

Nonfiction News

The Ridgefield Library's Nonfiction Newsletter

June 2016

AUTHOR IN THE SPOTLIGHT



Mary Roach

Mary Roach is a science writer renowned for her ability to tease out the quirky, unconventional aspects of science, which she does with humor and wit, making complex topics highly entertaining and accessible to the general reader.



Grunt: The Curious Science of Humans at War (2016)

Tackles the science behind some of a soldier's most challenging adversaries - panic, exhaustion, heat, noise - and introduces us to the scientists who seek to conquer them. After reading *Grunt*, you'll never see our nation's defenders in the same way again.

Gulp: Adventures on the Alimentary Canal (2013)

America's funniest science writer takes us down the hatch on an unforgettable tour of our insides. We meet scientists who tackle the questions no one else thinks to ask and we go on location to a pet-food test lab, a bacteria transplant, and into a live stomach to observe the fate of a meal.

Packing for Mars (2010)

Exploring the irresistibly strange universe of space travel and life without gravity, Roach discovers that it's possible to preview space without ever leaving earth. From the space shuttle training toilet to a crash test of NASA's new space capsule (cadaver filling in for astronaut), Roach takes us on a surreally entertaining trip into the science of life in space.

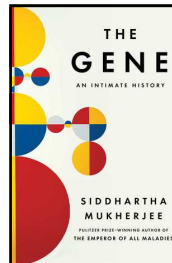
Bonk: The Curious Coupling of Science and Sex (2008)

Roach shows how and why sexual arousal and orgasm can be so hard to achieve and what science is doing to make the bedroom a more satisfying place.

Stiff: The Curious Lives of Human Cadavers (2003)

An oddly compelling, often hilarious exploration of the strange lives of our bodies postmortem. In this fascinating account, Roach visits the good deeds of cadavers over the centuries and tells the engrossing stories of our bodies when we are no longer with them.

SCIENTIFIC DELIGHTS



The Gene

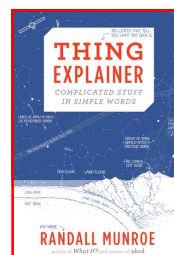
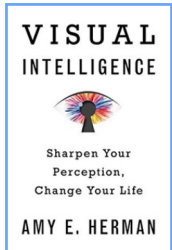
by Siddhartha Mukherjee

From the Pulitzer Prize-winning, bestselling author of *The Emperor of All Maladies*, a magnificent history of the gene and a response to the defining questions of the future: What becomes of being human when we learn to "read" and "write" our own genetic information?

Visual Intelligence

by Amy Herman

An engrossing guide to seeing - and communicating - more clearly from the groundbreaking course that helps FBI agents, cops, CEOs, ER docs, and others save money, reputations, and lives.



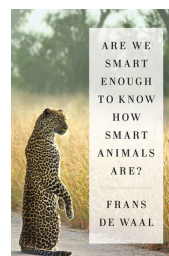
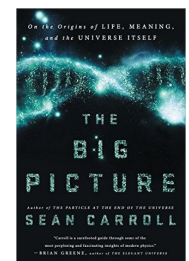
Thing Explainer: Complicated Stuff in Simple Words

by Randall Munroe
Cells, elevators, smartphones, nuclear reactors and more are demystified with simply annotated blueprints. From the author of *What If?*

The Big Picture: On the Origins of Life, Meaning, and the Universe Itself

by Sean Carroll

Carroll's presentation of the principles that have guided the scientific revolution from Darwin and Einstein to the origins of life, consciousness, and the universe is dazzlingly unique. "You will be enthralled" - - *The Wall Street Journal*

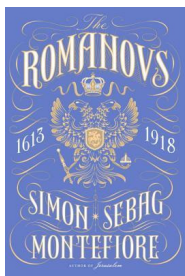


Are We Smart Enough to Know How Smart Animals Are?

by Frans de Waal

Based on research involving crows, dolphins, parrots, sheep, wasps, bats, whales, and chimpanzees, Frans de Waal explores the scope and depth of animal intelligence. He offers a firsthand account of how science has stood traditional behaviorism on its head by revealing how smart animals really are, and how we've underestimated their abilities for too long.

NEW NONFICTION SAMPLER



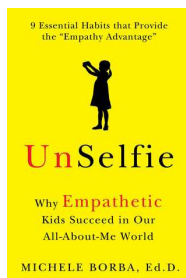
The Romanovs: 1613-1918 by Simon Sebag Montefiore

A full, intimate history of the twenty monarchs of the Romanov dynasty that ruled Russia for over 300 years. This gripping chronicle reveals their secret world of unlimited power and ruthless empire-building, overshadowed by palace conspiracy, family rivalries, sexual deviance, and wild extravagance.

UnSelfie

by Michele Borba, Ed.D.

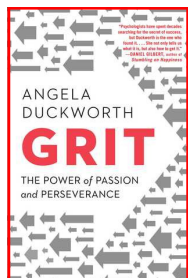
Dr. Borba offers a revolutionary, research-based plan to help parents cultivate empathy in children from birth to young adulthood, and explains why developing a healthy sense of empathy is a key predictor of which kids will thrive and succeed.



Grit

by Angela Duckworth

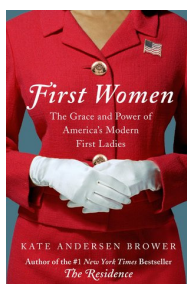
Pioneering psychologist Angela Duckworth shows anyone striving to succeed - be it parents, students, educators, athletes, or business people - that the secret to outstanding achievement is not talent or "genius," but a unique combination of passion and perseverance she calls "grit."



First Women

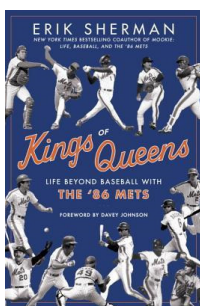
by Kate Andersen Brower

Now, as she did in her #1 bestseller *The Residence*, former White House correspondent Kate Brower draws on untapped, candid sources - from residence staff and social secretaries to friends and political advisers - to tell the stories of ten remarkable First Ladies from Jackie Kennedy to Michelle Obama.



Kings of Queens: Life Beyond Baseball With the '86 Mets by Erik Sherman

In 1986, the bad guys of baseball won the World Series. Erik Sherman, the *New York Times* bestselling coauthor of *Mookie*, profiles key players from that infamous team, revealing new details about their lives as well as a look back at the magical season itself.



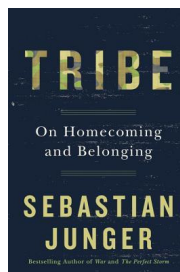
The Sun & The Moon & The Rolling Stones by Rich Cohen

A panoramic narrative history that will give readers a new understanding of the Rolling Stones, viewed through the impassioned and opinionated lens of the *Vanity Fair* contributor - and co-creator of HBO's *Vinyl* - who was along for the ride as a young reporter on the road with the band in the 1990s.



Tribe: On Becoming and Belonging by Sebastian Junger

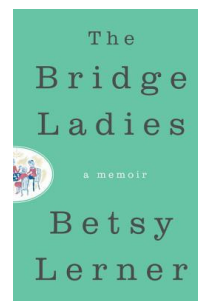
Combining history, psychology, and anthropology, *Tribe* explores what we can learn from tribal societies about loyalty, belonging, and the human quest for meaning. The author explains why we are stronger when we come together, and how that can be achieved even in today's divided world.



The Bridge Ladies

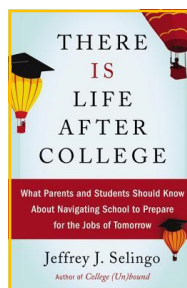
by Betsy Lerner

A fifty-year-old bridge game provides an unexpected way to cross the generational divide between a daughter and her mother. "A searching, funny, warm memoir." - *O, the Oprah Magazine*



There Is Life After College by Jeffrey J. Selingo

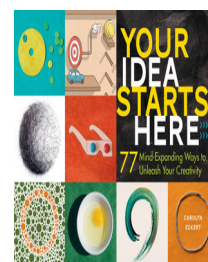
From the bestselling author of *College Unbound* comes a hopeful, inspiring blueprint to help alleviate parents' anxiety and prepare their college-educated child to successfully land a good job after graduation.



Your Idea Starts Here

by Carolyn Eckert

With change happening faster and faster in our tech-ruled world, being able to think creatively, flexibly, and quickly is more important than ever. Graphic designer Carolyn Eckert offers 77 specific questions, techniques, and exercises to jump-start creative thinking.



Plan Your Estate

by Denis Clifford, Attorney

All you need to know about wills & trusts, estate & gift taxes, avoiding probate, powers of attorney, and living wills. "Particularly helpful are a series of profiles that illustrate how estate plans can benefit various individuals and families." - *The Wall Street Journal*

