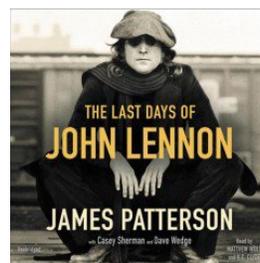
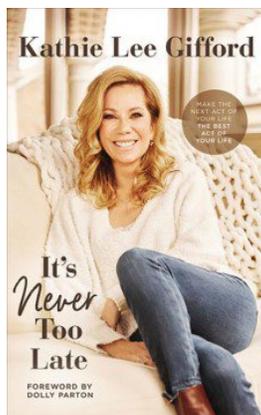
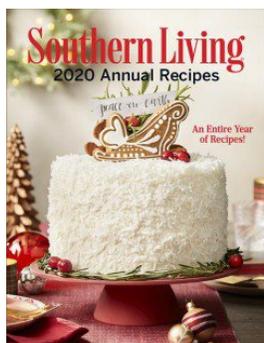
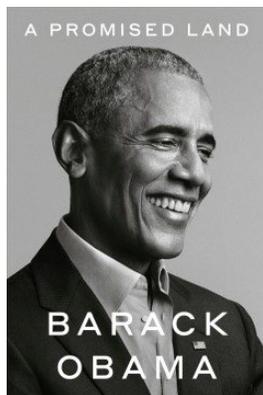


# December 2020 New Nonfiction



**Underlined titles  
also available  
on audio.**

**The Atkins 100 Eating Solution : Easy, Low-Carb Living for Everyday Wellness** by Colette Heimowitz  
An original creator of the ketogenic diet outlines flexible approaches to the Atkins lifestyle while drawing on cutting-edge science to outline accessible sugar-reduction techniques, in a reference that is complemented by low-carb recipes. Original.

**First Principles : What America's Founders Learned from the Greeks and Romans and How That Shaped our Country** by Thomas E. Ricks

The Pulitzer Prize-winning author of *Fiasco* examines how the educations of America's founders, and in particular their scholarly devotion to ancient Greek and Roman classics, informed the beliefs and ideals that shaped the nation's constitution and government.

**It's Never Too Late : Make the Next Act of Your Life the Best Act of Your Life** by Kathie Lee Gifford  
The four-time Emmy Award-winning *Today* host and best-selling author of *The Rock*, *the Road*, and *the Rabbi* draws on personal experience to counsel women on how to navigate life-changing milestones while speaking out and staying true to oneself.

**The Last Days of John Lennon** by James Patterson

Published to commemorate the 40th anniversary of Lennon's assassination and based on insider interviews, a chronicle of the iconic music artist's final days includes coverage of his last album and the life of Mark David Chapman.

**A Promised Land** by Barack Obama

A deeply personal account of history in the making—from the president who inspired us to believe in the power of democracy.

**A Question of Freedom : The Families Who Challenged Slavery from the Nation's Founding to the Civil War** by William G. Thomas

A history of slaves who sought legal redress to obtain emancipation. For historian and Guggenheim fellow Thomas, investigating suits brought by slaves against slaveholders from America's founding through the end of the Civil War had more than academic interest: His own ancestors, he was shocked to discover, included slave owners in Maryland and a lawyer who staunchly defended slave owners' interests

**Southern Living 2020 Annual Recipes : An Entire Year of Recipes** by Southern Living Magazine

The editors at *Southern Living* magazine share beautifully photographed, step-by-step recipes for regionally inspired dishes, from quick and easy meals to family favorites to special-occasion treats.



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