

# Get Real Non Fiction Reading Group

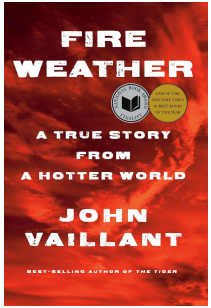
## 2024 Reading List

Location: HCH Library Community Room

Times: 2nd Tuesday of the Month @ 1:00 PM

Contact Cathleen@hchlibrary.org



Discussion	Title	Summary
Tuesday, Feb 13 <sup>th</sup>  @1:00		<b>Outlive: The Science and Art of Longevity by Peter Attia, MD</b>  A groundbreaking manifesto on living better and longer that challenges the conventional medical thinking on aging and reveals a new approach to preventing chronic disease and extending long-term health, from a visionary physician and leading longevity expert. (2023) <i>New York Times</i> Bestseller
Tuesday, March 12 <sup>th</sup>  @1:00		<b>Poverty by America by Matthew Desmond</b>  From the author of the Pulitzer Prize winning book <i>Evicted</i> , <i>Poverty by America</i> examines the persistence of want in the wealthy United States, finding that keeping some citizens poor serves the interests of many. (2023) A BEST BOOK OF THE YEAR: The New Yorker, The New York Times Book Review, NPR, Library Journal
Tuesday, April 9 <sup>th</sup>  @1:00		<b>Fire Weather: A True Story From A Hotter World by John Vaillant</b>  A real-life fable about the causes and consequences of climate change. This book is both a real-life thriller and a moment-by-moment account of what happened in the Fort McMurray wildfire in Canada— and why, as the climate changes and humans don't, it will continue to happen again and again. NYT top ten book of the year • finalist for the National Book Award, BEST BOOK OF THE YEAR-The Washington Post, The New Yorker, TIME, NPR, Slate, and Smithsonian
Tuesday, May 9 <sup>th</sup> , 2024  @ 1:00		<b>The Best Minds by Jonathan Rosen</b>  The story of the authors long friendship with Michael Laudor, who made headlines first as a Yale Law School graduate destigmatizing schizophrenia; then for stabbing his pregnant girlfriend to death with a kitchen knife, after which he was sent to a maximum-security psychiatric hospital. (2023) Named a Top 10 Best Book of the Year by The New York Times, The Wall Street Journal, The Atlantic, Slate, and People, Barack Obama's Favorite Books of 2023
Tuesday, May 14 <sup>th</sup> @ 1:00		<b>One Nation Under Guns: How Gun Culture Distorts Our History And Threatens Our Democracy</b>  More than a hundred lives are lost to firearms every day in America. The cost is more than the numbers—it is the fear, the anxiety, the dread of public spaces that an armed society has created under the tortured rubric of freedom. But the norms of today are not the norms of American history or the values of its founders. They are the product of a gun culture that has imposed its vision on a sleeping nation.