

Newly Added Non-Fiction July 2024



Aging

Moglia, Paul. **Aging. Volume 1, AARP-Heart Changes and Disorders.** *Coming Soon!*

Moglia, Paul. **Aging. Volume 2, Hip Replacement-You're only old once!** *Coming Soon!*

Autobiographies, Biographies and Memoirs

Bossiere, Zoë. **Cactus Country: a Boyhood Memoir.** *Coming Soon!*

Elliot-Kugell, Owen. **My Mama, Cass: a Memoir.** *Coming Soon!*

Emezi, Akwaeke. **Dear Senthurán: a Black Spirit memoir.** *Coming Soon!*

French, Nancy. **Ghosted: an American Story.** *Coming Soon!*

Ghostface Killah. **Rise of a Killah: My Life in the Wu-Tang.** *Coming Soon!*

H, Lamy. **Hijab Butch Blues.** *Coming Soon!*

Hauser, CJ. **The Crane Wife: a Memoir in Essays.** *Coming Soon!*

Hester, Diarmuid. **Nothing Ever Just Disappears: Seven Hidden Histories.** *Coming Soon!*

King, Michelle Tien. **Chop, Fry, Watch, Learn: Fu Pei-Mei and the Making of Modern Chinese Food.** *Coming Soon!*

McDougall, Christopher. **Running with Sherman: How a Rescue Donkey Inspired a Rag-Tag Gang of Runners to Enter the Craziest Race in America.** *Coming Soon!*

McLeod, Darrel J. **Mamaskatch: a Cree Coming of Age.** *Coming Soon!*

Saphier, Nicole. **Love, Mom: Inspiring Stories Celebrating Motherhood.** *Coming Soon!*

Tjoa, Shze-Hui. **The Story Game: a Memoir.** *Coming Soon!*

Wynn-Grant, Rae. **Wild Life: Finding my Purpose in an Untamed World.** *Coming Soon!*

Business, Economics and Finance

Miller, Donald. **Coach Builder: How to Turn Your Expertise into a Profitable Coaching Career.** *Coming Soon!*

Moore, Bob. **Ecosystem-Led Growth: a Blueprint for Sales and Marketing Success Using the Power of Partnerships.** *Coming Soon!*

Rhee, James. **Red Helicopter: a Parable for our Times: Lead Change with Kindness (Plus a Little Math).** *Coming Soon!*

Food and Drink

Bacchia, Paola. **At Nonna's Table: One Italian Family's Recipes, Shared with Love.** *Coming Soon!*

Heuck, Lidey. **Cooking in Real Life: Delicious & Doable Recipes for Every Day.** *Coming Soon!*

Muhlstein, Ilana. **Love the Food that Loves you back: 100 Recipes that Serve up Big Portions and Super Nutritious Food.** *Coming Soon!*

Raspaolo, Pasqualina. **Pasqualina's Table: Our Family's Traditional Italian Desserts ...the Gluten-Free Way: Because the Table is Where all the Magic Happens....** *Coming Soon!*

Vitale, Laura. **At my Italian Table: Family Recipes From My Cucina to Yours.** *Coming Soon!*

Health Care

Philpott, Jane. **Health for All: a Doctor's Prescription for a Healthier Canada.** *Coming Soon!*

Health and Wellness

Maté, Gabor. **When the Body Says No: The Cost of Hidden Stress.** *Coming Soon!*

Moglia, Paul. **Addictions, Substance Abuse & Alcoholism. Volume 1.** *Coming Soon!*

Moglia, Paul. **Addictions, Substance Abuse & Alcoholism. Volume 2.** *Coming Soon!*

Mutti-Driscoll, Catherine. **The ADHD Workbook for Teen Girls: Understand Your Neurodivergent Brain, Make the Most of Your Strengths & Build Confidence to Thrive.** *Coming Soon!*

Humor

Tarnowski, Dave. **Disappointing Affirmations.** *Coming Soon!*

Literature

Patterson, James. **The Secret Lives of Bookseller and Librarians: True Stories of the Magic of Reading.** *Coming Soon!*

Mental Health

Pollard, C. Alec. **When a Loved One Won't Seek Mental Health Treatment: How to Promote Recovery and Reclaim Your Family's Well-Being.** *Coming Soon!*

Music

Vogl, Peter. **The Left-Handed Guitar Chord Book: Over 900 Chords, Diagrams & Photos.** *Coming Soon!*

Pop Culture

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

Psychology

Ramsay, J. Russell. **The Adult ADHD and Anxiety Workbook: Cognitive Behavioral Therapy Skills to Manage Stress, Find Focus, and Reclaim Your Life.** *Coming Soon!*

Tatkin, Stan. **Wired for Love: How Understanding Your Partner's Brain and Attachment Style Can Help You Defuse Conflict and Build a Secure Relationship.** *Coming Soon!*

Valliant, Paul M. **Family, Friends, Partners, Enemies: the Psychology of Relationships.** *Coming Soon!*

Religion

Marriott, John. **The Anatomy of Deconversion: Keys to a Lifelong Faith in a Culture Abandoning Christianity.** *Coming Soon!*

Robertson, Phil. **I Could be Wrong, but I Doubt it: Why Jesus is Your Greatest Hope on Earth and in Eternity.** *Coming Soon!*

Self Help

Catella, Stephanie. **The Emotional Intelligence Skills Workbook: Improve Communication and Build Stronger Relationships.** *Coming Soon!*

Giscombé, Cheryl L. Woods. **The Black Woman's Guide to Coping with Stress: Mindfulness & Self-Compassion Skills to Create a Life of Joy & Well-Being.** *Coming Soon!*

Petrik-Gardner, Amanda. **The Compulsive Reassurance Seeking Workbook: CBT Skills to Help You Live with Confidence and Break the Cycle of Obsessive-Compulsive Disorder.** *Coming Soon!*

Ramsay, J. Russell. **The Adult ADHD and Anxiety Workbook: Cognitive Behavioral Therapy Skills to Manage Stress, Find Focus, and Reclaim Your Life.** *Coming Soon!*

Shelton, Trent. **Protect Your Peace: Nine Unapologetic Principles for Thriving in a Chaotic World.** *Coming Soon!*

Sosin, Deborah. **Sober Starting Today Workbook: Powerful Mindfulness & CBT Tools to Help You Break Free From Addiction.** *Coming Soon!*

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