**Newly Added Non-Fiction**

**March 2024**



**Autobiographies, Biographies and Memoirs**

Allahdua, Gabriel. **Harvesting Freedom: The Life of a Migrant Worker in Canada. *Available***

Bhatia, Nav. **Heart of a Superfan: A Memoir of Grit, Love, Family and Basketball. *Coming soon!***

Blackstock, Uché. **Legacy: A Black Physician Reckons with Racism in Medicine. *Coming soon!***

Douglass, Frederick. **The Narrative of the Life of Frederick Douglass, an American Slave. *Coming soon!***

Hefner, Crystal. **Only Say Good Things: Surviving Playboy and Finding Myself. *Coming soon!***

Helmuth, Diana. **The Witching Year: A Memoir of Earnest Fumbling Through Modern Witchcraft. *Available***

MacLean, Tara. **Song of the sparrow. *Available***

McLaughlin, Sydney. **Far Beyond Gold: Running from Fear to Faith. *Coming soon!***

Solomon Northup. **Twelve Years a Slave By: Solomon Northup.** ***Available***

RuPaul. **The House of Hidden Meanings: A Memoir. *Coming soon!***

Shoalts, Adam. **Where the Falcon Flies: A 3,400 Kilometre Odyssey From my Doorstep to the Arctic. *Available***

Sinclair, Christine. **Playing the Long Game. *Available***

Washington, Booker T. **Up from Slavery: An Autobiography. *Coming soon!***

**Business, Economics and Finance**

Posadzki, Alexandra**. Rogers v. Rogers: The Battle for Control of Canada's Telecom Empire. *Coming soon!***

Robbins, Anthony. **The Holy Grail of Investing: The World's Greatest Investors Reveal Their Ultimate Strategies for Financial Freedom. *Coming soon!***

Vettese, Frederick. **Retirement Income for Life: Getting More Without Saving More (Third Edition). *Coming soon!***

**Food and Drink**

Ashmore, Kat. **Big Bites: Wholesome, Comforting Recipes That Are Big on Flavor, Nourishment, and Fun: a Cookbook. *Coming soon!***

Ben-Ishay, Melissa. **Come Hungry: Salads, Meals, and Sweets for People Who Live to Eat. *Coming soon!***

Downey, Robert, Jr. **Cool Food: Erasing Your Carbon Footprint One Bite at a Time. *Coming soon!***

Muhlstein, Ilana. **Love the Food That Loves You Back. *Coming soon!***

**Health & Wellness**

Gundry, Steven R. **Gut Check: Unleash the Power of Your Microbiome to Reverse Disease and Transform Your Mental, Physical, and Emotional Health. *Coming soon!***

Gunter, Jen. **Blood: The Science, Medicine, and Mythology of Menstruation. *Coming soon!***

Mukherjee, Siddhartha. **The Song of the Cell: An Exploration of Medicine and the New Human.**

***Available***

**History**

Hendley, Nate. **Atrocity on the Atlantic: Attack on a Hospital Ship During the Great War. *Available***

Hylton, Antonia. **Madness: Race and Insanity in a Jim Crow Asylum. *Coming soon!***

**Indigenous**

Ratt, Solomon**. Kâ-pî-isi-kiskisiyân = The Way I Remember. *Coming soon!***

**Literary**

Sharpe, Christina Elizabeth. **Ordinary notes. *Available***

**Mental Health**

Kilcoyne, Karena. **Rise above the Story: Free Yourself from Past Trauma and Create the Life You Want. *Coming soon!***

**Project Management**

Flyvbjerg, Bent. **How Big Things Get Done: The Surprising Factors that Determine the Fate of Every Project, From Home Renovations to Space Exploration and Everything in Between. *Available***

**Psychology**

American Psychological Association. **Concise Guide to APA Style: 7th Edition (OFFICIAL). *Coming soon!***

**Poetry**

Bouchard, Joshua Chris. **Burn Diary: Poems. *Available***

**Pop Culture**

Kennedy, Kate. **One in a Millennial: On Friendship, Feelings, Fangirls, and Fitting In. *Coming soon!***

Woolman, Clyde. **Growing up Canadian: Canada and Its Youth Come of Age 1960-1980. *Coming soon!***

**Self-Help**

Clear, James. **Atomic Habits: Tiny Changes, Remarkable Results: An Easy & Proven Way to Build Good Habits & Break Bad Ones. *Available***

**Sociology**

Craigie, Gregor. **Our Crumbling Foundation: How We Solve Canada's Housing Crisis. *Coming soon!***

Du Bois, W. E. B. **The Souls of Black Folk. *Coming soon!***

Gupta, Arun. **Venture Meets Mission: Aligning People, Purpose, and Profit to Innovate and Transform Society. *Coming soon!***

Ricketts, Rachel. **Do Better: Spiritual Activism for Fighting and Healing from White Supremacy. *Available***

**Spirituality**

Arthur Riley, Cole. **Black Liturgies: Prayers, Poems, and Meditations for Staying Human. *Coming soon!***

Skoog, Ryan. **Lead with Prayer: The Spiritual Habits of World-Changing Leaders**. ***Coming soon!***

**True Crime**

Douglas, Norm. **You Be The Judge. *Coming soon!***

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