



BOOK TALKS!

APRIL 2018

NON-FICTION

Use Your Brain to Change Your Age by Daniel Amen (A companion to a PBS special that outlines an anti-aging program for retaining youthful mental clarity, improving energy, and strengthening the immune system.)

The Power of Habit by Charles Duhigg (award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential.)

American Radical by Tamer Elnoury (It's no secret that federal agencies are waging a broad, global war against terror. But for the first time in this memoir, an active, Muslim American federal agent reveals his experience infiltrating and bringing down a terror cell in North America.)

Hacking of the American Mind by Robert Lustig (The New York Times -bestselling author of *Fat Chance* reveals the corporate scheme to sell pleasure, driving the international epidemic of addiction, depression, and chronic disease. While researching the toxic and addictive properties of sugar for his New York Times bestseller *Fat Chance*, Robert Lustig made an alarming discovery--our pursuit of happiness is being subverted by a culture of addiction and depression from which we may never recover.)

To Begin Again : the journey toward comfort, strength, and faith in difficult times by Naomi Levy (A female rabbi describes the dramatic impact of her father's murder on her and explains how individuals whose lives have been touched by tragedy can redefine their faith and rediscover the meaning and joy of daily life.)

The Pine Barrens by John McPhee (Although New Jersey has the heaviest population density of any state, huge segments of the Pine Barrens remain uninhabited. The few people who dwell in the region, the "Pineys," are little known and often misunderstood. Here McPhee uses his uncanny skills as a journalist to explore the history of the region and describe the people--and their distinctive folklore--who call it home.)

The Fix by Jonathan Tepperman (we are living in an age of unprecedented, irreversible decline--or so we're constantly being told. Jonathan Tepperman's *The Fix* presents a very different picture. It identifies ten pervasive and seemingly impossible challenges--including immigration reform, economic stagnation, political gridlock, corruption, and Islamist extremism--and shows that, contrary to the general consensus, each has a solution, and not merely a hypothetical one.)

The Conde Nast Traveler Book of Unforgettable Journeys (From the #1 travel magazine in the country, a collection of travel tales from some of today's finest writers.)

Join us at our remaining 2018 meetings:

Jul. 19 at 6 pm
Oct. 18 at 7 pm

Can't meet in person?
Get recommendations via email:

First Name: _____

Last Name: _____

Email: _____