

January 8, 2020

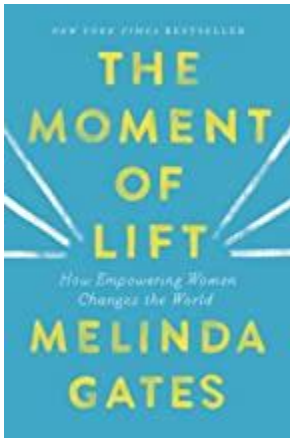
***Ageless Soul: The Lifelong Journey Toward Meaning and Joy* by Thomas Moore**

Using examples from his practice as a psychotherapist and teacher who lectures widely on the soul of medicine and spirituality, Moore argues for a new vision of aging: as a dramatic series of initiations, rather than a diminishing experience, one that each of us has the tools—experience, maturity, fulfillment—to live out. Subjects include:

- *Why melancholy is a natural part of aging, and how to accept it, rather than confuse it with depression
- *The vital role of the elder and mentor in the lives of younger people
- *The many paths of spiritual growth and learning that open later in life

*Sex and sensuality

*Building new communities and leaving a legacy

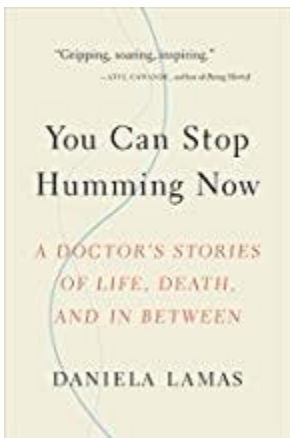


February 5, 2020

***The Moment of Lift* by Melinda Gates**

In this moving and compelling book, Melinda shares lessons she's learned from the inspiring people she's met during her work and travels around the world. As she writes in the introduction, "That is why I had to write this book—to share the stories of people who have given focus and urgency to my life. I want all of us to see ways we can lift women up where we live."

Melinda's unforgettable narrative is backed by startling data as she presents the issues that most need our attention—from child marriage to lack of access to contraceptives to gender inequity in the workplace. And, for the first time, she writes about her personal life and the road to equality in her own marriage. Throughout, she shows how there has never been more opportunity to change the world—and ourselves.

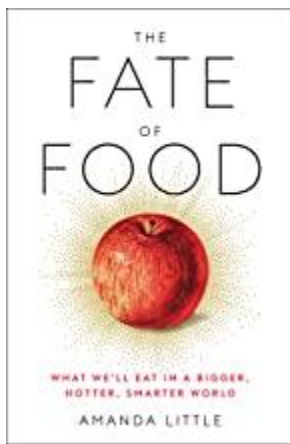


March 4, 2020

***You Can Stop Humming Now* by Daniela Lamas**

In this ruminative account of treating patients, Lamas, a pulmonary and critical care doctor at the Brigham & Women's Hospital and Harvard Medical School, analyzes how the critically ill manage life during and after treatment. She meets people who are neither bitter nor sorrowful about their conditions, but are constantly aware of their precarious states. Among her patients are Van, a grandfather tethered to a battery-operated heart device, which, when fully charged, allows him to camp or fish with his grandson, and Meghan, a young woman who outlives her cystic fibrosis prognosis and attends college, continuing her physical therapy in her dorm room. When Lamas visits Ben, a young man with brain damage, she witnesses a mother reveling in Ben's small

victories, such as when he attempts to make a sandwich. Through these visits and others, Lamas weaves a thoughtful and beautiful narrative: "I wanted to know how they would learn to adapt to new realities and whether they would regret the decisions they had made." The author wonderfully captures the lives of those who've completed treatment and adjusted to a new existence.

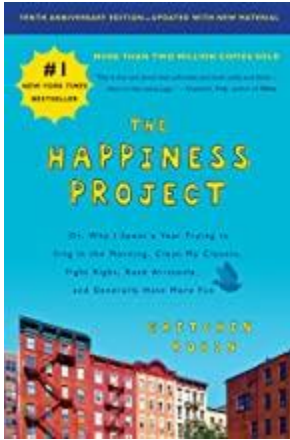


April 1, 2020

***The Fate of Food: What We'll Eat in a Bigger, Hotter, Smarter World* by Amanda Little**

Climate models show that global crop production will decline every decade for the rest of this century due to drought, heat, and flooding. Water supplies are in jeopardy. Meanwhile, the world's population is expected to grow another 30 percent by midcentury. So how, really, will we feed nine billion people sustainably in the coming decades?

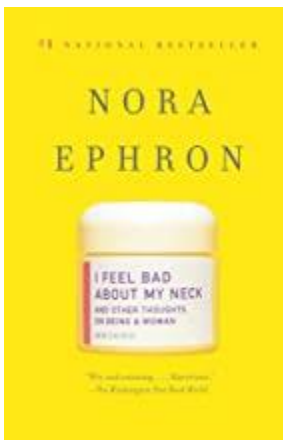
Throughout her journey, Little finds and shares a deeper understanding of the threats of climate change and encounters a sense of awe and optimism about the lessons of our past and the scope of human ingenuity.



May 6, 2020

***The Happiness Project* by Gretchen Rubin**

Gretchen Rubin had an epiphany one rainy afternoon in the unlikelyst of places: a city bus. “The days are long, but the years are short,” she realized. “Time is passing, and I’m not focusing enough on the things that really matter.” In that moment, she decided to dedicate a year to her happiness project. In this lively and compelling account—now updated with new material by the author—Rubin chronicles her adventures during the twelve months she spent test-driving the wisdom of the ages, current scientific research, and lessons from popular culture about how to be happier. Among other things, she found that novelty and challenge are powerful sources of happiness; that money can help buy happiness, when spent wisely; that outer order contributes to inner calm; and that the very smallest of changes can make the biggest difference.

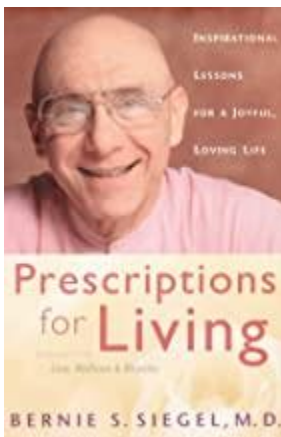


June 3, 2020

***I Feel Bad About My Neck* by Nora Ephron**

With her disarming, intimate, completely accessible voice, and dry sense of humor, Nora Ephron shares with us her ups and downs in *I Feel Bad About My Neck*, a candid, hilarious look at women who are getting older and dealing with the tribulations of maintenance, menopause, empty nests, and life itself.

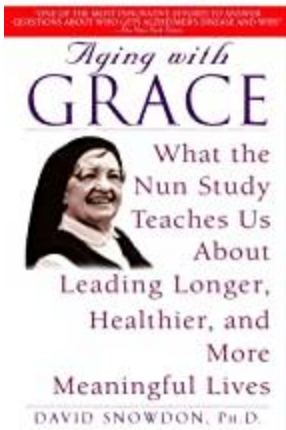
Ephron chronicles her life as an obsessed cook, passionate city dweller, and hapless parent. But mostly she speaks frankly and uproariously about life as a woman of a certain age. Utterly courageous, uproariously funny, and unexpectedly moving in its truth telling, *I Feel Bad About My Neck* is a scrumptious, irresistible treat of a book, full of truths, laugh out loud moments that will appeal to readers of all age



September 2, 2020

***Prescriptions for Living: Inspirational Lessons for a Joyful, Loving Life* by Bernie Siegel**

This book is a continuation of the work I began when I became Bernie. It is a collection of stories about how to deal with life's difficulties. Most of the people in these stories have not had the great wake-up call; that is, they are not facing life-threatening illnesses. So in a sense, this book is preventive medicine. It is a prescription for living that gives you effective and healthy ways of dealing with the adversity that occurs in everyone's life. I want to help you learn to accept your morality before something catastrophic brings you face-to-face with the end of your life.



October 7, 2020

***Aging with Grace* by David Snowdon**

In 1986 Dr. David Snowdon, one of the world's leading experts on Alzheimer's disease, embarked on a revolutionary scientific study that would forever change the way we view aging—and ultimately living. Dubbed the “Nun Study” because it involves a unique population of 678 Catholic sisters, this remarkable long-term research project has made headlines worldwide with its provocative discoveries.

Yet *Aging with Grace* is more than a groundbreaking health and science book. It is the inspiring human story of these remarkable women—ranging in age from 74 to 106—whose dedication to serving others may help all of us live longer and healthier lives.



November 4, 2020

***If You Ask Me (And of Course You Won't)* by Betty White**

It-girl Betty White delivers a hilarious, slyly profound take on love, life, celebrity, and everything in between.

Drawing from a lifetime of lessons learned, seven-time Emmy winner Betty White's wit and wisdom take center stage as she tackles topics like friendship, romantic love, aging, television, fans, love for animals, and the brave new world of celebrity. *If You Ask Me* mixes her thoughtful observations with humorous stories from a seven-decade career in Hollywood. Longtime fans and new fans alike will relish Betty's candid take on everything from her rumored crush on Robert Redford (true) to her beauty regimen ("I have no idea what color my hair is and I never intend to find out") to the Facebook campaign that helped persuade her to host *Saturday Night Live* despite her having declined the

hosting job three times already.