Under One Roof: Lessons I learned from a Tough Old Woman in a Little Old House
Martin, Brad 2014 259 p. 305.26 MARTIN

When a developer starts work on a new shopping mall project, the last thing he wants is a problem. But Barry Martin, the job superintendent, discovers he has a large problem right in the middle of the development. Edith Macefield will not sell her house and will not move, not even for a million dollars.

Instead of working to force Edith out, Barry does something quite remarkable – he accepts that Edith will not move and tries to make the building process as easy as possible for Edith. An unlikely friendship between the building superintendent and the grouchy, demanding old lady develops, enriching not only the two of them, but Barry's family as well. A touching story of compassion, respect and understanding that provides insight for anyone dealing with aging family and friends. — Sandi

Stranger Here

Larsen, Jen 2013 267 p.

613.25 LARSEN

Jen Larsen always thought that if she could only lose weight she would be unstoppable, so when diet after diet failed she decided to try bariatric surgery. This book is divided into two parts. Part one involves the time before surgery when we meet her friends and family and learn she is over 300 pounds. She presently works in a library and is in graduate school. She believes if she could lose weight maybe her boyfriend would love her more and she would get that great job. After she earns her MFA she signs up for the surgery. She tells her boyfriend but no one else for three months. She felt her friends and family would be angry, horrified, or try to talk her out of it. There are of course a slew of forms to fill out and insurance approval to get and many doctors to see and arrangements to be made.

The second part of the book deals with after the surgery. There are endless vitamins and protein shakes and of course learning to eat "right" and exercising. In the end she lost a total of 180 pounds. What she learned is weight loss surgery requires a lot of paperwork but being skinny is far, far easier in this world than being fat, and being skinny doesn't solve all your problems. There are recommended books and websites at the end of the book for anyone considering weight loss surgery. — Kathy

A Short Guide to a Long Life

Agus, David B., MD 2014 186 p.

612.68 AGUS

Dr. David Agus has distilled advice from *The End of Illness* into Michael Pollan style rules anyone can understand and follow. He aims to deflate overstated health benefits – for example, neither juicers nor vitamins are as good as they sound – and to help readers take charge of their own health. His three ground rules are: "Health information is a moving target," "The rules in this book are not meant to be blanket recommendations," and 'You are in charge of you." The book is divided into three sections: "What to Do," and "What to Avoid," as well as "Doctor's Orders," which summarizes Agus's advice for each decade of adulthood and provides bullet-point lists to "help you remember key facts, rules, and ideas." This is a well-organized, pragmatic guide packed with information, resources, and tips for successfully managing health and well-being. — Deb

Wintersweet: Seasonal Desserts to Warm the Home

Inman, Tammy Donroe 2013 240p.

641.564 INMAN

This charming collection of winter-inspired confections features dozens of time-honored favorites, including recipes for homemade applesauce, gingerbread cake and chocolate mousse pie, alongside more creative concoctions like cinnamon date ice cream and pomegranate jelly. Inman's beautiful book celebrates simplicity: most of the featured recipes are easily "do-able" for those of us with limited resources and even more limited time. All of Inman's recipes utilize wholesome, natural and easy-to-find ingredients, including apples, pears, cheese, chocolate, nuts and dried fruits, among others. Finally, each chapter is adorned with stunning full-color photographs that will leave every sweet-lover's mouth watering. *Wintersweet* is a book that lovingly celebrates the best that winter has to offer, with recipes that are sure to please even the pickiest of palates. A great resource for novice and expert bakers alike. –Juliana

Hyperbole and a Half: Unfortunate Situations, Flawed Coping Mechanisms, Mayhem, and Other Things That Happened

Brosh, Allie 2013 384 p.

ON ORDER

It's difficult to properly describe *Hyperbole and a Half*. Partially reworked from Allie Brosh's wildly popular blog of the same name, partially all-new material, this book has the strange power to make you giggle inappropriately no matter how many times you've read it. Allie gives us hilarious anecdotes from her life and life in general, illustrated with purposefully simple drawings. Top stories like "The Simple Dog" and "Dinosaur (The Goose Story)" will leave you in stitches. In what turns out to be the most affecting part of the book, Allie also relates her struggle with depression in a startlingly accessible way, still in top comedic form as she delivers insight on the disease. A must-read for anyone who's suffered from depression, knows someone with depression, or anyone that's ever wondered if their dog is mentally challenged. You'll laugh, you might cry, but you will definitely enjoy yourself. — Janel

How to Travel the World for Free: One Man, 150 days, Eleven Countries, No Money!

Wigge, Michael - 2013 – 152 p.

910.4 WIGGE

German author/journalist Michael Wigge has a dream. He wants to go to the end of the world, to Antarctica, and he wants to do it for free! It is 25,000 miles from Berlin to Antarctica, and Michael proposes to work, barter and talk his way there, all without a penny in his pocket. Michael works as a butler, and a human sofa; he pushes people up the hills of San Francisco, and charges for pillow fights – one of his favorite ways to make money. He tries to be a porter at Machu Picchu, but can't keep up. He goes dumpster diving and asks at restaurants for food. He asks for free trips, and couch surfs with strangers and friends. He even tents on Waikiki Beach! Some of the poorest people are the most generous, such as the family he stayed with for days in Cartagena. Travel along with Michael on his fascinating, funny and unusual trip, traveling the world for free! — Robbin