

Expand Your Thoughts (Non-Fiction)



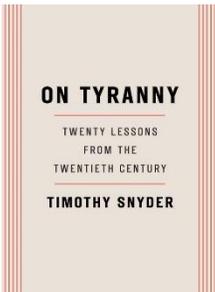
[Untangled : Guiding Teenage Girls Through the Seven Transitions into Adulthood by Lisa Damour, Ph.D.](#)

In this sane, highly engaging, and informed guide for parents of daughters, Dr. Damour draws on decades of experience and the latest research to reveal the seven distinct—and absolutely normal—developmental transitions that turn girls into grown-ups, including Parting with Childhood, Contending with Adult Authority, Entering the Romantic World, and Caring for Herself.

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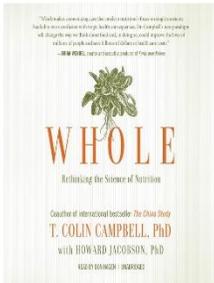
[On Tyranny by Timothy Snyder](#)

The Founding Fathers tried to protect us from the threat they knew, the tyranny that overcame ancient democracy. Today, our political order faces new threats, not unlike the totalitarianism of the twentieth century. We are no wiser than the Europeans who saw democracy yield to fascism, Nazism, or communism. Our one advantage is that we might learn from their experience.

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[Whole by T. Colin Campbell, Ph.D.](#)

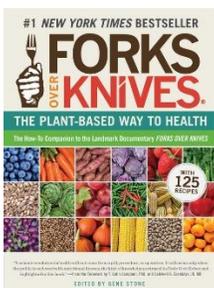
Every apple contains thousands of antioxidants whose names, beyond a few like vitamin C, are unfamiliar to us, and each of these powerful chemicals has the potential to play an important role in supporting our health. They impact thousands upon thousands of metabolic reactions inside the human body. But calculating the specific influence of each of these chemicals isn't nearly sufficient to explain the effect of the apple as a whole. Because almost every chemical can affect every

other chemical, there is an almost infinite number of possible biological consequences—and that's just from an apple.

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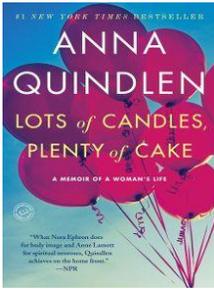
[Forks Over Knives The Plant-Based Way to Health by Gene Stone and T. Colin Campbell](#)

The #1 *New York Times* bestseller answers: What if *one simple change* could save you from heart disease, diabetes, and cancer?

For decades, that question has fascinated a small circle of impassioned doctors and researchers—and now, their life-changing research is making headlines in the hit documentary *Forks Over Knives*. Their answer? *Eat a whole-foods, plant-based diet*—it could save your life.

[eBook](#)

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[Lots of Candles, Plenty of Cake by Anna Quindlen](#)

In this irresistible memoir, Anna Quindlen writes about a woman's life, from childhood memories to manic motherhood to middle age, using the events of her life to illuminate ours. Considering—and celebrating—everything from marriage, girlfriends, our mothers, parenting, faith, loss, to all the stuff in our closets, and more, Quindlen says for us here what we may wish we could have said ourselves.

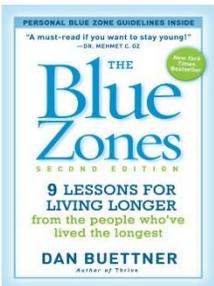
As she did in her beloved *New York Times* columns, and in *A Short Guide to a Happy Life*, Quindlen uses her past, present, and future to explore what matters

most to women at different ages.

[eAudiobook*](#)

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[The Blue Zones by Dan Buettner](#)

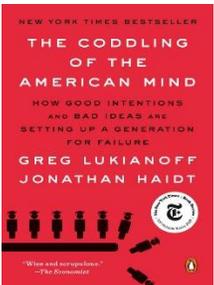
Since publishing his bestselling *The Blue Zones*, longevity expert and National Geographic Explorer Dan Buettner has discovered a new Blue Zone and launched a major public health initiative to transform cities based on principles from this book.

The Blue Zones, Second Edition is completely updated and expands his bestselling classic on longevity, drawing on his research from extraordinarily long-lived communities--Blue Zones--around the globe to highlight the lifestyle, diet, outlook, and stress-coping practices that will add years to your life and life to your years.

[eAudiobook](#) (The Blue Zones Solution)

[eBook](#)

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[The Coddling of the American Mind by Greg Lukianoff and Jonathan Haidt](#)

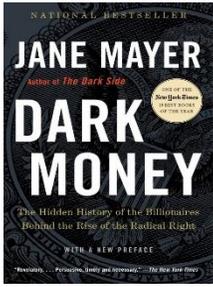
First Amendment expert Greg Lukianoff and social psychologist Jonathan Haidt show how the new problems on campus have their origins in three terrible ideas that have become increasingly woven into American childhood and education: what doesn't kill you makes you weaker; always trust your feelings; and life is a battle between good people and evil people. These three Great Untruths are incompatible

with basic psychological principles, as well as ancient wisdom from many cultures. They interfere with healthy development. Anyone who embraces these untruths—and the resulting culture of safetyism—is less likely to become an autonomous adult able to navigate the bumpy road of life.

[eAudiobook](#)

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[Dark Money by Jane Mayer](#)

Who are the immensely wealthy right-wing ideologues shaping the fate of America today? From the bestselling author of *The Dark Side*, an electrifying work of investigative journalism that uncovers the agenda of this powerful group. In her new preface, Jane Mayer discusses the results of the most recent election and Donald Trump's victory, and how, despite much discussion to the contrary, this was a huge victory for the billionaires who have been pouring money in the American political system.

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***Indicates availability in Rochester Public Library's OverDrive Collection.**

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