

Cindy's Picks

Sorted by Call Number / Author

- 248.85 RAI Rainey, Barbara. Barbara & Susan's guide to the empty nest : discovering new purpose, passion & your next great adventure. Little Rock, AR : FamilyLife Publishing, 2008.
Is your nest empty -- except for a bundle of mixed emotions? As you grieve what's behind and daydream about possibilities, you'll feel young again, ready for new challenges and adventures. Yet you may not know what to pursue or how to discover what's next. Many women in this season of life wonder: Who am I now? And what should I do? How will my marriage be affected? Does anyone need me? How do I relate to my children? Is it okay to feel sad? Or thrilled? What's next?.
- 305.2609 PIL Pillemer, Karl A. 30 lessons for living : tried and true advice from the wisest Americans. New York : Hudson Street Press, c2011.
Who are the wisest Americans and what can they tell us? -- Great together: lessons for a happy marriage -- Glad to get up in the morning: lessons for a successful and fulfilling career -- Nobody's perfect: lessons for a lifetime of parenting -- Find the magic: lessons for aging fearlessly and well -- I can look everyone in the eye: lessons for living a life without regrets -- Choose happiness: lessons for living like an expert -- The last lesson.
- 394.1209 COL Colón, Suzan. Cherries in winter : my family's recipe for hope in hard times. 1st ed. New York : Doubleday, c2009.
You're home early tonight -- Backbone -- Soup du jour deja vu -- The ladies of the Grange -- The first national coffee can and savings bank -- Desperate housewife -- Southern comfort -- Happy wife, happy life -- How long will it keep? -- Fine vases, cherries in winter, and other life saving devices -- What price beauty? -- Forecast : bleak today, chance of the universe providing tomorrow -- A ten-dollar bet and a five-dollar winner -- We wish you a merry Tuesday -- When in doubt, bake -- Fabulous, never better -- Leave the dishes. Suzan Colón shares how she learned the meaning of resilience and gratitude by studying and recreating her grandmother's treasured family recipes.
- 613.2 POL Pollan, Michael. In defense of food : an eater's manifesto. New York : Penguin Press, 2008.
The age of nutritionism. From foods to nutrients -- Nutritionism defined -- Nutritionism comes to market -- Food science's golden age -- The melting of the lipid hypothesis -- Eat right, get fatter -- Beyond the pleasure principle -- The proof is in the low-fat pudding -- Bad science -- Nutritionism's children -- The Western diet and the diseases of civilization. The aborigine in all of us -- The elephant in the room -- The industrialization of eating: what we do know -- From whole foods to refined -- From complexity to simplicity -- From quality to quantity -- From leaves to seeds -- From food culture to food science -- Getting over nutritionism. Escape from the Western diet -- Eat food-- food defined -- Mostly plants-- what to eat -- Not too much-- how to eat. "Eat food. Not too much. Mostly plants." These simple words go to the heart of food journalist Pollan's thesis. Humans used to know how to eat well, he argues, but the balanced dietary lessons that were once passed down through generations have been confused and distorted by food industry marketers, nutritional scientists, and journalists. As a result, we face today a complex culinary landscape dense with bad advice and foods that are not "real." Indeed, plain old eating is being replaced by an obsession with nutrition that is, paradoxically, ruining our health, not to mention our meals. Pollan's advice is: "Don't eat anything that your great-great grandmother would not recognize as food." Looking at what science does and does not know about diet and

health, he proposes a new way to think about what to eat, informed by ecology and tradition rather than by the nutrient-by-nutrient approach.--From publisher description.

- 618.9297 OBR O'Brien, Robyn. The unhealthy truth : how our food is making us sick and what we can do about it. 1st ed. New York : Broadway Books, c2009.
- 636.6865 ELL Ellis-Bell, Nancy. The parrot who thought she was a dog. 1st ed. New York : Harmony Books, c2008.
- 636.7092 KER Kerasote, Ted. Merle's door : lessons from a freethinking dog. Orlando : Harcourt, Inc., c2007.
- 636.7527 KOO Koontz, Dean R. (Dean Ray), 1945-. A big little life : a memoir of a joyful dog. New York : Hyperion, 2009.
- 636.8092 MYR Myron, Vicki. Dewey : a small-town library cat who touched the world. 1st ed. New York : Grand Central Pub., 2008.
- 641.5 MIL Mills, Beverly. Cheap, fast, good! : how to plan smart, shop smart, and cook smart. New York : Workman Pub., 2006.
- 641.512 MIL Mills, Beverly. Desperation dinners. New York : Workman Pub., 1997.
- 814.54 EPH Ephron, Nora. I feel bad about my neck : and other thoughts on being a woman. 1st ed. New York : Knopf, 2006.
I feel bad about my neck -- I hate my purse -- Serial monogamy : a memoir -- On maintenance -- Blind as a bat -- Parenting in three stages -- Moving on -- Me and JFK : now it can be told -- Me and Bill : the end of love -- Where I live -- The story of my life in 3,500 words or less -- The lost strudel or Le strudel perdu -- On rapture -- What I wish I'd known -- Considering the alternative.
- 818.5403 QUI Quindlen, Anna. Good dog, stay. 1st ed. New York : Random House, c2007.
- 956.054 ROS Rosenberg, Joel C., 1967-. Inside the revolution. Carol Stream, Ill. : Tyndale House Publishers, c2009.
Introduction: Not if but when -- Part I: The radicals -- Worst-case scenario -- "Islam is the answer, Jihad is the way" -- The theology of the radicals -- "We were asleep" -- Tragedy at Desert One -- "We must export our revolution" -- Christmas in Kabul -- Declaring war on America -- Unleashing the Islamic bomb -- Terror high -- Revolution 2.0 -- Making way for the Mahdi -- The road ahead -- Part II: The reformers -- "Islam is the answer, but Jihad is not the way" -- The theology of the reformers -- The defector -- Meet Hamid Karzai -- Karzai' mission -- "We are fighting Islamic fascists" -- Meet Jalal Talabani -- Talabani' test -- The King and I -- The Moroccan model -- Part III: The revivalists -- "Islam is not the answer and Jihad is not the way : Jesus is the way" -- The big, untold story, part one -- The big, untold story, part two -- The air war -- The groundwar, part one -- The ground war, part two -- The theology of the revivalists -- Making way for the Messiah -- Join the revolution -- Appendix: 20 terrorist plots against America foiled since 9/11. The author explains why he believes the U.S. is headed for war with Iran, argues that the al-Qaida terrorist network continues to plot against the U.S., Israel, and Western allies, and looks at what promoters of democracy and followers of Jesus need to do to keep the world safe.
- BIO GIFFORDS Giffords, Gabrielle D. (Gabrielle Dee), 1970-. Gabby : a story of courage and hope. 1st Scribner hardcover ed. New York : Scribner, 2011.
A biography of Congresswoman Gabby Giffords and her husband, astronaut Mark Kelly, covering their relationship, careers, childhood and families, and her struggle to recover after an assassination attempt on her life.

- BIO HERRIOT Herriot, James. All creatures great and small. New York : St. Martin's Press, [1972].
- BIO HERRIOT Herriot, James. All things wise and wonderful. New York : St. Martin's Press, c1977.
- BIO HERRIOT Herriot, James. The best of James Herriot : favourite memories of a country vet. New York : St. Martin's Press, c1982.
- BIO HERRIOT Herriot, James. Every living thing. New York : St. Martin's Press, 1992.
- BIO HERRIOT Herriot, James. The Lord God made them all. New York : St. Martin's Press, c1981.
- BIO PAUSCH Pausch, Randy. The last lecture. 1st ed. New York : Hyperion Books, c2008. Reflections of a Carnegie Mellon computer science professor who lectured on "Really achieving your childhood dreams," shortly after having been diagnosed with terminal cancer. His advice concerned seizing the moment while living, rather than dying.
- BIO QUINDLEN Quindlen, Anna. Lots of candles, plenty of cake. New York : Random House, 2012.
- FIC ARCHER Archer, Jeffrey, 1940-. Paths of glory. 1st U.S. ed. New York, NY : St. Martin's Press, 2009. A fictionalized account of the life of teacher George Mallory follows his brilliant education, service in World War I, and his fatal attempt to summit Mount Everest in 1924.
- FIC BAUERMEISTER Bauermeister, Erica. Joy for beginners. New York : G.P. Putnam's Sons, c2011. Six women friends in Seattle are pushed in unexpected directions when, at a gathering to celebrate Kate's recovery from cancer, she announces she is going to face her fear and go whitewater rafting down the Grand Canyon, and challenges each of them to do one thing in the next year that is new, difficult, or scary.
- FIC COBEN Coben, Harlan, 1962-. Tell no one : a novel. New York : Delacorte Press, 2001.
- FIC DELINSKY Delinsky, Barbara. Coast road : a novel. [1st ed.]. New York : Simon & Schuster, c1998.
- FIC DELINSKY Delinsky, Barbara. The secret between us. 1st ed. New York : Doubleday, 2007. Deborah Monroe and her daughter, Grace, are driving home from a party when their car hits a man running in the dark. Grace was at the wheel, but Deborah sends her home before the police arrive, determined to shoulder the blame for the accident. Her decision then turns into a deception that takes on a life of its own and threatens the special bond between mother and daughter.--From publisher description. Includes discussion questions.
- FIC DELINSKY Delinsky, Barbara. Three wishes : a novel. New York : Simon & Schuster, 1997.
- FIC DELINSKY Delinsky, Barbara. While my sister sleeps. 1st ed. New York : Doubleday, 2008.
- FIC GRI Grisham, John. The runaway jury. 1st ed. New York : Doubleday, 1996.
- FIC GRISHAM Grisham, John. The brethren. New York : Doubleday, 2000.
- FIC GULLEY Gulley, Philip. A change of heart : a Harmony novel. 1st ed. San Francisco, CA : HarperSanFrancisco, c2005.

- FIC GULLEY Gulley, Philip. Christmas in Harmony. 1st ed. San Francisco : HarperSanFrancisco, c2002.
- FIC GULLEY Gulley, Philip. Home to harmony. Sisters, OR : Multnomah Publishers, 2000.
- FIC GULLEY Gulley, Philip. Hometown tales : recollections of kindness, peace, and joy. 1st HarperCollins ed. New York : HarperSanFrancisco, c2001.
- FIC GULLEY Gulley, Philip. Just shy of Harmony. 1st ed. San Francisco, Calif. : HarperSanFrancisco, c2002.
- FIC GULLEY Gulley, Philip. Life goes on. 1st ed. San Francisco, Calif. : HarperSanFrancisco, 2004.
In the wake of a prominent citizen's arrest for larceny, lawyer-turned-coffee shop owner Deena pursues a relationship with a visiting doctor, while Delores becomes fed up with her know-it-all husband and his crackpot ministry schemes.
- FIC GULLEY Gulley, Philip. Signs and wonders : a harmony novel. 1st ed. [San Francisco] : HarperSanFrancisco, c2003.
- FIC HANNAH Hannah, Kristin. Firefly Lane. New York : St. Martin's Press, 2008.
In the turbulent summer of 1974, Kate Mularkey has accepted her place at the bottom of the eighth-grade social food chain. Then, to her amazement, the "coolest girl in the world" moves in across the street and wants to be her friend. Tully Hart seems to have it all -- beauty, brains, ambition. On the surface they are as opposite as two people can be: Kate, doomed to be forever uncool, with a loving family who mortifies her at every turn. Tully, steeped in glamour and mystery, but with a secret that is destroying her. They make a pact to be best friends forever; by summer's end they've become TullyandKate. Inseparable. For thirty years, Tully and Kate buoy each other through life, weathering the storms of friendship -- jealousy, anger, hurt, resentment. They think they've survived it all until a single act of betrayal tears them apart . . . and puts their courage and friendship to the ultimate test. -- From publisher's description.
- FIC HANNAH Hannah, Kristin. True colors. 1st ed. New York : St. Martin's Press, 2009.
- FIC JACOBS Jacobs, Kate, 1973-. The Friday night knitting club. New York : G.P. Putnam's Sons, c2007.
- FIC MACOMBER Macomber, Debbie. Back on Blossom Street. Don Mills, Ont : MIRA Books, c2007.
- FIC MACOMBER Macomber, Debbie. A good yarn. Don Mills, Ont. : Mira Books, c2005.
The highly anticipated sequel to "The Shop on Blossom Street." Once again, a disparate group of women find friendship and comfort as they learn the age-old craft of knitting.
- FIC MACOMBER Macomber, Debbie. The shop on Blossom Street. Don Mills, Ont. : MIRA, c2004.
- FIC PALMER Palmer, Michael, 1942-. The fifth vial. New York, NY : St. Martin's Press, 2007.
A suspended Harvard Medical School student is kidnapped and left for dead in Rio de Janeiro, while a terminally ill medical genius works on a potentially world-changing cure, and a Chicago detective struggles to identify a mysterious accident victim.
- FIC PALMER Palmer, Michael, 1942-. The second opinion. 1st ed. New York : St. Martin's Press, 2009.
- FIC PICOULT Picoult, Jodi, 1966-. My sister's keeper. New York : Atria, c2004.

- FIC RICE Rice, Luanne. The geometry of sisters. New York, NY : Bantam Books, 2009.
Set amid the opulent mansions on the Rhode Island coast, Newport Academy is a private high school like no other. In the wake of the unthinkable loss of her husband and eldest daughter, Maggie Shaw has come to the school to teach English and to start a new life with the remnants of her shattered family, her two teenage children. But ghosts from her past await Maggie in Newport, especially the unresolved equations of her breach with her sister years ago.
- FIC SPARKS Sparks, Nicholas. The choice. New York : Grand Central Pub., 2007.
Travis Parker has everything a man could want: a good job, loyal friends, even a waterfront home in small-town North Carolina. In full pursuit of the good life--boating, swimming, and regular barbecues with his good-natured buddies--he holds the vague conviction that a serious relationship with a woman would only cramp his style. That is, until Gabby Holland moves in next door. Despite his attempts to be neighborly, the appealing redhead seems to have a chip on her shoulder about him--and the presence of her longtime boyfriend doesn't help. Despite himself, Travis can't stop trying to ingratiate himself with his new neighbor, and his persistent efforts lead them both to the doorstep of a journey that neither could have foreseen.
- FIC SPARKS Sparks, Nicholas. The wedding. New York : Warner Books, c2003.
- HRC 379.2309 GAT Gatto, John Taylor. Weapons of mass instruction : a schoolteacher's journey through the dark world of compulsory schooling. Gabriola Island, BC : New Society Publishers, c2009.
The author accuses compulsory education methods of stifling imaginations and critical thinking skills, and discusses individuals such as Thomas Edison, John D. Rockefeller, Andrew Carnegie, who are considered to have exceptional minds, even though they but did not follow traditional education paths.
- HUMOROUS NON-FICTION Ephron, Nora. I remember nothing and other reflections. 1st ed. New York : Alfred A. Knopf, 2010.
A collection of essays in which Nora Ephron shares her thoughts on various points in her life, including her thoughts on journalism, relationships with men, the unanticipated aspects of gaining a long-awaited inheritance, and other topics.
- J 338.109 CHE Chevat, Richie. The omnivore's dilemma : the secrets behind what you eat. Young readers ed. New York : Dial Books, c2009.
Examines the origins of the different food chains that have sustained humans throughout history, discussing how certain foods and cuisines have become a popular part of people's daily diets.
- NEW 277.3 ROS Rosenberg, Joel C., 1967-. Implosion : can America recover from its economic & spiritual challenges in time? Carol Stream, Ill. : Tyndale House Publishers, c2012.
The author discusses his beliefs on what will happen to the United States when God he removes His hand of protection.