



2019

Reading Challenge for Adults

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August:

Truth be Told

Nonfiction

This month, try reading a micro-history focusing on one small topic—like the color mauve, or the history of salt; or read a conversational narrative with humor like the books of Bill Bryson or Mary Roach. The possibilities are endless, but take a look at this list as a starting point!

Pick up a reading log at the Circulation or Reference Desk, and commit to reading or listening to one book of nonfiction. When you've finished the book, visit us to get your log stamped and claim your reward for the month—a drawstring backpack!



2019

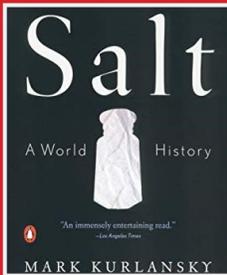
Reading Challenge for Adults

Suggested Reading List*

August: Truth be Told (Nonfiction)

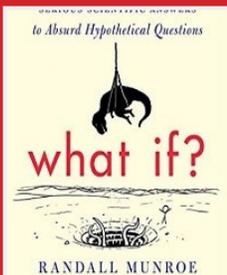
** This list is for ideas only. Chosen book should fit the theme, but no specific titles are required to participate in the reading challenge. Please enjoy!*

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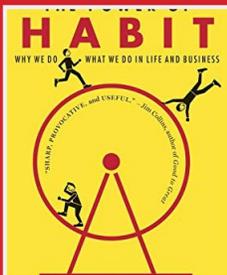
Salt by Mark Kurlansky

Learn about the only rock we eat! Although today we think of it as a common household item almost beneath notice (unless you are trying to avoid it for health reasons!), salt has shaped civilization from the very beginning, and its story is a glittering and surprising part of the history of humankind.



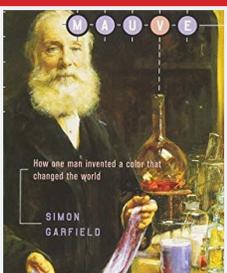
What If? by Randall Munroe

From the creator of the wildly popular webcomic xkcd, hilarious and informative answers to important questions you probably never thought to ask!



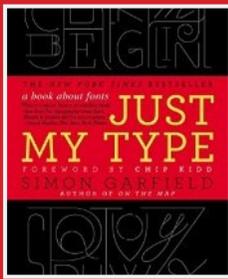
The Power of Habit by Charles Duhigg

The key to changing your habits, whether health related, work related, or just generally trying to improve your life, is understanding how habits work. There is a science to it, and by harnessing this new science, we can transform our businesses, our communities, and our lives.



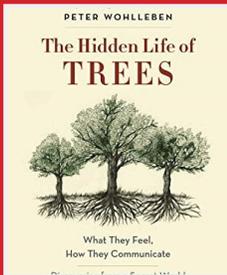
Mauve: How One Man Invented a Color by Simon Garfield

In 1856 eighteen-year-old English chemist William Perkin accidentally discovered a way to mass-produce color while trying to cure malaria! Simon Garfield explains how the experimental mishap that produced an odd shade of purple revolutionized fashion, as well as industrial applications of chemistry research.



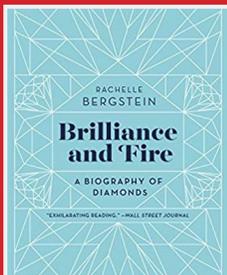
Just My Type: A Book About Fonts by Simon Garfield

Every wonder how Helvetica took over the world, what inspires the seemingly ubiquitous use of Trajan on bad movie posters, and what makes a font look presidential, male or female, American, British, German, etc.? Learn about the history of fonts and why and how they influence you in this fascinating book.



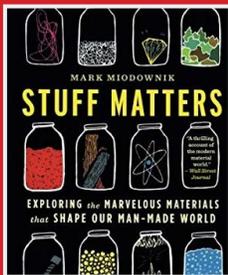
The Hidden Life of Trees by Peter Wohlleben

Is the forest a social network? Drawing on groundbreaking scientific discoveries, the author shows how trees act like the best of human families. You'll never look at a forest the same way again!



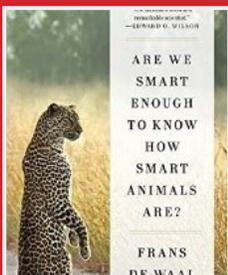
Brilliance and Fire by Rachelle Bergstein

This cultural biography of the diamond illuminates the enticing, often surprising story of our society's enduring obsession with the hardest gemstone—and the people who have worked tirelessly to ensure its continued allure.



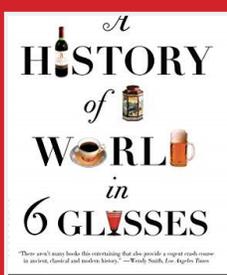
Stuff Matters by Mark Miodownik

A materials scientist explores the stuff he encounters in a typical morning, from the steel in his razor to the foam in his sneakers. Full of enthralling tales of the miracles of engineering that permeate our lives, this book will make you see stuff in a whole new way.



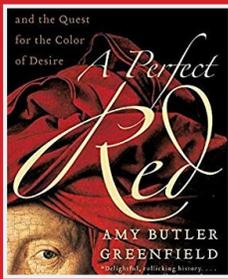
Are We Smart Enough to Know How Smart Animals Are? by Frans de Waal

Explore the oddities and complexities of animal cognition—in crows, dolphins, parrots, sheep, wasps, bats, chimpanzees, and bonobos—and how they reveal how smart animals really are, and how we've underestimated their abilities for too long.



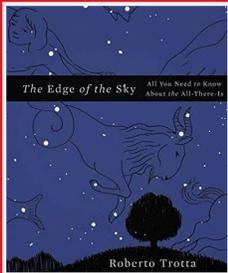
A History of the World in 6 Glasses by Tom Standage

Throughout human history, certain drinks have done much more than just quench thirst. As Tom Standage relates with authority and charm, six of them have had a surprisingly pervasive influence on the course of history, becoming the defining drink during a pivotal historical period.



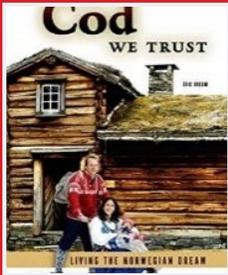
A Perfect Red by Amy Butler Greenfield

In the 16th century the cochineal insect was highly prized for its ability to be made into a dye to create a dark, rich red. First used by the Aztecs, taken over by Spain, and sought after by the rest of Europe, this is the story of three centuries' of intrigue for the most desired color on earth.



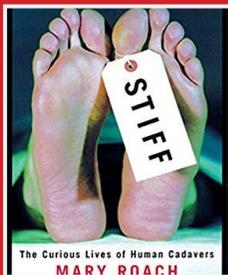
The Edge of the Sky by Roberto Trotta

From the big bang to black holes, from dark matter to dark energy, from the origins of the universe to its ultimate destiny, learn about the most important discoveries in this book, limited to the thousand most common words in the English language, excluding physics, energy, galaxy, or even universe!



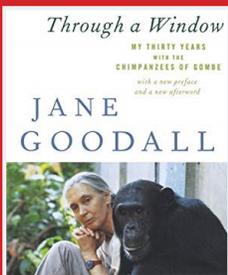
In Cod We Trust by Eric Degni

In this cross-cultural memoir, Dregni tells the hair-raising, hilarious, and sometimes poignant stories of his family's yearlong Norwegian experiment. Among the exploits he details are staying warm in a remote grass-roofed hytte (hut), surviving a dinner of rakfisk (fermented fish) thanks to 80-proof aquavit, and identifying his great-grandfather's house.



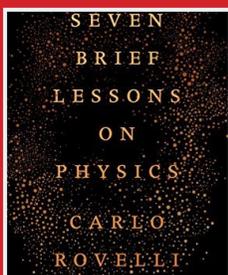
Stiff by Mary Roach

What happens to our bodies after we die? For two thousand years, cadavers—some willingly, some unwittingly—have been involved in science's boldest strides and weirdest undertakings. In this fascinating account, Mary Roach visits the good deeds of cadavers over the centuries and tells the engrossing story of our bodies when we are no longer with them



Through a Window by Jane Goodall

This is a dramatic saga of thirty years in the life of an intimately intertwined community on the shores of Lake Tanganyika, where the principal residents are chimpanzees and one extraordinary woman who is their student, protector, and historian.



Seven Brief Lessons on Physics by Carlo Rovelli

This playful, entertaining, and mind-bending introduction to modern physics briskly explains Einstein's general relativity, quantum mechanics, elementary particles, gravity, black holes, the complex architecture of the universe, and the role humans play in this weird and wonderful world.