

May Book List

For books added April 1-30th

Non-Fiction

Mallaby, Sebastian	The Infinity Machine: Demis Hassabis, DeepMind, and the Quest for Superintelligence	006.3092 Mal
West, Lindy	Adult Braces: Driving Myself Sane	070.92 Wes
Bowler, Kate	Joyful, Anyway	152.42 Bow
Elkins, Meredith	Parenting Anxiety: Breaking the Cycle of Worry and Raising Resilient Kids	152.46 Elk
Lafontaine, Alikea	The Outrage Cure: How Overcoming Anger and Betrayal Can Transform the Way We Live, Connect and Heal	152.47 Laf
Wiking, Meik	The Art of Making Memories: How to Create and Remember Happy Moments	153.12 Wik
Lawson, Jenny	How to Be Okay When Nothing Is Okay: Tips and Tricks That Kept Me Alive, Happy, and Creative In Spite of Myself	155.24 Law
Brown, Misha	Be Your Own Bestie: A No-Nonsense Guide to Changing the Way You Treat Yourself	158.1 Bro
Brooks, Arthur C.	The Meaning of Your Life: Finding Purpose in an Age of Emptiness	158.1 Bro
Collins, James C.	What to Make of a Life: Cliffs, Fog, Fire and the Self-Knowledge Imperative	158.1 Col
Lee, Marisa Renee	Waiting for Dawn: Living with Uncertainty	158.1 Lee
LePera, Nicole	Reparenting the Inner Child: The New Science of Our Oldest Wounds and How to Heal Them	158.1 LeP
Levine, Amir	Secure: The Revolutionary Guide to Creating a Secure Life	158.2 Lev

Levine, Amir	Attached: The New Science of Adult Attachment and How It Can Help You Find and Keep Love	158.2 Lev
Murphy, Jim	The Best Possible Life: How to Live with Deep Contentment, Joy, and Confidence - No Matter What	248.4 Mur
Martin, James	Work in Progress: Confessions of a Busboy, Dishwasher, Caddy, Usher, Factory Worker, Bank Teller, Corporate Tool, and Priest	282.092 Mar
Latifi, Fortesa	Like, Follow, Subscribe: Influencer Kids and the Cost of a Childhood Online	302.231 Lat
Kim, Hana	Two Women Living Together	302.34082 Kim
Garber, Megan	Screen People: How We Entertained Ourselves Into a State of Emergency	303.4833 Gar
Welsh, Moirra	The Astonishing Lives of Older Women: How to Create Pleasure Over Peril in Peak Longevity	305.262 Wel
Thicke, Lori	Dreamer's Daughter: Surviving My Child and Raising My Father	306.874 Thi
Downey, Peter	So You're Going to Be a Dad	306.8742 Dow
Burden, Belle	Strangers: A Memoir of Marriage	306.893 Bur
Burke, Jason	The Revolutionists: The Story of the Extremists Who Hijacked the 1970s	322.42 Bur
Kantor, Jodi	How to Start: Discovering Your Life's Work	331.702 Kan
Simard, S.	When the Forest Breathes: Renewal and Resilience in the Natural World	333.7516 Sim
Niarchos, Nicolas	The Elements of Power: A Story of War, Technology, and the Dirtiest Supply Chain on Earth	338.27494 Nia
Slominska, Anita	Other Endings: Organ Transplantation and the Burdens of Hope0	362.1975 Slo
Blaze Baum, Kathryn	In Fertility: The Story of a Miracle and the Big Business Behind It	362.1981 Bla

Pelicot, Gisèle	A Hymn to Life: Shame has to Change Sides	362.883 Pel
Idsinga, Hank	The High Road: Confessions of a Homicide Cop	363.25 Ids
Keefe, Patrick Radden	London Falling: A Mysterious Death in a Gilded City and a Family's Search for Truth	364.1523 Kee
Tidy, Joe	Ctrl + Alt + Chaos: How Teenage Hackers Hijack the Internet	364.168 Tid
Cook, Jeannine A.	Shut Up and Read: A Memoir from Harriett's Bookshop	381.45 Coo
Williams, Terry Tempest	The Glorians: Visitations from the Holy Ordinary	508.7 Wil
Hage, Dave	Sea of Grass: The Conquest, Ruin, and Redemption of Nature on the American Prairie	577.44 Hag
Moor, Robert	In Trees: An Exploration	582.1601 Moo
Enders, Giulia	Organ Speak: What it Really Means to Listen to Our Bodies	612 End
Koch, Christof	Then I Am Myself the World: What Consciousness Is and How to Expand It	612.8233 Koc
Wilson, Finlay	Adapting Chair Yoga for Every Body	613.7 Wil
Maitreyi, M. L.	Chair Yoga for Strength and Balance: Accessible Exercises to Improve Mobility and Relieve Pain	613.7046 Mai
Guo, Zibin	Adaptive Tai Chi: An Accessible Practice for Empowering Body and Mind	613.7148 Guo
Cameron, Brian H.	Ripples from the Rupununi: Dr. Aidun's Healing Journey	617.092 Cam
Haver, Mary Claire	The New Perimenopause: An Evidence-Based Guide to Surviving the Zone of Chaos and Feeling Like Yourself Again	618.175 Hav
Lopez, Char	The Compact Garden: A Beginner's Guide to Growing Vegetables in Small Spaces	635.965 Lop
Olson, Wes	The Ecological Buffalo: On the Trail of the Keystone Species	636.292 Ols

Klee, Isabel	Dogs, Boys, and Other Things I've Cried About: A Memoir	636.70092 Kle
Redzepe, René	The Noma Guide to Building Flavour0	641.5 Red
Bounds, Matthew	Keep It Simple Y'all: Every Day Foolproof Recipes to Make Your Life Delicious	641.512 Bou
Comerford, Hope	Welcome Home Cozy Dinners: Quick & Easy Family Favorites	641.555 Com
Cruz Parsons, Remi	Let's Get Cooking: Everyday Meals, Tippy Favorites and Comfort Food Cravings	641.5973 Cru
Liddon, Angela	Oh She Glows Salads: Protein-Packed, Plant-Based Salads for Every Season	641.83 Lid
McGee, Shea	Around the Table: Tables & Traditions for Gathering	648.568 McG
Brandin, Ash	Power On: Managing Screen Time to Benefit the Whole Family	649.1 Bra
Bungay Stanier, Michael	The Coaching Habit: Say Less, Ask More & Change the Way You Lead Forever	658.3124 Bun
Wilson, Bee	The Heart-Shaped Tin: Love, Loss, and Kitchen Objects	683.82 Wil
Nihon Vogue	Simply Sashiko: Classic Japanese Embroidery Made Easy	746.44 Nih
Marker, Kate	The Love of Home: Interiors for Beauty, Balance, and Belonging	747 Mar
Ormerod, Peter	David Bowie and the Search for Life, Death and God	782.42166 Orm
Hoppus, Mark	Fahrenheit-182: A Memoir	787.87092 Hop
Smith, Will	Will	791.4302 Smi
Dunham, Lena	Famesick: A Memoir	791.4502 Dun
Garth, Jennie	I Choose Me: Chasing Joy, Finding Purpose & Embracing Reinvention	791.4502 Gar
Walsh, Mary	Brassy Bit of Aging Crumpet: A Memoir in Pieces	791.4502 Wal

Nguyen, C. Thi	The Score: How to Stop Playing Somebody Else's Game	793.01 Ngu
Delp, Christoph	Kickboxing: The Complete Guide to Conditioning, Technique, and Competition	796.815 Del
Fennelly, Beth Ann	The Irish Goodbye: Micro-Memoirs	811.6 Fen
Green, John	The Anthropocene Reviewed	814.6 Gre
McDermid, Val	Winter: The Story of a Season	828.914 McD
Han, Kang	Light and Thread	895.753 Han
Clark, Christopher M.	A Scandal in Königsberg	947.2407 Cla
Reid, Eliza	The First Lady Next Door: A Canadian's Memoir of Iceland, Identity, and Unexpected Adventure	949.12 Rei
Gopal, Anand	Days of Love and Rage: A Story of Ordinary People Forging a Revolution	956.913 Gop
Lafferty, Catherine	Mother Earth is Our Elder: A Northern Indigenous Perspective on the Climate Crisis	971.93 Laf