a floozy, a drunken hobo, and a horde of showgirls and dancers kicking up a storm. Vivian makes a close friend in Celia Ray, a showgirl so smolderingly beautiful she nearly scorches the pages on which she appears. "I wanted Celia to teach me everything," says Vivian, "about men, about sex, about New York, about life"--and she gets her wish, and then some. The story is jammed with terrific characters, gorgeous clothing, great one-liners, convincing wartime atmosphere, and excellent descriptions of sex, one of which can only be described (in Vivian's signature italics) as transcendent. A big old banana split of a book, surely the cure for what ails you. |
| Grisel, Judith - <u>Never Enough: The Neuroscience and Experience of Addiction</u> - <i>Psychology/Self-Help, Neuroscience</i> - Addiction is a pervasive problem of epic proportions both globally and in the United States, resulting in enormous financial cost and loss of life. Behavioral neuroscientist Grisel (psychology, Bucknell Univ.), who initially entered the profession with the goal of finding a cure for drug addiction after spending a decade as a hard-core addict herself, writes in an accessible style about how myriad drugs act on the brain. Alongside the scientific explanation are Grisel's remarkably candid descriptions of the effects of substance abuse, written with firsthand insight. Factors contributing to addiction include a genetic predisposition, as well as developmental and environmental influences--but anyone who experiences repeated exposure to mind-altering drugs is likely to develop a tolerance and subsequent dependence. Grisel offers a clear explanation of the neurobiology behind this process. With knowledge and compassion, Grisel's work straddles two worlds--that of scientists and former addicts, and is recommended for anyone interested in furthering their understanding of addiction. |

Hilderbrand, Elin - **Summer of '69** - *Family Secrets Fiction, Historical Fiction* - Four siblings experience the drama, intrigue, and upheaval of a summer when everything changed, in New York Times bestselling author Elin Hilderbrand's (*The Identicals* and *The Perfect Couple* are also in our McNaughton Collection) first historical novel. Welcome to the most tumultuous summer of the twentieth century. It's 1969, and for the Levin family, the times they are a-changing. In June 1969, Tiger Foley ships off to Vietnam. His desolate mother Kate tries her best to keep things normal, so while her oldest, pregnant Blair, remains in Boston, Kate packs up her other daughters for a summer with her mother, Exalta, at Exalta's Nantucket house, All's Fair. Free-spirited Kirby quickly leaves for Martha's Vineyard for a little independence and a job at an inn in Edgartown, leaving Jessie, 13, stuck taking tennis lessons at Exalta's club and mooning after Pick Crimmins, the caretaker's son, who is unexpectedly living in the guest house. As relationships buckle under the strain of keeping up appearances, the world around Nantucket keeps interfering; civil rights, women's rights, the moon landing, Ted Kennedy and Mary Jo Kopechne, and the dark specter of the war in Vietnam all loom large. Hilderbrand hits all the right notes about life in a tightly knit family, and this crowd-pleaser is sure to satisfy both her fans and newcomers alike. The chapter titles provide nostalgic readers with a soundtrack to this pleasing, beach-ready read.

Holmes, Linda - **Evvie Drake Starts Over** - *Domestic Fiction, Humorous Fiction* - Holmes's debut charms, as a young widow and a former Major League pitcher learn to begin again. Evvie Drake has spent her whole life in Calcasset, Maine, and doesn't feel as sad about her widowhood as she believe she should-possibly because she was packing up to leave her husband when she got the call about his deadly car accident. Then Dean Tenney, a former New York Yankees pitcher who has inexplicably lost his amazing pitching ability, comes to Maine to retreat from the media, and rents the apartment in Evvie's house. Evvie and Dean grow closer, with the agreement that they not discuss her husband or his failed baseball trajectory. When Dean gets an opportunity to revamp his career with Evvie's support, and she reveals some of the details of her difficult marriage, they develop trust and sparks ignite between them. But the future of their relationship depends on their ability to communicate and confide in one another. Believable, flawed characters are at the heart of this novel. At times deeply emotional yet sometimes extremely humorous, this is a satisfying crowd-pleaser.

Meacham, Jon and McGraw, Tim - **Songs of America: Patriotism, Protest, and the Music That Made a Nation** - *Music, Political Aspects, United States, History* - Historian Meacham ("The Soul of America: The Battle for Our Better Angels" in our McNaughton Collection) teams up with country star McGraw to chart the course of American patriotic music from the Revolution to the present. Significant events in American life have always had a soundtrack. Bruce Springsteen was ready with "My City of Ruins" when 9/11 occurred, having already recorded it, but it would be a while before Neil Young would release "Let's Roll" and Alan Jackson would craft "Where Were You (When the World Stopped Turning?)" Some songs are well known, such as "Yankee Doodle," while readers will be glad to know some of the less-remembered tunes of the Revolution, such as "The Liberty Song." A nice touch comes when Meacham puts the Cuban missile crisis in the context of Bob Dylan's discography: If the missiles had flown, he notes, it's possible that "A Hard Rain's a-Gonna Fall" "would be the last song Dylan would ever write." Songs of America is not just a cultural journey-it strikes our deepest chords as Americans: patriotism, protest, possibility, creativity, and, at the root of it all, freedom of expression enshrined in our founding document."-Doris Kearns Goodwin. "From the songs of the enslaved to the sounds of the civil-rights movement, from 'The Star-Spangled Banner' to Springsteen's 'The Rising' after 9/11, Jon Meacham and Tim McGraw have convened a concert in Songs of America. It is a glorious celebration of our diversity-and of the strength that comes from the myriad voices of all races that make us who we are."-Quincy Jones.

Ornish, Dean - **Undo It! How Simple Lifestyle Changes Can Reverse Most Chronic Diseases** - *Self-Care, Health Behavior* - Fight cancer, diabetes, heart disease, weight gain, and even the aging process itself with one simple, scientifically proven plan to reverse disease-as well as prevent and reduce symptoms-from the world-renowned pioneer of lifestyle medicine. Forty years of peer-reviewed research has proven that the program Dr. Dean Ornish developed to treat heart disease-rated the #1 heart-healthy diet by U.S. News & World Report every year since 2011-can also begin reducing risk factors and reversing type 2 diabetes, high cholesterol, obesity, and depression in as few as nine weeks, as well as prevent cancers and slow the aging process itself. Now, for the first time, Dr. Ornish pulls all the remarkable science together into a simple four-part plan. Eat a whole-foods diet low in fat and refined carbohydrates. Practice de-stressing techniques like yoga and meditation. Get moderate exercise. Make time for love and intimacy. With seventy recipes, easy-to-follow meal plans, tips for stocking your kitchen and eating out, recommended exercises, stress-reduction advice, and inspiring patient stories of dramatic weight loss and life-transforming benefits-one man was able to avoid a heart transplant after the nine-week program-Undo It! will help readers prevent, stop, and even reverse chronic disease. Live better, feel great!

Roberts, Nora – **Under Currents** – *Psychological Fiction, Romantic Suspense Fiction* - Roberts (“Shelter in Place” in our McNaughton Collection) cleverly blends the past into the present as abuse survivors discover the healing power of love. Zane Bigelow and his sister, Britt, grew up in the wealthy Lakeview Terrace development in the Blue Ridge Mountains of North Carolina. Their father, Graham, a prominent physician, physically abused them, abetted by his wife, Eliza. At 15, Zane stood up to his father and went to the police; Graham and Eliza were imprisoned. Years later, Darby McCray leaves the suburbs of Baltimore and her abusive husband to relocate to Lakeview and build her landscaping business there; Zane also returns to Lakeview from Raleigh and decides to set up a small private practice as an attorney. When Zane and Darby meet, sparks ignite. Their relationship becomes more serious, and Darby becomes a beloved part of the community, but threats from the past come back to haunt Zane and his newfound happiness. Roberts's latest is full of powerful, magnetic characters who have overcome terrible situations. Suspense and sensual romance are expertly combined in this riveting story.

Thor, Brad – **Backlash** – “*Secret Service Agent Scot Harvath,*” *Political Revenge Fiction* - In ancient texts, there are stories about men who struck from the shadows, seemingly beyond the reach of death itself. These men were considered part angel, part demon. You crossed these men at your peril. And once crossed, there was no crossing back. They were fearless; men of honor who have been known throughout history by different names: Spartan, Viking, Samurai. Today, men like these still strike from the shadows. They are highly prized intelligence agents, military operatives, and assassins. One man is all three. Two days ago, that man was crossed badly. Now, far from home and surrounded by his enemy, Scot Harvath must battle his way out. With no support, no cavalry coming, and no one even aware of where he is, it will take everything he has ever learned to survive. But survival isn't enough. Harvath wants revenge. In the most explosive novel Brad Thor has ever written, page after captivating page of action, intrigue, loyalty, and betrayal will keep you hooked until the very last sentence and a revelation that will take your breath away.

Treuer, David – **The Heartbeat of Wounded Knee: Native America From 1890 to the Present** – *Indians of North America, History and Ethnic Identity* - Treuer, a PhD professor and Ojibwe scholar from the Leech Lake reservation in northern Minnesota, delivers a politically charged, highly readable history of America's indigenous peoples after the end of the wars against them. Unlike other works that depict the "vanishing Indian" narrative, Treuer's does not end at the 1890 Wounded Knee massacre. Rather, he uses Wounded Knee as a springboard to discuss the Native American experience as it has adapted and persisted since. Treuer has been through a tremendous amount of literature to write this book, but he's also been out on the land talking with people in those communities, as with one tough Blackfoot elder he interviewed: "He had the clipped tones of the High Plains along with a kind of 'Don't fuck with me' cadence that I always think of as 'elderly Indian voice.'" Treuer closes with a portrait of the "water keepers" who gathered from all over the continent in the hope of protecting Sioux lands against an oil pipeline that, for the moment, has been stalled in its tracks through their efforts. All American history collections will benefit from this important work by an important native scholar.

Weiner, Jennifer – **Mrs. Everything** – *Contemporary Women Fiction, Life Change Events Fiction* - Jo and Bethie Kaufman are as different as sisters can be. Jo is an athletic tomboy who can never be quite good enough for her mother. Bethie is adorable and perfect. As the story progresses from their childhood in a Detroit neighborhood in the 1950s to wild college days in the '60s, their roles reverse and evolve into something more complicated. Heartbroken Jo marries a likable enough man because she can't imagine a happy future with a woman. Bethie deals with trauma via drugs and grift until she lands at a commune in Georgia. In chronicling seven decades of the Jewish sisters' lives, Weiner asks big questions about how society treats women in this slyly funny, absolutely engrossing novel that is simultaneously epic and intimate. Mrs. Everything will find equally eager readers in the beach bag and the book club. Readers will flock to this ambitious, nearly flawless novel.

Wilson-Lee, Edward – **The Catalogue of Shipwrecked Books: Christopher Columbus, His Son, and the Quest to Build the World's Greatest Library** – *Christopher Columbus Family Biography, Book Collectors and Historians* - Wilson-Lee, a scholar of late medieval and early modern literatures as well as the history of print and libraries, has created a cabinet of wonders with this book. It encompasses the biographies of Christopher Columbus (1451-1506) and his son Hernando (1488-1539) and the saga of an extraordinary library "that would collect everything." As a child, Hernando served the court as a page; at 13, he was a crew member on Columbus's fourth voyage; as a young man, he ventured briefly in his father's New World domain; and he was his father's biographer. But most of all, this is a biography of a library: having inherited his father's collection, Hernando made it his mission to acquire every printed thing he could, traveling all over Europe to acquire 15,000-20,000 printed materials, including some images and music. The ravages of inheritance disputes and time has reduced the remaining number of items to less than 400. Wilson-Lee's fascinating account brings back to wholeness "the largest private library of the day" while revealing the son of a renowned man as, among other things, a master librarian. Recommended for bibliophiles and history buffs alike.