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Book Notes

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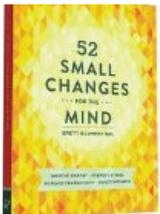
**January/February
2016**

A new year is as good a time as any for fresh starts, which is why making a set of resolutions is such a popular annual ritual. Most goals need a certain amount of determination and perseverance to see them through. Here are some new self-help books that may help you meet your goals, whether it's a fitter physique or a more adventurous life.*

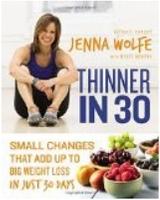


If your resolution is to be more giving - Explore the philanthropic ideas in: **Simple Giving: Easy Ways to Give Everyday** by Jennifer Iacovelli - You don't have to be Mark Zuckerberg or Bill Gates to make a difference.

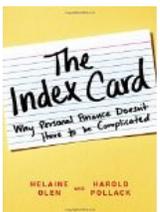
Small donations or simple gestures of support can have an impact and the author offers six "models" of giving. Psychological studies have shown that giving not only helps others but also helps ourselves, making givers both happier and healthier.



If your resolution is to live more mindfully - You'll be intrigued by the suggestions in: **52 Small Changes for the Mind** by Brett Blumenthal - Blumenthal offers one small change you can make each week to improve your mental well-being and also explains how each step will help you feel less stressed and more content.



If your resolution is to lose weight - Check out: **Thinner in 30: Small Changes That Add Up to Big Weight Loss in Just 30 Days** by Jenna Wolfe - Yes, some of the changes are harder than others, but Wolfe's helpful tips and tricks will give you added impetus to succeed.



If your resolution is to manage your money - Use your cash to buy a copy of: **The Index Card: Why Personal Finance Doesn't Have to Be Complicated** by Helaine Olen and Harold Pollack - The tenets of their 10-point system are surprisingly simple but effective and the index card system can help you follow the path

to financial freedom.

*** The library may not own all of these titles at this time. Check back again.**

What were the 10 Bestselling Books of 2015 according to Publishers Weekly?

Here they are:

- Go Set a Watchman** by Harper Lee
- Grey** by E.L. James
- The Girl on the Train** by Paula Hawkins
- All the Light We Cannot See** by Anthony Doerr
- The Martian** by Andy Weir
- Rogue Lawyer** by John Grisham
- To Kill a Mockingbird** by Harper Lee
- See Me** by Nicholas Sparks
- Gray Mountain** by John Grisham
- The Nightingale** by Kristin Hannah

Health news is everywhere. Here are some books that take us deeper into the science behind the headlines so we can make informed decisions about promoting and protecting our health.*

Smart Fat: Eat More Fat. Lose More Weight. Get Healthy Now. by Steven Masley and Johnny Bowden

Too Much of a Good Thing: How Four Key Survival Traits Are Now Killing Us by Lee Goldman

The 30-Day Sobriety Solution: How to Cut Back or Quit Drinking in the Privacy of Your Own Home by Jack Canfield and Dave Andrews

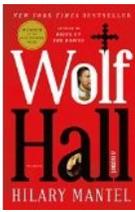
How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease by Michael Greger

The Bad News About What's Good for You—The Good News About What's Bad for You by Jeff Wilser

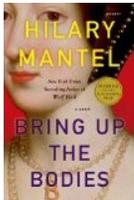
On January 13, the library's new "hosted group" an Adult Coloring Club will meet for the first time. Ages 18 and up are welcome and the group will be meeting the second Wednesday of each month. Check out the library's website for more details.

Fictional Biographies

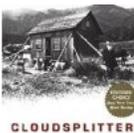
Listed below are a few novels about real people. These fictionalized biographies—of authors, entertainers, scientists, world leaders, and other historical figures—combine the rigorous research of nonfiction with the vibrant imagination of a novel.



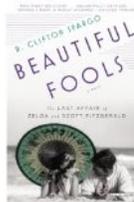
The Thomas Cromwell Trilogy by Hilary Mantel - For centuries historians have painted Henry VIII's chief minister, Thomas Cromwell, in as unflattering light, casting him as a ruthless villain and jealous rival to venerable statesman Thomas More. Mantel however portrays him as sophisticated and shrewd, intelligent and fiercely loyal. *Wolf Hall* has recently been adapted into a BBC miniseries. Volume 2 is *Bringing Up the Bodies* and Volume 3, *The Mirror and the Light*, will be published in 2016.



Cloudsplitter by Russell Banks - From his retreat in California's San Gabriel Mountains, Owen Brown looks back on the life and controversial legacy of his political father, John Brown. Over the course of 750 pages, Banks questions the validity of violent protest and religious fanaticism. Was this radical abolitionist a terrorist or a hero?



Mr. Mac and Me by Esther Freud - Freud's eighth novel presents a whole range of World War I experiences and emotions while examining the life of Scottish architect Charlie Rennie Mackintosh. As the novel opens in 1914, the propaganda poster warns, "See Everything. Hear Everything. Say Nothing." When war approaches and the villagers grow suspicious of Mr. Mac's bohemian behavior and his German connections, Tommy questions his new friendship.



Beautiful Fools: The Last Affair of Zelda and Scott Fitzgerald by R. Clifton Spargo - In 1939, F. Scott Fitzgerald was a washed-up Hollywood hack suffering from alcoholism and tuberculosis. Meanwhile, his wife Zelda was stagnating in a North Carolina asylum. This accomplished, elegiac debut tenderly chronicles the golden couple's final vacation to Cuba. Spargo excels at picking apart the psychological intricacies of a floundering relationship.



The Inner Circle by T.C. Boyle - In 1939, John Milk, a naïve University of Indiana undergraduate, receives a lesson in relationships when he works for controversial sex researchers Dr. Alfred C. Kinsey, who published his findings. As part of the researcher's inner circle, Milk travels the country interviewing Americans about their sexual habits, all the while serving as one of Kinsey's personal experiments. Boyle fictionalizes a mid-century American phenomenon.

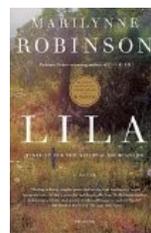
Don't Miss This Exciting Program Sponsored by Friends This February:

"Caught in the SNOWstorm" with Scott Weidensaul

Sunday, February, 21 @ 2:00 p.m.

The winter of 2013-2014 saw the largest invasion of snowy owls into the eastern United States in perhaps a century that marked an unprecedented opportunity to learn more about these mysterious Arctic hunters. Author and researcher Scott Weidensaul will share the story of Project SNOWstorm—how a huge, collaborative research effort focused on snowy owls came together in a few frantic weeks, funded with the help of people from around the world and continues to make discoveries and unexpected insights into the life and ecology of this great white raptor,

The program is free but registration is necessary and can be done either online @ www.hersheylibrary.org or by calling the Circulation Desk @ 533-6555.



Recommended for Book Clubs

Lila by Marilynne Robinson - Written by the author of *Gilead*, this is a deeply romantic love story that grapples with the usual question of how can God allow his children to suffer. It is an explanation of pain and loneliness set against the backdrop of a small town.

First Impressions



The Sound of Gravel: A Memoir by Ruth Wariner - Truth is stranger than fiction in the story of Ruth Wariner. Her debut novel is a very emotional account of herself as a young girl growing up as part of a doomsday cult. The ups and downs of her life, her mother and siblings will bring you to tears of anger.

Don't forget to check out the Spring 2016 Adult Enrichment Classes. A complete list is available at the library or on the library website.



Stop by the library to sign up for the Adult Winter Reading Program, "What's on the Menu?" that runs through Thursday, March 31, 2016. Readers will be asked to select four books from categories "on the menu." Mugs, prizes and game boards are graciously provided by Friends of the Hershey Public Library.