

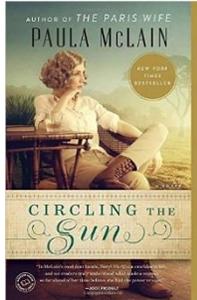


LIFESTYLE



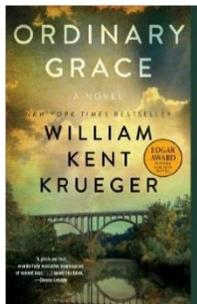
Summer Reading List: 2016

Fiction



***Circling the Sun: A Novel*, Paula McLain (4.5 stars)**

Paula McLain, author of the phenomenal bestseller *The Paris Wife*, now returns with her keenly anticipated new novel, transporting readers to colonial Kenya in the 1920s. *Circling the Sun* brings to life a fearless and captivating woman—Beryl Markham, a record-setting aviator caught up in a passionate love triangle with safari hunter Denys Finch Hatton and Karen Blixen, who as Isak Dinesen wrote the classic memoir *Out of Africa*.



***Ordinary Grace*, William Kent Krueger (4.5 stars)**

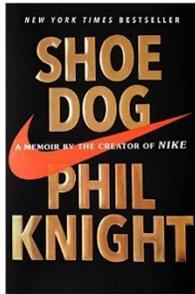
Told from Frank Drum's perspective forty years after one fateful summer, *Ordinary Grace* is a brilliantly moving account of a boy standing at the door of his young manhood, trying to understand a world that seems to be falling apart around him. It is an unforgettable novel about discovering the terrible price of wisdom and the enduring grace of God.



***Before the Fall*, Noah Hawley (4 stars)**

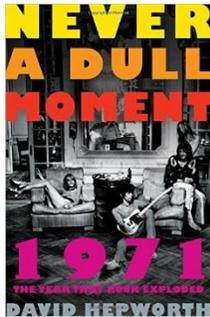
On a foggy summer night, eleven people--ten privileged, one down-on-his-luck painter--depart Martha's Vineyard on a private jet headed for New York. Sixteen minutes later, the unthinkable happens: the plane plunges into the ocean. The only survivors are Scott Burroughs--the painter--and a four-year-old boy, who is now the last remaining member of an immensely wealthy and powerful media mogul's family. Amid suspense, the fragile relationship between Scott and the young boy glows at the heart of this stunning novel, raising questions of fate, human nature, and the inextricable ties that bind us together.

Biography



***Shoe Dog*, Phil Knight (5 stars)**

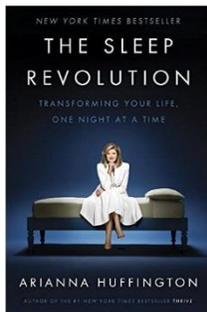
In this candid and riveting memoir, for the first time ever, Nike founder and board chairman Phil Knight shares the inside story of the company's early days as an intrepid start-up and its evolution into one of the world's most iconic, game-changing, and profitable brands.



***Never a Dull Moment: 1971 The Year That Rock Exploded*, David Hepworth (4 stars)**

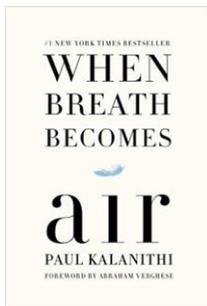
David Hepworth, an ardent music fan and well regarded critic, was twenty-one in '71, the same age as many of the legendary artists who arrived on the scene. Taking us on a tour of the major moments, the events and songs of this remarkable year, he shows how musicians came together to form the perfect storm of rock and roll greatness, starting a musical era that would last longer than anyone predicted. Those who joined bands to escape things that lasted found themselves in a new age, its colossal start being part of the genre's staying power.

Mindfulness



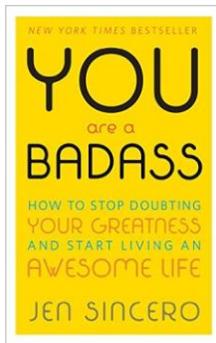
***The Sleep Revolution*, Adrianna Huffington (3.5 stars)**

We are in the midst of a sleep deprivation crisis, writes Arianna Huffington, the co-founder and editor in chief of *The Huffington Post*. And this has profound consequences – on our health, our job performance, our relationships and our happiness. What is needed, she boldly asserts, is nothing short of a sleep revolution. Only by renewing our relationship with sleep can we take back control of our lives.



***When Breath Becomes Air*, Paul Kalanithi (4.5 stars)**

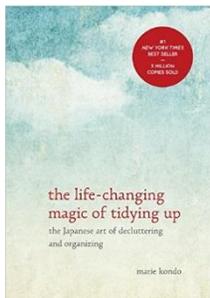
At the age of thirty-six, on the verge of completing a decade's worth of training as a neurosurgeon, Paul Kalanithi was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live. And just like that, the future he and his wife had imagined evaporated. *When Breath Becomes Air* chronicles Kalanithi's transformation from a naïve medical student "possessed," as he wrote, "by the question of what, given that all organisms die, makes a virtuous and meaningful life" into a neurosurgeon at Stanford working in the brain, the most critical place for human identity, and finally into a patient and new father confronting his own mortality.



You are a Badass, Jen Sincero (4.5 stars)

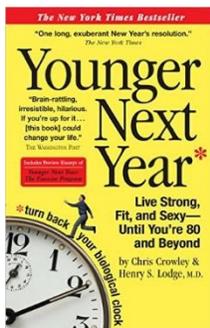
In this refreshingly entertaining how-to guide, bestselling author and world-traveling success coach, Jen Sincero, serves up 27 bite sized chapters full of hilariously inspiring stories, sage advice, easy exercises, and the occasional swear word, helping you to: Identify and change the self-sabotaging beliefs and behaviors that stop you from getting what you want, Create a life you totally love. And create it NOW, Make some damn money already. The kind you've never made before.

Life Style



The Life Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing, Marie Kondo (4.5 stars)

Japanese cleaning consultant Marie Kondo takes tidying to a whole new level, promising that if you properly simplify and organize your home once, you'll never have to do it again. Most methods advocate a room-by-room or little-by-little approach, which doom you to pick away at your piles of stuff forever. The KonMari Method, with its revolutionary category-by-category system, leads to lasting results. In fact, none of Kondo's clients have lapsed (and she still has a three-month waiting list).

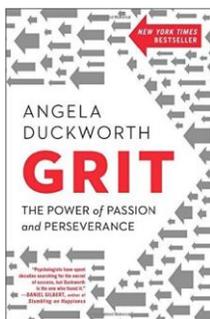


Younger Next Year: Live Strong, Fit and Sexy - Until You're 80 and Beyond, Chris Chrowley (4.5 stars)

Co-written by one of the country's most prominent internists, Dr. Henry "Harry" Lodge, and his star patient, the 73-year-old Chris Crowley. These are the books that show us how to turn back our biological clocks—how to put off 70% of the normal problems of aging (weakness, sore joints, bad balance) and eliminate 50% of serious illness and injury. The key to the program is found in Harry's Rules, there are seven rules all together, based on the latest findings in cell physiology, evolutionary biology, anthropology, and experimental psychology. Dr. Lodge explains how and why they work—and Chris Crowley, who is living proof of their effectiveness (skiing better today, for example, than he did twenty years

ago), gives the just-as-essential motivation.

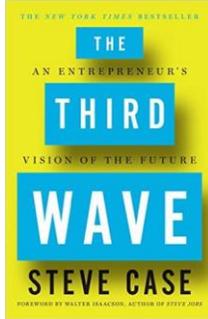
Business



Grit: The Power of Passion and Perseverance, Angela Duckworth (4.5 stars)

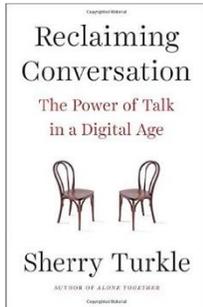
UPenn psychologist uses the 'Hard Thing Rule' to teach her kids to take control of their success. In this instant *New York Times* bestseller, pioneering psychologist Angela Duckworth shows anyone striving to succeed—be it parents, students, educators, athletes, or business people—that the secret to outstanding achievement is not talent but a special blend of passion and persistence she calls "grit." Wittingly personal, insightful, and even life-changing, *Grit* is a book about what goes through your head when you fall down, and how that—not talent or luck—makes all the difference.





The Third Wave: An Entrepreneur's Vision of the Future, Steve Case (4 stars)

One of America's most accomplished entrepreneurs—a pioneer who made the Internet part of everyday life and orchestrated the largest merger in the history of business—shares a roadmap for how anyone can succeed in a world of rapidly changing technology. In *The Third Wave*, which pays homage to the work of the futurist Alvin Toffler, Case takes us behind the scenes of some of the most consequential and riveting business decisions of our time while offering illuminating insights from decades of working as an entrepreneur, an investor, a philanthropist, and an advocate for sensible bipartisan policies.



Reclaiming Conversation: The Power of Talk in a Digital Age, Sherry Turkle (4.5 stars)

Turkle looks at how our current focus on technology is undermining our relationships, creativity and productivity. Author [Douglas Rushkoff](#) says, "Digital media were supposed to turn us from passive viewers to interactive participants, but Turkle reveals how genuine human interaction may be the real casualty of supposedly social technologies. Without conversation, there is no syntax, no literacy, no genuine collaboration, no empathy, no civilization. With courage and compassion, Turkle shows how the true promise of social media would be to reacquaint us with the lost art of making meaning together."