

## Bookworms and Their Diet Mansfield, Ohio Fall 2016

### NONFICTION

**Barnett, Kristine** "The Spark: A Mother's Story of Nurturing, Genius, and Autism" Author, against the advice of developmental specialists, pulled her son, Jacob, out of special ed and followed his "spark"—his passionate interests and focused on what he could do, with great results.

**Kalanithi, Paul** "When Breath Becomes Air" 36 year old neurosurgeon resident (also a writer) describes being diagnosed with stage IV lung cancer and chronicles how to deal with dying.

**McHugh, Erin** "Like My Mother Always Said: Wise Words, Witty Warnings, and Odd Advice We Never Forget" Delightful quips and short anecdotes, all the kinds of nurturing and unique information we glean from our mothers.

**McCullough, David** "Brave Companions: Portraits in History" Profiles of exceptional men and women of great vision whose daring achievements continue to inspire us today.

**O'Connor, Karen** "Help Lord, I'm Having a Senior Moment Again" 90 encouraging short notes to God about growing older, better, wiser with laughter.

**Tunnell, Michael O.** "Candy Bomber: The Story of the Berlin Airlift's 'Chocolate Pilot'" A kind US Air Force Lieutenant Gail S. Halvorsen eased the suffering of German children during the Russian blockade of West Berlin, 1948, by dropping chocolate and gum by parachute. This grew into an epic of goodwill spanning the globe and touching the hearts of millions in both Germany and America.

**Walls, Jeanette** - "The Glass Castle" - Author's upbringing by nomadic, eccentric parents.

"Half Broke Horses" - Details the life of Jeanette Wall's grandmother, Lily Casey Smith.

### HEALTH

**Bernstein, MD, Richard K.** "Dr. Bernstein's Diabetes Solution: The Complete Guide to Achieving Normal Blood Sugars" Unique step by step resource that covers both adult-and childhood-onset diabetes.

**Greger, MD, Michael, and Stone, Gene** "How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease" Groundbreaking scientific evidence behind the diet that can prevent and reverse many of the 15 leading causes of premature, disease-related deaths. Well referenced, 3000 peer reviews and scientific and medical studies.

**Whole Food Plant Based Lifestyle** A diet based on fruits, vegetables, tubers, whole grains, and legumes; and it excludes or minimizes meat (including chicken and fish), dairy products, and eggs, as well as highly refined foods like bleached flour, refined sugar, and oil.

**Esselstyn MD, Caldwell B.** "Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure" Results of his twenty-year nutritional study illustrates that a plant-based, oil-free diet can not only prevent the progression of heart disease but can also reverse its effects.

**Esselstyn, Ann Crile and Esselstyn, Jane** "The Prevent and Reverse Heart Disease Cookbook: Over 125 Delicious, Life-Changing, Plant-Based Recipes"

**Stone, Gene and Campbell, T. Colin** "Forks Over Knives: The Plant-Based Way to Health"

**Campbell, T. Collin and Esselstyn MD, Caldwell B.** "Forks Over Knives" DVD Doctors teach these patients how to adopt a whole foods plant-based diet as the primary approach to treat their ailments - while the challenges and triumphs of their journeys are revealed.

### FICTION

**Backman, Fredrik** "A Man Called Ove" Ove hides his story of sadness behind a cranky exterior. Unexpected friendship develops with his chatty new neighbors. A feel good story. "My Grandmother Asked Me to Tell You She's Sorry" Seven year old Elsa's grandmother dies and leaves behind a series of letters apologizing to people she has wronged. Elsa's greatest adventure begins as she delivers the letters.

**Baldacci, David** "The Christmas Train" Heartwarming tale of humor, romance and unexpected events as journalist Tom Langdon rides the rails over the Christmas holidays.

**Binchy, Maeve** "A Few of the Girls: Stories" A glorious collection of the very best of her short story writing, stories that were written over the decades.

**Brown, Sandra** "Rainwater" Widow Ella Barron, during the Great Depression, works hard to keep her boarding house going as she cares for her special needs child. New boarder, David Rainwater, comes into her life— and changes it forever.

**Dostoyevsky, Fyodor**- "Crime and Punishment" The author gives readers a psychological analysis that goes beyond the crime. The murderer feels extraordinary men are above the law. Life in Russia in mid-1950s.

**Hauck, Rachel** "The Wedding Shop" Story intertwines two women's lives (1930s and present) and tells the story of the beloved wedding shop. (Book 2 in Heart's Bend Series) (Book 1 is "The Wedding Chapel.")

**Karon, Jan** "Somewhere Safe with Somebody Good" After five hectic years of retirement from Lord's Chapel, Father Tim Kavanagh returns with his wife, Cynthia to Mitford. While he's glad to be at home, something is definitely missing from his life (Book 10 in the Mitford series)

**Stegner, Wallace** "Crossing to Safety" Two bright young couples meet during the Depression years and become devoted friends despite vast differences in upbringing and social status. After 34 years they meet for a final showdown to answer how has this friendship defined them and what is its legacy.

**Wiggs, Susan** "The Goodbye Quilt" Mother-daughter road trip across the country to enroll Molly in college. Linda, a quilter, is making a memory quilt for Molly, using snippets of her life over the past 18 years. They each learned a lot about each other on the way.

## **HISTORICAL FICTION**

**Brooks, Geraldine** "The Secret Chord" A fictionalized story of the Old Testament hero and king, David. Provides new context for some of the best-known episodes of David's life.

**Doerr, Anthony** "All the Light We Cannot See" A blind French girl and a German boy whose paths collide in occupied France as both try to survive the devastation of World War II.

**Ford, Jamie** "Hotel on the Corner of Bitter and Sweet" Alternates between 1986 and 1940s as Chinese gentleman in Seattle reminisces about the Japanese girl he once loved and her family who were held in an internment camp during WWII.

**Kline, Christina Baker** "Orphan Train" Gripping story of friendship and second chances as Molly, teenage foster child helps Vivian, age 90, who was an orphan train child, sort through her possessions and memories. They learn they aren't as different as they seem to be.

**Nerburn, Kent** "Neither Wolf nor Dog: On Forgotten Roads with an Indian Elder"; "Chief Joseph & the Flight of the Nez Perce: The Untold Story of an American Tragedy"; "The Wolf at Twilight: An Indian Elder's Journey through a Land of Ghosts and Shadows" Narrating the toils and truths of Lakota native Americans as told to the author by Dan, a 78-year-old tribal elder. 12 books in the series.

**Steel, Danielle** "Silent Honor" Story of Hiroko and her Japanese-American family, as they fight to stay alive in the Japanese internment camp in WWII. "Best book she has ever written."

**Trigiani, Adriana** "All the Stars in the Heavens" Story of film star Loretta Young, her family, her secretary, Alda, and the two great loves of Loretta's life, Spencer Tracy and Clark Gable.

**Whitehead, Colson** "The Underground Railroad" Story of Cora's ferocious will and experiences to escape as a plantation slave to freedom in pre-Civil War era. Well researched story by author.

**Wiseman, Ellen Marie** "Coal River" 19 year old Emma, loses her parents and must live with her less than kind aunt and uncle in the Pennsylvania mining town of Coal River. She becomes involved in the cause of improving deplorable conditions for miners, their families and particularly for children working there.

## **MYSTERY**

**George, Elizabeth** "Believing the Lie" Inspector Thomas Lynley of Scotland Yard is mystified when he's sent undercover to investigate a death ruled an accident but must determine if it was really murder. Series-read in order

**Hollis, Lee** "Death of a Kitchen Diva (A Hayley Powell Food and Cocktails Mystery)" (Series Book 1) Single mom in Bar Harbor, Maine, Hayley Powell, is the Island Times newspaper food column editor and is accused of murder.

**Jance, J. A.** Series with J.P. Beaumont in Seattle, WA; series with Joanna Bradley, Sheriff in Bisbee, Arizona.

**Leon, Donna** Commissario Guido Brunetti, Inspector in Venice, Italy. Series

**Penny, Louise** Inspector Armand Gamache in Quebec. Series-read in order

**Robb, J.D.** "in Death" series about New York City Police and Security Dept. in mid-21<sup>st</sup> century; Robb is pseudonym of romance author Nora Roberts.