

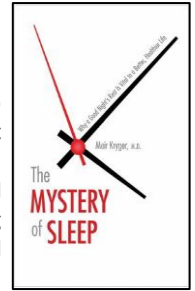
FEATURED TITLES MARCH 2020

The Mystery of Sleep: Why a Good Night's Rest is Vital to a Better, Healthier Life

By: Kryger, Meir H.
RA786 .K79 2017

Review from: *Publishers Weekly* February 20, 2017

Kryger, a Yale Medical School professor and recognized sleep expert, seeks to educate readers about the effects of sleep disorders on daily (and nightly) lives. He stresses that "the one thing scientists are certain of" about sleep is that insufficient amounts interfere with people's ability to think clearly and perform complex tasks. Part one of the book discusses physiological basics and sleep's role at each stage of life, from infancy to old age, with specific chapters on how changing reproductive and growth hormone levels affect sleep. Part two is concerned with identifying sleep disorders, resetting the body clock, and coping with a world of constant distractions. Part three addresses insomnia and its probable causes at length, plus facts, signs, and symptoms of conditions that disrupt sleep...

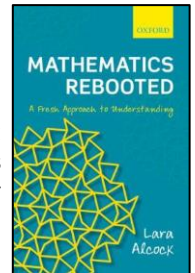


Mathematics Rebooted: A Fresh Approach to Understanding

By: Alcock, Lara
QA36 .A43 2017 eBook

Review from: *Choice*

This is a general interest book for those who studied mathematics in high school but didn't come away with an understanding of the "why" and "what" of the discipline. Alcock (Loughborough Univ., UK) strives to dispel the common lament that "I was never good at math." Rather than offer a remedial course, the goal here is for readers to come away with an appreciation for math as a human endeavor, and to gain confidence in their own ability to use math in practical contexts. While a reader will likely start at the beginning, the five chapters of this short work are independent, and they can be read in any order. Each chapter begins with a statement of the theme and ends with a review of what one might have learned in the chapter...



The Woman Who Smashed Codes: A True Story of Love, Spies, and the Unlikely Heroine Who Outwitted America's Enemies

By: Fagone, Jason
D639.C75 F34 2017

Review from: *Kirkus Reviews* July 20, 2017

The wife of the groundbreaking cryptanalyst William Friedman finally gets her due as equal partner in their pioneering codebreaking work over 30 years. While her husband was long treated by the National Security Agency as the "founder of the science of modern American cryptology," it was the partnership with his wife, Elizebeth, that drove the two to brilliant heights in the field. Journalist Fagone (Ingenious: A True Story of Invention, Automotive Daring, and the Race to Revive America, 2013, etc.) does a bang-up research effort in unearthing the true story of this humble Midwestern codebreaker, who often gave her husband the credit while her own work (and much of his) had to remain in secrecy because of concerns of national security...

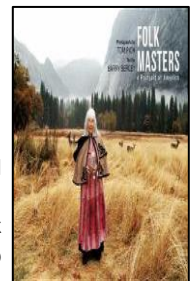


Folk Masters: A Portrait of America

By: Pich, Tom and Barry Bergey
TR681.A7 P53 2017 eBook

Review from: *Library Journal* January 01, 2018

Bergey, former director of folk and traditional arts at the National Endowment for the Arts (NEA), highlights the expansive and compelling photographs of Tom Pich, who has spent the last 25 years capturing recipients of the NEA's National Heritage Fellowship. Of the more than 400 recipients, Pich has photographed 215, and 100 of these photos are included here. The book is as much a celebration of the folk arts and artists across America as it is of Pich. Each artist profile contains not only the photo in question and a brief biography but also an account of Pich's travels and experience with the subject...

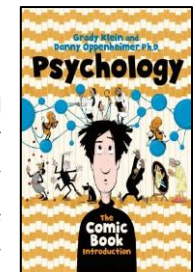


Psychology: The Comic Book Introduction

By: Klein, Grady and Danny Oppenheimer
BF121 .K539 2018

Review from: *Library Journal* November 03, 2017

Behold the marvelous mind, which helps us make sense of the world, ourselves, and others. Yet, interestingly, we can only hold about seven units of information in our working memory at one time, which leads to all sorts of mental shortcuts for understanding complicated perceptions quickly. Thus, while explaining how the mind works, Oppenheimer (marketing & psychology, Univ. of California Los Angeles) also describes how our minds do not work very well sometimes. Stress, mental habits, slapdash reasoning, emotions, language, and circumstances all jostle to throw our memories and judgments out of whack, although there are ways to compensate. Klein (The Lost Colony) illustrates these complexities with charming, funny drawings of psychologists in white coats doing experiments, frantic "brain workers" with lights on their headgear, and a variety of hapless everyday people caught in cognitive challenges...



A Lab of One's Own: Science and Suffrage in the First World War

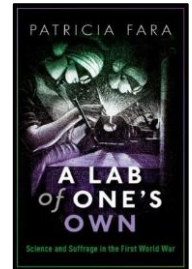
By: Fara, Patricia

Q130 .F365 2018 eBook

Review from: *Kirkus Reviews*

January 04, 2018

A scholarly study of the role of suffragists in the years leading up to World War I, of women scientists during the war, and of the kind of discrimination they still face today. Fara (History and Philosophy of Science/Univ. of Cambridge), who has written previously on both the history of science and the place of women in that history (*Scientists Anonymous: Great Stories of Women in Science*, 2007, etc.), introduces readers briefly to the status of women and then takes a closer look at the suffragist movement that had been hammering away for years at the barriers preventing women from full participation in society. When the war called men away, women became essential replacements in traditionally male jobs in science, technology, and medicine, but they were often seen as temporary, inferior, and cheaper replacements. The author provides profiles of many of the educated, talented, and resourceful individuals who temporarily filled these jobs...



Whistlestop: My Favorite Stories from Presidential Campaign History

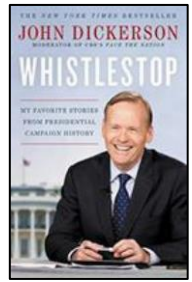
By: Dickerson, John

JK524 .D53 2017

Review from: *Library Journal*

September 01, 2016

Dickerson's timely compilation of stories from 18 presidential campaigns are rousing moments in campaign history yet also present some enduring truths about ambition, image, emotion, power, national direction, party identity, elite power brokers, and disaffected voters. Dickerson (moderator of TV's *Face the Nation*, columnist for online magazine *Slate*) witnessed a few events as a campaign reporter. Some were shared by other journalists and campaign workers-possibly, he claims, embellished in the retelling. Others are historical. The accounts demonstrate the evolution of standards and expectations for presidential campaigns...



Rx for Hope: An Integrative Approach to Cancer Care

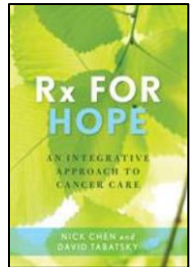
By: Chen, Nick and David Tabatsky

RC271.C5 C448 2018 eBook

Review from: *Library Journal*

June 15, 2018

MD Chen (founder, Seattle Integrative Cancer Ctr.) and Tabatsky (Reimagining Women's Cancers: The Celebrity Diagnosis Guide to Personalized Treatment and Prevention) combine patient stories with an overview of the history and research on integrative and complementary treatments for cancer to help patients learn more about possible alternatives. Chen's clinic treats cancer with drugs given using metronomic low-dose chemotherapy (continuous, regularly spaced administration of chemotherapy medicines) and provides complementary therapies to boost the immune system and help with the side effects of these treatments. While metronomic chemotherapy has been shown to be effective for many cancers, the evidence for the efficacy of complementary medicine is not conclusive, depending on the treatment...



Capitalism in America: A History

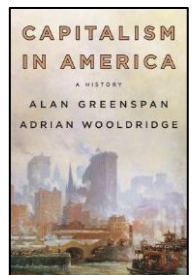
By: Greenspan, Alan and Adrian Wooldridge

HB501 .G6454 2018

Review from: *Library Journal*

April 01, 2019

Two experts on the American economy, Greenspan (former chair, Federal Reserve; *The Map and the Territory: Risk, Human Nature, and the Future of Forecasting*) and Wooldridge (*The Great Disruption: How Business Is Coping with Turbulent Times*) join forces to provide illumination on the state of capitalism in our country today and the forces that have shaped it since our nation's formation. The authors examine the current state of our capitalist system and extend the book with some insights into how the United States might revitalize its flagging dynamism. The book looks at the people who have shaped our economy as well, with a focus on how these players contributed to the driving force of creative destruction, which the authors argue is a key component of productivity growth and innovation...



Mass: The Quest to Understand Matter from Greek Atoms to Quantum Fields

By: Baggott, Jim

QC171.2 .B34 2017 eBook

Review from: *Kirkus Reviews*

June 15, 2017

An imaginative book that seeks the answer to the question, what is matter? The answer is definitely not simple, but veteran British science writer Baggott (*Origins: The Scientific Story of Creation*, 2015, etc.) has done his homework, and science-minded readers will enjoy the result. He begins with the revolutionary philosophers of ancient Greece, who thought deeply and concluded that matter consists of tiny atoms that move about in a void and combine to produce everything we see and experience. For more than two millennia, the concept of the atom remained an object of metaphysical speculation. Then, a few hundred years ago, the first scientists began to tease out more useful facts on the subject...

