

February 2022 Staff Picks

Author: Ilaria Tuti Title: Flowers Over the Inferno

Fast-paced and chilling. In the fictional town of Traveni, a picturesque village set in the Italian Alps, there are dark forces—an evil doctor and a nefarious school conducting dark experiments. Though the town unites against outsiders who want to add a ski resort, one of their own hides in mountain shelters and mining shafts plotting revenge. What sets this thriller apart, though, is the sophisticated way Tuti develops the two leads. Teresa Battaglia is the veteran superintendent who resents newcomer, Marini. While he covets her knowledge and experience, she secretly covets his health and vitality. Plenty of shadows lurk behind this postcard perfect town and nearly as many hide behind the Superintendent Battaglia’s cold demeanor.

Author: Joel Sartore Title: Rare: Portraits of America’s Endangered Species

Amazing photography of creatures whose existence is in jeopardy. Endangered species are briefly talked about in childhood education and unfortunately largely forgotten as adults. This book provides awareness of the actual population numbers and threats to create a desire to take action through the organizations listed in the back of the book.

Title: Everything I Learned in Life I Learned from Tom Hanks

There is only one Tom Hanks, no one else can be him, but we can all strive to be more like him by emulating his most endearing and admirable traits. Learn about his approach to work and life through insights from family, friends, and co-stars.

Title: Everything I Learned in Life I Learned from Betty White

With a television career spanning more than 80 years (the longest on record), Betty White was one of America’s most beloved entertainers. Throughout her life, Betty was a beacon of good humor, straight-talk, kindness, compassion, and grit. This book shares her achievements and gentle wisdom for readers.

Author: Maggie Berghoff Title: Eat Right For Your Inflammation Type

A hot topic right now in wellness. Your daily diet and lifestyle choices can have a huge impact on inflammation-related symptoms. In her groundbreaking book, Maggie offers a detailed analysis on how inflammation is triggered and what you can do about it. This book has a checklist of inflammation symptoms and a few simple recipes. A good overview to the topic with similar steps and suggestions as other themed titles.

Author: Daniel Barbarisi Title: Chasing the Thrill

Chasing the Thrill is a fantastic tale made of all the best ingredients: adventure, obsession, compulsion, extreme characters, high stakes, big wilderness, and at its center: the race to find an elusive hidden treasure. When Forrest Fenn was given a fatal cancer diagnosis, he came up with a bold plan: He would hide a chest full of jewels and gold in the wilderness, and publish a poem that would serve as a map leading to the treasure's secret location. But he didn't die, and after hiding the treasure in 2010, Fenn instead presided over a decade-long gold rush that saw many thousands of treasure hunters scrambling across the Rocky Mountains in pursuit of his fortune.

The author joined his friend in the treasure hunt and documented the search experience for himself and other hunters.

Author: Joe Yonan Title: Cool Beans

This “Bean Bible” teaches you how to take a simple ingredient from basic into delicious and creative meals. For those who want to eat more veggies but don’t realize the versatility of beans.

Title: Vitamins & Supplements from A-Z

This book has packed in a bunch of great basic information for a person who is new to learning about vitamins and supplements. The visuals are good and the book itself is not overwhelming to read. You get the gist of what vitamins and supplements are, how to get them naturally in the foods you eat, and how they affect the body. It’s a good quick reference book for specific vitamins and herbs.

Author: Brene Brown Title: Atlas of the Heart

In Atlas of the Heart, Brown takes us on a journey through 87 of the emotions and experiences that define what it means to be human. The book is thoughtfully organized like a map, with each chapter named after a particular group of emotions as a specific "place" to go. If you're having a tough time understanding or communicating your emotions, this book can help you better identify and express even really complicated feelings. It can also help you connect emotionally with others and build a space to thoughtfully support them, no matter how they're feeling. Whenever you feel lost and untethered in a sea of emotions, the hope is to find ground within yourself and name the feelings you know.

Author: Emma Dabiri Title: Twisted: The Tangled History of Black Hair Culture

Absolutely enjoyed this book and how it talks about the conflict across the world about black culture and how it ties into what our hair should be like, instead of how we (the black community) want it to be.