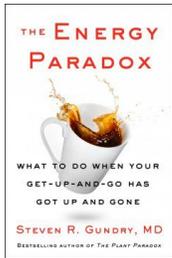


# New Non-Fiction

March 2021



## The Energy Paradox : What to Do When Your Get Up and Go Has Got Up and Gone

by Steven R Gundry

"A new look at one of the top health issues plaguing Americans-fatigue-with a revolutionary plan for boosting energy and revitalizing mental and physical stamina"

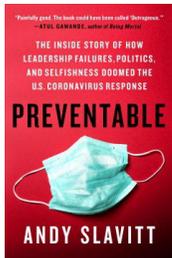


## The Loneliest Polar Bear : A True Story of Survival and Peril on the Edge of a Warming World

by Kale Williams

The heartbreaking and ultimately hopeful story of an abandoned polar bear cub named Nora and the humans working tirelessly to save her and her species, whose uncertain future in the accelerating

climate crisis is closely tied to our own.



## Preventable : The Inside Story of How Leadership Failures, Politics, and Selfishness Doomed the U.s. Coronavirus Response

by Andy Slavitt

From former head of Obamacare Andy Slavitt, *Preventable* is the definitive inside account of the United States' failed response to the Coronavirus pandemic.

Slavitt chronicles what he saw and how much could have been prevented -- an unflinching investigation of the cultural, political, and economic drivers that led to unnecessary loss of life.

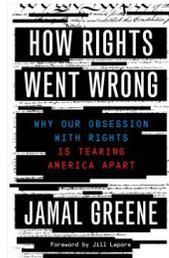


## Elizabeth & Margaret : The Intimate World of the Windsor Sisters

by Andrew Morton

*New York Times* best-selling celebrity/royalty biographer Morton takes on the top-drawer glitter of Queen Elizabeth II and her sister, Margaret, highlighting the tensions between them as dutiful Elizabeth

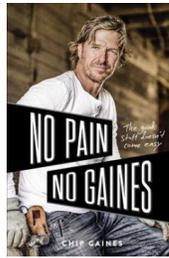
ascended to the throne and rebellious Margaret fought to find her place



## How Rights Went Wrong : Why Our Obsession With Rights is Tearing America Apart

by Jamal Greene

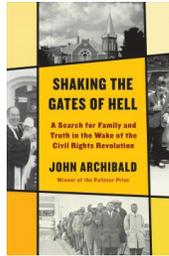
"An eminent constitutional scholar reveals how the explosion of rights is dividing America, and shows how we can build a better system of justice"



## No Pain, No Gains : The Good Stuff Doesn't Come Easy

by Chip Gaines

Chip Gaines offers his hilarious wit and trademark wisdom on the value of network-building, the relationships and connections that are so critical to our success and happiness both in business but also in the greater arena of life.

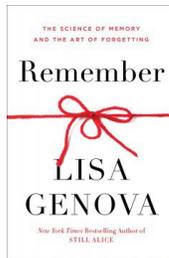


## Shaking the Gates of Hell : A Search for Family and Truth in the Wake of the Civil Rights Revolution

by John Archibald

A Pulitzer Prize-winning journalist and columnist for the *Birmingham News*, Archibald grew up the son and grandson of

Methodist preachers in the Sixties South. He always thought of his father as a source of radiant moral calm during those turbulent times, but he finally realized that he never heard him speak out forcefully on the racial issues of the day-- because he was told to tread softly to protect his family. But as Archibald wonders, Can a good person keep silent?



## Remember : The Science of Memory and the Art of Forgetting

by Lisa Genova

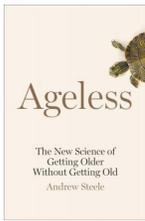
Neuroscientist and novelist Genova (*Still Alice*) delivers a solid primer on the way memory works and fails to work. She proposes that "once we understand memory and become familiar with how it functions... we can both vastly improve our

ability to remember and feel less rattled when we inevitably forget."



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## Ageless : The New Science of Getting Older Without Getting Old

by Andrew Steele

An Oxford-trained physicist and computational biologist takes readers to the frontiers of the science of aging to reveal how current technologies are decoding DNA and other bodily systems to potentially and significantly improve longevity and life quality.



## Eat Better, Feel Better : My Recipes for Wellness and Healing, Inside and Out

by Giada De Laurentiis

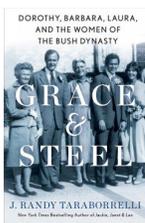
Get an inside look at Giada's approach to healthy, balanced living. In her newest book, Giada walks you through how to select food that can actually make you feel better and curate a personalized wellness routine to support a healthy mind and body. Find out how reconfiguring her diet to control inflammation can turn your life around and how to use complementary wellness tactics like intermittent fasting, meditation, and other self-care routines to optimize your well-being.



## Get What's Yours for Health Care : How to Get the Best Care at the Right Price

by Philip Moeller

An authoritative, unbiased reference by the award-winning "Ask Phil" columnist shares concise information about how to communicate with doctors, hospitals and health-care providers to get access to quality care, minimize medical bills and contest denied insurance claims.



## Grace & Steel : Dorothy, Barbara, Laura, and the Women of the Bush Dynasty

by J. Randy Taraborrelli

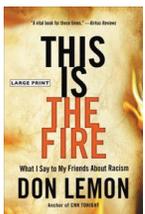
From *New York Times* bestselling celebrity biographer J. Randy Taraborrelli comes *Grace & Steel*, the epic, hidden history of the exceptional women behind the greatest political dynasty of all time-the Bush family.



## The New York Times Cooking No Recipe Recipes : [A Cookbook]

by Sam Sifton

Sifton (*See You on Sunday*), food editor of the *New York Times*, gathers in this remarkable cookbook 100 purposefully inexact methods for creating delicious meals.



## This Is the Fire : What I Say to My Friends About Racism

by Don Lemon

Don Lemon brings his vast audience and experience as a reporter and a Black man to today's most urgent question: How can we end racism in America in our lifetimes?



## The Beauty of Living Twice

by Sharon Stone

She was one of the most renowned actresses in the world--until a massive stroke cost her not only her health, but her career, family, fortune, and global fame. In *The Beauty of Living Twice*, Sharon Stone chronicles her efforts to rebuild her life, and the slow road back to wholeness and health. In an industry that doesn't accept failure, in a world where too many voices are silenced, Stone found the power to return, the courage to speak up, and the will to make a difference in the lives of women and children around the globe.