

April Book List

For books added March 1-31st

Non-Fiction

Junod, Tom	In the Days of My Youth I Was Told What It Means to Be a Man: A Memoir	070.92 Jun
Goldstein, Rebecca	The Mattering Instinct: How Our Deepest Longing Drives Us and Divides Us	150.192 Gol
Partridge, Alex	Why Does Everybody Hate Me: Living and Loving with Rejection Sensitivity Dysphoria	155.232 Par
Davidson, Richard J.	Born to Flourish: How New Science and Ancient Wisdom Reveal a Simple Path to Thriving	158.1 Dav
Eyal, Nir	Beyond Belief: The Science-Backed Way to Stop Limiting Yourself and Achieve Breakthrough Results	158.1 Eya
Singer, Michael A.	Wisdom Untethered: The Time for Questions	158.1 Sin
Coelho, Paulo	The Supreme Gift: Love is the Greatest Thing in the World	231.6 Coe
Allen, Jennie	The Lie You Don't Know You Believe: How to Find It, Fight It, & Live Free	248.4 All
Turley, Jonathan	Rage and the Republic: The Unfinished Story of the American Revolution	320.973 Tur
Kendi, Ibram X	Chain of Ideas: The Origins of Our Authoritarian Age	325.1 Ken
Suzuki, David	Lessons From a Lifetime: 90 Years of Inspiration and Activism	333.72 Suz
Bydlowska, Jowita	Unshaming: A Memoir of Recovery, Relapse, and What Comes After	362.292 Byd
Ramin, Brodie	Written in Blood: Lessons on Prevention from a Risky World	363.348 Ram

Kaplan, Matt	I Told You So: Scientists Who Were Ridiculed, Exiled, and Imprisoned for Being Right	509.22 Kap
Haskell, David George	How Flowers Made Our World	582.13 Has
Fotuhi, Majid	The Invincible Brain: The Clinically Proven Plan to Age-Proof Your Brain and Stay Sharp for Life	612.82 Fot
Fung, Jason	The Hunger Code: Resetting Your Body's Fat Thermostat in the Age of Ultra-Processed Food	613.25 Fun
Richardson, Adam	How to Build a Body That Lasts: Exercises for Longevity, Strength, and Health	613.71 Ric
Zoffness, Rachel	Tell Me Where It Hurts: The New Science of Pain and How to Heal	616.0472 Zof
Osborn, Catherine	The ADHD Field Guide for Adults	616.8589 Osb
Inchauspé, Jessie	9 Months That Count Forever: How Your Pregnancy Diet Shapes Your Baby's Future	618.2 Inc
Hoffman, Alice	The Best Dog in the World: Essays on Love	636.7 Hof
Lovato, Demi	One Plate at a Time: Recipes for Finding Freedom with Food	641.5 Lov
Flynn, Christine	Easy Does It: Smart Techniques and Simple Recipes for Stunning Food	641.555 Fly
Daud, Mariam	I Sleep in My Kitchen: Comfort Food Recipes from My Palestinian American Home	641.5929 Dau
Chesterman, Lesley	A Montreal Cook: Recipes and Reflections from My Kitchen	641.59714 Che
Doucleff, Michaeleen	Dopamine Kids: A Science-Based Plan to Require Your Child's Brain and Take Back Your Family in the Age of Screens and Ultraprocessed Foods	649.64 Dou
Applegate, Christina	You with the Sad Eyes: A Memoir	791.4302 App

Minnelli, Liza	Kids, Wait Till You Hear This: My Memoir	791.4302 Min
MacDonald, Keza	Super Nintendo: The Game-Changing Company That Unlocked the Power of Play	794.809 Mac
Oppenheimer, Mark	Judy Blume: A Life	809 Opp
James, Charlie	I'm Just a Little Guy: How to Escape the Horrors and Get Back to Dillydallying	818.602 Jam
Bhagwat, Jeevan	The Radha Poems	819.12 Bha
Century, Douglas	Crash of the Heavens: The Remarkable Story of Hannah Senesh and the Only military Mission to Rescue Europe's Jews During World War II	940.5318 Cen
Foster, Ann	Rebel of the Regency: The Scandalous Saga of Caroline of Brunswick, Britain's Queen Without a Crown	941.074 Fos

Non-Fiction Large Print

Griffiths, Rachel	The Flower Bearers	Lp 811.6 Gri
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