

## ***Diversity, Equity, and Inclusion - Top Adult Nonfiction - Baker & Taylor***

### **The Anatomy of Anxiety : Understanding and Overcoming the Body's Fear Response**

Vora, Ellen, M.D. Harperwave 152.4600  
**9780063075092 0063075091 HRD \$28.99 2022/03/15 General Adult**

Anxiety Treatment. Mind and body. PSYCHOLOGY / Mental Health

*Backed by the latest scientific research and her clinical work, an acclaimed functional medicine psychiatrist offers a fresh, much-needed look at mental health, offering actionable strategies for tuning into anxiety and allowing it to protect and guide us to create a more joyful and fulfilled life. 60,000 first printing.*

### **Bittersweet : How Sorrow and Longing Make Us Whole**

Cain, Susan Crown Pub 155.2000  
**9780451499783 0451499786 HRD \$28.00 2022/04/05 General Adult**

Grief. Desire. PSYCHOLOGY / Emotions

*The author of the best-selling Quiet discusses how a bittersweet state of mind can actually be a kind of silent energy that aids us in overcoming our personal and societal suffering.*

### **You, Happier : The 7 Neuroscience Secrets of Feeling Good Based on Your Brain Type**

Amen, Daniel G., M.D. Tyndale Refresh 152.4200  
**9781496454522 1496454529 HRD \$27.99 2022/03/22 General Adult**

Happiness. Brain Popular works. SELF-HELP / Emotions

*Offering practical, science-based strategies, the New York Times best-selling author reveals the seven neuroscience secrets for becoming more than 30 percent happier in just 30 days.*

### **Raising Critical Thinkers : A Parent's Guide to Growing Wise Kids in the Digital Age**

Bogart, Julie/ Oakley, Barbara (FRW) Tarcherperigree 153.4208  
**9780593192283 0593192281 HRD \$26.00 2022/02/01 General Adult**

Critical thinking in children. Parenting. EDUCATION / Home Schooling

### **Abundance : The Inner Path to Wealth**

Chopra, Deepak, M.D. Harmony Books 204.3600  
**9780593233795 0593233794 HRD \$27.00 2022/03/01 General Adult**

Wealth Religious aspects Hinduism. Yoga. SELF-HELP / Spiritual

*The New York Times best-selling author returns with a guide on how to forge an inner path to abundance, tap into a deeper sense of awareness and become an agent of change in your life. Illustrations.*

### **Don't Worry : 48 Lessons on Relieving Anxiety from a Zen Buddhist Monk**

Masuno, Shunmyo/ Powell, Allison Markin (TRN) Penguin Life 294.3444  
**9780143136705 0143136704 HRD \$22.00 2022/04/05 General Adult**

Spiritual life Zen Buddhism. Worry Religious aspects Buddhism. BODY, MIND & SPIRIT / Mindfulness & Meditation

*The head priest of a 450-year old Zen Buddhist temple in Japan and best-selling author offers 48 simple lessons and 30 ôzengoô sayings that help readers focus on the present and become calmer and more positive versions of themselves.*

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### **Ancestor Trouble : A Reckoning and a Reconciliation 1**

Newton, Maud Random House Inc 929.2097  
**9780812997927 0812997921 HRD \$28.99 2022/03/29 General Adult**

Genealogy. Genetic genealogy United States. BIOGRAPHY & AUTOBIOGRAPHY / Personal Memoirs  
*An acclaimed writer goes searching for the truth about her wildly unconventional Southern family and finds that our obsession with ancestors opens up new ways of seeing ourselves*

### **The Betrayal of Anne Frank : A Cold Case Investigation**

Sullivan, Rosemary HarperCollins 940.5318  
**9780062892355 0062892355 HRD \$29.99 2022/01/18 General Adult**

Holocaust, Jewish (1939-1945) Netherlands Amsterdam. Jews Netherlands Amsterdam History. HISTORY / Modern / 20th Century / Holocaust

*Using a new technology, recently discovered documents and sophisticated investigative techniques, a retired FBI agent and a Cold Case Team painstakingly pieced together the months leading to the infamous arrest of Anne Frank and her family and came to a shocking conclusion. 250,000 first printing.*

### **The Trayvon Generation**

Alexander, Elizabeth Grand Central Pub 305.8960  
**9781538737897 1538737892 HRD \$22.00 2022/04/05 General Adult**

African Americans Social conditions. African American youth Psychology. SOCIAL SCIENCE / Race & Ethnic  
*Originally published in the New Yorker, one of the great literary voices of our time shares her celebrated and moving reflection on the challenges facing young Black America, illuminating our nation's unresolved problem with race. 100,000 first printing.*

### **Unthinkable : Trauma, Truth, and the Trials of American Democracy**

Raskin, Jamie HarperCollins 328.7309  
**9780063209787 0063209780 HRD \$27.99 2022/01/04 General Adult**

Legislators United States Biography. Capitol Riot, Washington, D.C., 2021. BIOGRAPHY & AUTOBIOGRAPHY / Personal Memoirs

*Congressman Jamie Raskin tells the story of the 45 days at the start of 2021 that permanently changed his life and his family as he confronted the painful loss of his son to suicide, lived through the violent insurrection in our nation's Capitol and led the impeachment effort to hold President Trump accountable for inciting the political violence.*

### **South to America : A Journey Below the Mason-Dixon to Understand the Soul of a Nation**

Perry, Imani Ecco Pr 917.5040  
**9780062977403 0062977407 HRD \$28.99 2022/01/25 General Adult**

HISTORY / United States / State & Local / South (AL, AR, FL, GA, KY, LA, MS, NC, SC, TN, VA, WV)

*This intricately woven tapestry of stories of immigrant communities, exploitative opportunists, enslaved peoples, unsung heroes and lived experiences shows the meaning of American is inextricably linked to the South and understanding its history and culture is the key to understanding our nation as a whole. 150,000 first printing. Illustrations.*

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### **Funny Farm : My Unexpected Life With 600 Rescue Animals**

Zaleski, Laurie St Martins Pr 636.0832  
**9781250272836 1250272831** HRD \$27.99 2022/02/22 General Adult

Animal rights activists United States Biography. Businesswomen United States Biography. BIOGRAPHY & AUTOBIOGRAPHY / Environmentalists & Naturalists

*An inspiring and moving memoir of the author's turbulent life with 600 rescue animals. Illustrations.*

### **Scoundrel : How a Convicted Murderer Persuaded the Women Who Loved Him, the Conservative Establishment, and the Courts to Set Him Free**

Weinman, Sarah Ecco Pr 364.1523  
**9780062899767 0062899767** HRD \$28.99 2022/02/22 General Adult

Murderers New Jersey Biography. Swindlers and swindling New Jersey Biography. TRUE CRIME / Murder / General

*From those he deceived, including the American people, this book follows Edgar Smith, a charismatic and manipulative murderer, as he is set free, only to attempt murder again, uncovering a psychopath who slipped his way into public acclaim. 100,000 first printing.*

### **Shadowman : An Elusive Psycho Killer and the Birth of FBI Profiling**

Franscell, Ron Berkley Pub Group 362.8829  
**9780593199275 0593199278** HRD \$27.00 2022/03/01 General Adult

Serial murder investigation Montana Case studies. Serial murderers Montana Case studies. TRUE CRIME / Murder / Serial Killers

*This edge-of-your-seat, real-life thriller tells the true story of the first time in history the FBI created a psychological profile to catch a serial killer a profile that fit the killer to a T when he was finally caught.*

### **Tell Me Everything : The Story of a Private Investigation**

Krouse, Erika Flatiron Books 363.2595  
**9781250240309 1250240301** HRD \$28.99 2022/03/15 General Adult

Sex crimes Investigation. Private investigators. BIOGRAPHY & AUTOBIOGRAPHY / Personal Memoirs

*In this part memoir, part literary true crime, the author becomes consumed by a sexual assault investigation that grows into a national scandal and a historic civil rights case, and, when everything around her implodes, she must figure out how to win the case without losing herself. 50,000 first printing.*

### **Finding Me : A Memoir**

Davis, Viola Harperone 792.0280  
**9780063037328 0063037327** HRD \$28.99 2022/04/26 General Adult

African American actresses Biography. BIOGRAPHY & AUTOBIOGRAPHY / Personal Memoirs

*The critically acclaimed film, television and theater actress presents an inspiring and deeply honest story of her life, from her coming-of-age in Rhode Island to her current hard-won success. 250,000 first printing.*

### **Burning Questions : Essays and Occasional Pieces; 2004 to 2021**

Atwood, Margaret Doubleday 814.5400  
**9780385547482 038554748X** HRD \$30.00 2022/03/01 General Adult

LITERARY COLLECTIONS / Essays

*This collection of essays from the legendary author of The Handmaid's Tale reflects on questions that have emerged in the last two decades amid the financial crash, the rise of Trump and the COVID pandemic.*

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### **Gathering Blossoms Under Fire : The Journals of Alice Walker, 1965-2000**

Walker, Alice/ Boyd, Valerie (EDT) Simon & Schuster 813.5400  
**9781476773155 1476773157 HRD \$32.50 2022/04/12 General Adult**

Authors, American 20th century Diaries. African American women authors Diaries. BIOGRAPHY & AUTOBIOGRAPHY / Cultural, Ethnic & Regional / African American & Black

*This collection of journals from the National Book Award and Pulitzer Prize winning author combines her person life with political events and traces her development as an artist activist and intellectual. 125,000 first printing.*

### **Time Is a Mother**

Vuong, Ocean Penguin Pr 811.6000  
**9780593300237 0593300238 HRD \$24.00 2022/04/05 General Adult**

POETRY / American / Asian American & Pacific Islander

*The highly anticipated collection of poems from an award-winning writer.*

### **Origin : A Genetic History of the Americas**

Raff, Jennifer Twelve 576.5800  
**9781538749715 1538749718 HRD \$30.00 2022/02/08 General Adult**

Population genetics. Indians. SCIENCE / History

*In this study of both past and present, a celebrated anthropologist tells the story of who the first peoples in America were based on their complete genomes, providing a glimpse into how the tools of genetics reveal details about human history and evolution. 40,000 first printing.*

### **The Emergency : A Year of Healing and Heartbreak in a Chicago ER 1**

Fisher, Thomas/ Coates, Ta-Nehisi (FRW) One World 362.1089  
**9780593230671 0593230671 HRD \$27.00 2022/03/22 General Adult**

African Americans Medical care. African Americans Health and hygiene. MEDICAL / Emergency Medicine

*From a renowned emergency room doctor and healthcare policy expert comes the riveting story of a year in the life of an emergency room on the South Side of Chicago during a pandemic and a powerful argument that American healthcare is designed to sacrifice the lives of the most vulnerable.*

### **In Love : A Memoir of Love and Loss**

Bloom, Amy Random House Inc 616.8311  
**9780593243947 0593243943 HRD \$27.00 2022/03/08 General Adult**

Alzheimer's disease Patients Biography. Alzheimer's disease Patients Family relationships. BIOGRAPHY & AUTOBIOGRAPHY / Personal Memoirs

*The New York Times best-selling author tells the story of her husband's battle with early onset Alzheimer's, their determination to support one another and his eventual decision to end his own life with dignity.*

### **The Beauty of Dusk : On Vision Lost and Found**

Bruni, Frank Avid Reader Pr 617.7092  
**9781982108571 1982108576 HRD \$28.00 2022/03/01 General Adult**

People with visual disabilities United States Biography. Blind United States Biography. BIOGRAPHY & AUTOBIOGRAPHY / Personal Memoirs

*A New York Times columnist, after a rare stroke renders him blind in his right eye, learns he could lose his sight altogether and recounts his adjustment to this daunting reality a medical and spiritual journey on which he reappraised his own priorities. 125,000 first printing.*

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**How to Keep House While Drowning : A Gentle Approach to Cleaning and Organizing**

Davis, KC S&S/Simon Element 648.0000

**9781668002841 1668002841** HRD \$22.00 2022/04/26 General Adult

Housekeeping Psychological aspects. House cleaning. HOUSE & HOME / Cleaning, Caretaking & Organizing  
*A professional therapist offers support and tips for those struggling to maintain a clean house while struggling with issues such anxiety, fatigue, depression, ADHD or a lack of support. 150,000 first printing.*

**The Wok : Recipes and Techniques**

Lopez-Alt, J. Kenji W W Norton & Co Inc 641.5951

**9780393541212 0393541215** HRD \$50.00 2022/03/08 General Adult

Cooking, Chinese. Cooking Technique. COOKING / Methods / Wok  
*Presenting over 200 recipes, along with more than 1,000 color photos, the author of The Food Lab focuses on the wok, the most versatile pan in the kitchen, showing home cooks how to master the mechanics of a stir-fry and providing endless inspiration for brightening up dinner.*