

# Kentucky Extension Homemaker's Association

## Cultural Arts and Heritage



### **Book List**

### **2023-2024**



## **Preface**

The KEHA Cultural Arts and Heritage Program area annually sponsors a reading program. Extension Homemakers may participate by reading one book from six of these nine categories: the arts; biography; family and consumer sciences; fiction; history; Kentucky; religion and spirituality; travel; and classics and old favorites. Keep a record of the books read and submit the record to the club Cultural Arts and Heritage chair. The club chair should forward that information to the county chair or to the extension agent. Qualified readers may receive the Cultural Arts Reading Award Bookmark recognition at the county level. Counties are responsible for printing their own bookmark. The bookmark is available for download on the KEHA Cultural Arts and Heritage web page.

This is only a suggested list. You may choose your own titles. Your local public librarian may have other suggestions. Local libraries usually belong to the Kentucky Library Network, which allows individuals to borrow books from other libraries through interlibrary loan. If you cannot find the book you wish to read at your local library, ask about this service.

**Kelly May (KEHA State Advisor)**

## Arts

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### **The 99 Percent Invisible City: A Field Guide to the Hidden World of Everyday Design** by Roman Mars & Kurt Kohlstedt (2020)

This book is an appreciation of the unnoticed, and often forgotten, works of art and design around us. From the 99% Invisible podcast, Mars and Kohlstedt breakdown architectural designs by explaining their origins, purposes, and how they have changed throughout history. Not only does this book provide great insights, but it is also visually stunning, featuring intricate diagrams among the discussion.

### **An American in Provence: Art, Life and Photography** by Jamie Beck (2022)

Through photography, renowned photographer and co-creator of Cinemagraph, Jami Beck provides a memoir of her time in France and life as an artist. In addition to the accumulation of incredible photographs, Beck includes recipes from her travels and her own tips and techniques for capturing beautiful photos. This book provides inspiration for artists and travelers alike.

### **But Have You Read the Book? 52 Literary Gems That Inspired Our Favorite Films** by Kristen Lopez (2023)

Within these pages, Turner Classic Movies offers an endlessly fascinating look at 52 beloved screen adaptations and the great reads that inspired them. Some films, like *Clueless*—Amy Heckerling’s interpretation of Jane Austen’s *Emma*—diverge wildly from the original source material, while others, like *One Flew Over the Cuckoo’s Nest*, shift the point of view to craft a different experience within the same story. Author Kristen Lopez explores just what makes these works classics of both the page and screen, and why each made for an exceptional adaptation—whether faithful to the book or exemplifying cinematic creative license.

### **The Chalk Art Handbook: How to Create Masterpieces on Driveways and Sidewalks and in Playgrounds** by David Zinn (2021)

Chalk art has become a great way to have fun at home while enjoying some fresh air. This book offers budding artists a review of the tools involved, as well as tips and tricks for creating an array of sidewalk creatures.

### **Cinema Speculation** by Quentin Tarantino (2022)

This book is a blend of history and appreciation from Quentin Tarantino and the 1970’s films that inspired his own filmmaking. Through personal essays, Tarantino gives thoughtful reviews and speculation as he reflects on the films he has produced. Cinema Speculation is an invaluable perspective on the industry of cinema as an art form.

**Downtown Abbey: A New Era: The Official Film Companion** by Emma Marriott & Gareth Neame (2022)

The worldwide phenomenon and multi-award-winning *Downton Abbey* returns to the big screen with a movie sequel starring the Crawley family and their household staff—and the *Downton Abbey: A New Era: The Official Film Companion* is the *Downton* fan’s front-row ticket to all the behind-the-scenes action.

**Furoshiki and the Japanese Art of Gift Wrapping** by Tomoko Kakita (2021)

In Japan, gift-giving is an important cultural ritual, and the presentation is just as important as the gift itself. Learn 30 exquisite yet easy wrapping styles, involving knotted or intricately folded Furoshiki cloth, to wrap bottles, bouquets of flowers and other presents. You can also use Furoshiki to wrap and carry all sorts of everyday items.

**Major Labels: A History of Popular Music in Seven Genres** by Kelefa Sanneh (2021)

In *Major Labels*, Sanneh distills a career’s worth of knowledge about music and musicians into a brilliant and omnivorous reckoning with popular music—as an art form (actually, a bunch of art forms); as a cultural and economic force; and as a tool that we use to build our identities.

**Nashville City Blues** by James Talley & Peter Guralnicle (2023)

For many diehard music fans and critics, Oklahoma-born James Talley ranks among the finest of American singer-songwriters. Talley’s unique style—a blend of folk, country, blues, and social commentary—draws comparisons with the likes of Woody Guthrie, Merle Haggard, and Johnny Cash. In this engaging, down-to-earth memoir, Talley recalls the highs and lows of his nearly fifty-year career in country music.

**Queen Elizabeth II: Celebrating the Legacy and Royal Wardrobe of Her Majesty the Queen, Who Reigned in Style for a Historic Seventy Years** by Jane Eastoe (2023)

Exquisite and sumptuous, immaculately tailored, dignified and, above all, practical. The wardrobe of Queen Elizabeth II was as distinctive in style as her position in the world was unique. This remarkable book is a fond reflection of the days when her Majesty led the field in fashion, showcasing some of the world's best designers.

**The Wind at My Back: Resilience, Grace, and Other Gifts from My Mentor Raven Wilkinson** by Misty Copeland (2022)

A true story of a mentor leading the way for Misty Copeland, the first African-American principal ballerina at the American Ballet Theatre. Starting out in the 1950’s, Raven Wilkinson was met with prejudice and hostility for being black and performing ballet. Copeland brings light to the efforts made by her mentor, and even shares her own encounters with racism on her road to triumph.

## **Biography**

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### **Forever Young: A Memoir** by Hayley Mills (2021)

Iconic actress Hayley Mills shares personal memories from her storied childhood, growing up in a famous acting family and becoming a Disney child star, trying to grow up in a world that wanted her to stay forever young. In this charming and forthright memoir, she provides a unique window into a time when Hollywood was still 'Tinseltown'.

### **Friends, Lovers, and the Big Terrible Things: A Memoir** by Matthew Perry (2022)

In an extraordinary story that only he could tell—and in the heartfelt, hilarious, and warmly familiar way only he could tell it—Matthew Perry lays bare the fractured family that raised him (and left him to his own devices), the desire for recognition that drove him to fame, and the void inside him that could not be filled even by his greatest dreams coming true. But he also details the peace he’s found in sobriety and how he feels about the ubiquity of *Friends*, sharing stories about his castmates and other stars he met along the way.

### **Going There** by Katie Couric (2021)

For more than forty years, Katie Couric has been an iconic presence in the media world. In her brutally honest, hilarious, and heartbreaking memoir, she reveals what was going on behind the scenes of her sometimes tumultuous personal and professional life - a story she's never shared, until now.

### **The Growing Season: How I Built a New Life—and Saved an American Farm** by Sarah Frey (2020)

The “Growing Season” tells the inspiring story of how a scrappy rural childhood gave Sarah Frey the grit and resiliency to take a risk that paid off. With freshness and creativity, Frey has grown one of the largest produce companies in the history of America.

### **The Hag: The Life, Times and Music of Merle Haggard** by Marc Eliot (2021)

Merle Haggards contributions to country music cannot be overstated. Take a deep dive through the depths of the *Okie from Muskogee*’s five-decade long career. Merle's music and his extraordinary charisma helped change the look and sound of American music.

### **The Light We Carry: Overcoming in Uncertain Times** by Michelle Obama (2022)

Michelle Obama offers readers a series of fresh stories and insightful reflections on change, challenge, and power, including her belief that when we light up for others, we can illuminate the richness and potential of the world around us. Drawing from her experiences as a mother, daughter, spouse, friend, and First Lady, she shares the habits and principles she has developed to successfully adapt to change and overcome various obstacles.



**Nobody Will Tell You This But Me: A True (As Told to Me) Story** by *Bess Kalb* (2021)

Even after she left home for Hollywood, Emmy-nominated TV writer Bess Kalb saved every voicemail her grandmother Bobby Bell ever left her. Bobby was a force—irrepressible, glamorous, unapologetically opinionated. Bobby doted on Bess; Bess adored Bobby. Then, at ninety, Bobby died. But in this debut memoir, Bobby is speaking to Bess once more, in a voice as passionate as it ever was in life recounting both family lore and family secrets.

**No Time Like the Future: An Optimist Considers Mortality** by *Michael J. Fox* (2020)

From the well-known actor of *Back to the Future*, Michael J. Fox reflects on thoughts of his own morality as he has aged with illness. Diagnosed with Parkinson's disease at the age of twenty-nine, Fox has been an outspoken advocate for bringing awareness to the disease, in hopes of finding a cure. This is a memoir of personal resilience, wisdom, and the choice of optimism through loss and hardship.

**Family and Consumer Sciences**

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**At Home with Nature: A Guide to Sustainable, Natural Landscaping** by *John Gidding* (2023)

Increased awareness of the environment and an ever-present interest in curb appeal means that homeowners are eager for more sustainable, natural landscaping. And why shouldn't they be? In addition to supporting local flora and fauna, ditching grass for lush, native plants helps lower water bills and results in self-sustaining gardens long-term. In John Gidding's *At Home with Nature*, American homeowners will find thorough blueprints to reap these benefits and bring their dream garden to life.

**Attainable Sustainable: The Lost Art of Self-Reliant Living** by *Kris Bordessa* (2020)

Sustainability-guru Kris Bordessa offers DIY lovers an indispensable home reference for sustainability in the 21st century. Whether you live in a city, suburb, or the country, this essential guide for the backyard homesteader will help you achieve a homespun life--from starting your own garden and pickling the food you grow to pressing wildflowers, raising chickens, and creating your own natural cleaning supplies.

**Baking Yesteryear: The Best Recipes From the 1900s to the 1980s** by *B. Dylan Hollis* (2023)

Travel back in time on a delicious decade-by-decade jaunt as Dylan shows you how to bake vintage forgotten greats. With a big pinch of fun and a full cup of humor, you'll be baking everything from Chocolate Potato Cake from the 1910s to Avocado Pie from the 1960s.

**The Food-Saver's A-Z: The Essential Cornersmith Kitchen Companion** by *Alex Elliott & Jaimee Edwards* (2023)

This timeless resource is packed with ideas and advice for reducing food waste and making great meals with what you already have, whether that's half a jar of tomato paste, a handful of green beans that have seen better days or a whole cauliflower that looked beautiful at the shops but now gives you the guilts. You'll find waste hacks, storage tips, swaps and shortcuts for more than 150

common vegetables, fruits and kitchen staples, as well as hundreds of recipes from the popular Cornersmith Cooking School.

**The Garden Refresh: How to Give Your Yard Big Impact on a Small Budget** by *Kier Holmes* (2022)

Garden designer Kier Holmes shares everything you need to create a productive and lush garden that can truly be used and enjoyed. Packed with hundreds of tips on design, plant selection, and how to address problematic situations, it also has information on which hardscape elements are worth the splurge, how to decide where to start, and how to reduce maintenance through design.

**The Good Life: Lessons from the World's Longest Scientific Study of Happiness** by *Robert Waldinger and Marc Schulz* (2023)

What makes for a happy life? The simple but surprising answer is relationships. The good life shows us how we can make our lives happier and more meaningful.

**A Healthier Home: The Room-by-Room Guide to Make Any Space a Little Less Toxic** by *Shawna Holman* (2023)

With all the time spent at home in recent years, you probably realize how much the inside of your home contributes to your mental and physical health, for better or worse. But did you know that the Environmental Protection Agency estimates that indoor air is 2–5 times (and occasionally more than 100 times) more polluted than outdoor air?

**How to Keep House While Drowning: A Gentle Approach to Cleaning and Organizing** by *K. C. Davis* (2022)

If you're struggling to stay on top of your to-do list, you probably have a good reason: anxiety, fatigue, depression, ADHD, or lack of support. For therapist KC Davis, the birth of her second child triggered a stress-mess cycle. The more behind she felt, the less motivated she was to start. She didn't fold a single piece of laundry for seven months. One life-changing realization restored her sanity—and the functionality of her home: You don't work for your home; your home works for you.

**My Hygge Home: How to Make Home Your Happy Place** by *Meik Wiking* (2022)

Hygge (pronounced *hoo-ga*) is the art of surrounding yourself in comfort and is at the core of Danish culture in creating a happy space. With simple tips based on new research from The Happiness Institute in Copenhagen, this book reveals what makes a happy home: including the difference between space and size, the importance of lighting, and how to foster better connections with our loved ones.

**Rigging the Game: How to Achieve Financial Certainty, Navigate Risk and Make Money on Your Own Terms** by *Dan Nicholson* (2022)

This book offers advice on how to strategically meet your aspirations and to become financially secure. Nicholson argues that success is a derivative of how well your actions align with the goals that truly matter to you. By accounting for preconceived notions that you may have, and turning your dreams into manageable and direct steps, it is possible to become successful.

**Young Forever: The Secrets to Living Your Longest, Healthiest Life** by *Mark Hyman* (2023)

Young forever frames aging as a disease, one that can be treated with actionable steps. By examining the root causes and side effects of aging, Dr. Hyman gives a guided list of science-based strategies to improve and maintain your overall health. Our diet and lifestyles have a lasting impact on how we age, and with simple changes we can have more sustainable and longer lives.

## **Fiction**

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**A Woman in Time** by *Bobi Conn* (2022)

The McKenzie women, empowered with a formidable history rooted in the foothills of Appalachia, have passed down their folk-healing wisdom through generations. Rosalee, the last living headstrong daughter in Granny McKenzie's line, soaked up everything she could about the secrets of the forest before a series of tragedies left her alone, without the protection of the women who came before her.

**Babel, or the Necessity of Violence** by *R.F. Kuang* (2022)

Orphaned from an early age, in 1828 Robin Swift is brought from China to London to be taught in the linguistics of Latin, Ancient Greek, and Chinese. His training for the sole purpose of being enrolled in the world's most renowned institute of translation, Babel. Through translation and the use of magic, hidden knowledge can be obtained to aid the British Empire's goal of colonization. Once Britain begins to set its eyes on China, Robin encounters a revolting organization determined to end the Empire's expansion, forcing him to decide where his loyalties lie.

**The Clover Girls** by *Viola Shipman* (2021)

Four girls meet at Camp Birchwood in 1985 and become fast friends. But, in their last summer, they are pulled apart. Approaching middle age, they are brought together again by strange and tragic circumstances.

**Demon Copperhead** by *Barbara Kingsolver* (2022)

A retelling of Charles Dickens' classic bildungsroman *David Copperfield*, but with a twist. This story transports readers to the mountains of southern Appalachia where a young man faces foster care, child labor, derelict schools, athletic success, addiction, disastrous loves, and crushing losses.

**The Girl in His Shadow** by *Audrey Blake* (2021)

A little girl is taken in by her family's physician when he discovers that the rest of her household has perished from Cholera. She becomes his "right-hand man" as she tries to express her gratitude



(and earn her keep) by assisting with his surgeries. Against all odds, she pursues a medical degree during an era when it was considered scandalous to do so.

**The Henna Artist** by *Aika Joshi* (2020)

Escaping from an arranged and abusive marriage, seventeen-year-old Lakshmi makes her way from her rural village to the vibrant city of Jaipur. There, she becomes the henna artist (and most in demand confidant) of the wealthy women of the upper class. But, trusted with the secrets of the wealthy, she can never reveal her own.

**In Five Years** by *Rebecca Serle* (2020)

“Where do you see yourself in five years?” For Dannie Kohan, this question is easy to answer. She has always lived her life through carefully calculated actions, and with great success. By landing a promising job for her career and recently becoming engaged, life seems to be going exactly to plan, that is until Dannie mysteriously awakens to spend a single-hour five-years in the future. Nothing is how she would imagine, and certainly not how she would plan. Now returned to the present, she is left to question the events that lead to this shocking future.

**Lessons in Chemistry** by *Bonnie Garmus* (2022)

Set in the early 1960's. Once a female chemist in the male dominated Hastings Research Institute, Elizabeth Zott is now faced with the challenge of being a single mother and the host of the cooking show *Supper at Six*. Although reluctant at first, Elizabeth finds herself an American sensation, providing her with a stage where her voice can be heard. Using her newfound influence, she begins challenging the status quo by empowering women and not only showing them how to cook, but also their worth.

**Maame** by *Jessica George* (2023)

A distant but overbearing mother, an ill father suffering from Parkinson's disease, and an unpleasant boss in a racially uniform workplace. Maddie is understandably eager to experience her own coming of age story. Through a captivating tale of meaningful relationships, themes of racism and familial responsibility, this novel embraces the rewarding awkwardness of finding one's sense of self.

**The Maid** by *Nita Prose* (2022)

Follow the charming neurodivergent maid, Molly Gray, as she reflects on the recent loss of her Gran, the social complexities of the world, and the awe of being a maid. Through unfortunate, yet at times amusing, misunderstandings Molly becomes the lead suspect for the murder of the hotel's most astute guest, Mr. Black. A surprisingly lighthearted and wholesome story amid a murder mystery.

**Red at the Bone** by *Jacqueline Woodson* (2019)

A powerful story of family, Woodson's novel examines how history, community and shared experiences form the life of a baby. Following a family through the generations from the Tulsa

Race Riots, *Red at the Bone* also looks at the way the young look at life and make decisions that have far-reaching results.

**The Second Life of Mirielle West** by Amanda Skenandore (2021)

Based on the little-known true story of America's only leper colony, *The Second Life of Mirielle West* brings to life the Louisiana institution known as Carville where thousands of people were stripped of their rights, branded as lepers, and forcibly quarantined throughout the 20<sup>th</sup> century.

**When the Meadow Blooms** by Ann H. Gabhart (2022)

If any place on God's earth was designed to help one heal, it is Meadowland. Surely here, at her brother-in-law's Kentucky farm, Rose and her daughters can recover from the events of the recent past--the loss of her husband during the 1918 influenza epidemic, her struggle with tuberculosis that required a stay at a sanatorium, and her girls' experience in an orphanage during her illness. At Meadowland, hope blooms as their past troubles become rich soil in which their faith can grow.

**The Yellow Bird Sings** by Jennifer Rosner (2020)

Inspired by true stories of Jewish children hidden during the Second World War. As Nazi soldiers round up the Jewish people of their town, Roza and her 5-year-old daughter Shira flee to seek shelter in a neighbor's barn. Hidden day and night in a hay loft, Shira struggles to stay still and quiet.

## **History**

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**The 1619 Project: A New Origin Story** by Nikole Hannah-Jones (2021)

Often referred to as the original sin of the country, in 1619 the first ship of enslaved African people arrived in the colony of Virginia. Through the culmination of thirty-six creative works and eighteen essays, this book depicts the legacy of slavery that has been woven through American society. By examining struggles between current movements toward equality and systems that disparage based upon race, the 1619 Project argues that the legacy of slavery continues to guide the United States.

**American Sirens: The Incredible Story of the Black Men Who Became America's First Paramedics** by Kevin Hazzard (2022)

A fascinating, non-fiction book about how the paramedic and emergency medical technician program started in the Pittsburgh, PA area and spread throughout the country. If you grew up in the time when the undertaker was the emergency response person with their hearse, this book will help you appreciate today's trained and qualified responders in their equipped vehicles.

**Caste: The Origins of Our Discontents** by Isabel Wilkerson (2020)

By developing an understanding of commonalities in the caste systems of Nazi Germany, India, and the personal accounts of American citizens, Wilkerson demonstrates how the United States currently operates under a caste system. She even notes how America's treatment toward people of

color was studied by the Nazi regime in the efforts to alienate the Jews. Further arguing that the hierarchy in America is ultimately destructive for our health and culture.

**Facing the Mountain: A True Story of Japanese American Heroes in World War II** by *Daniel James Brown* (2021)

This book chronicles the lives of several Japanese-Americans who volunteered for military service, and whose families ended up in internment camps. Learn about a part of American history of which many are less aware of through the experiences of those who lived it.

**Half American: The Epic Story of African Americans Fighting World War II at Home and Abroad** by *Matthew Delmont* (2022)

Over one million Black men and women served in World War II. Black troops were at Normandy, Iwo Jima, and the Battle of the Bulge, serving in segregated units and performing unheralded but vital support jobs, only to be denied housing and educational opportunities on their return home. Without their crucial contributions to the war effort, the United States could not have won the war. And yet the stories of these Black veterans have long been ignored, cast aside in favor of the myth of the “Good War” fought by the “Greatest Generation.”

**Hell's Half-Acre: The Untold Story of the Benders, a Serial Killer Family on the American Frontier** by *Susan Jonusas* (2022)

In 1873 the people of Labette County, Kansas made a grisly discovery. Buried by a trailside cabin beneath an orchard of young apple trees were the remains of countless bodies. Below the cabin itself was a cellar stained with blood. The Benders, the family of four who once resided on the property were nowhere to be found. The discovery sent the local community and national newspapers into a frenzy that continued for decades, sparking an epic manhunt for the Benders.

**Kentucky Innovators: Famous (and Infamous) Kentuckians Who Led the Way in Their Field** by *Paul W. Bass* (2022)

This book presents seventy-five exceptional Kentuckians who have made significant contributions from across many walks of life. They include groundbreakers across many diverse fields including entertainment and the fine arts, education and literature, business and industry, science and technology, politics and the military, athletics, and more.

**Sisters of Mokama: The Pioneering Women Who Brought Hope and Healing to India** by *Jyoti Thottam* (2022)

In the 1940s, a group of six Kentucky nuns set up a health clinic, hospital, and nurse’s training school in the poorest state of India. From their overland travels and boat journey to their challenges of setting up their facilities, this story will touch your heart. This is the story as told by a daughter of one of the nurses who trained under the nuns.

**Undelivered: The Never-Heard Speeches that Would Have Rewritten History** by *Jeff Nussbaum* (2022)

A well-constructed speech has the power to change the world. In this book, Jeff Nussbaum explores the greatest speeches that were never given. From Eisenhower's speech after the failure of the D-Day invasion to Hillary Clinton's 2016 presidential election victory speech; this carefully annotated edition walks you through histories that may have come to pass.

**We Don't Know Ourselves: A Personal History of Modern Ireland** by *Fintan O'Toole* (2021)

Fintan O'Toole describes the many changes he has witnessed of Ireland in his lifetime. From a revolution, the toppling power of the Catholic Church, to the influence of America, Ireland's technological and socioeconomical enhancements are captured in this personal retelling of its history.

## **Kentucky**

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**Drowned Town** by *Jayne Moore Waldrop* (2021)

A fictional narrative of the very real benefits and consequences from the impoundment of the Tennessee and Cumberland Rivers. Ultimately this project was for the public good by providing an inflow of revenue for the economy, as well as flood control and electricity using dams. However, those who moved for the sake of creating these national recreation areas lost a far greater deal than they expected. Following the friendship of two women, it becomes apparent the connection people had between these rivers and the land surrounding them.

**Kentucky Passion: Wildcat Wisdom and Inspiration** by *Del Dudit* (2021)

Readers will learn how they too can rise to challenges and find success through the inspiring stories from Wildcat history. The book showcases legendary coaches including Adolph Rupp, Joe B. Hall, Rick Pitino, Tubby Smith, and John Calipari; standout players including John Wall, Kyle Macy, DeAndre Liggins, Goose Givens, and Aaron Harrison; and indelible highs and lows that illustrate the value of persistence, hard work, resiliency, teamwork, and more.

**My Old Kentucky Home: the Astonishing Life and Reckoning of an Iconic American Song** by *Emily Bingham* (2021)

Written by Stephen Foster nine years before the Civil War, "My Old Kentucky Home" made its way through wartime years to its decades-long run as a national minstrel sensation for which it was written. Bingham explores the song's history and permutations from its decades of performances across the continent, entering the bloodstream of American life, through its twenty-first-century reassessment.

**Sown in the Stars: Planting by the Signs** by *Sarah L. Hall* (2023)

A collection of practices from eastern and central Kentucky farmers that follow astrological signs when growing their crops. Some believe the moon's impact on crop growth is seeded in science, while others believe the tradition has a broader influence on our lives. Through the lens of astrology and astronomy, Hall examines the connections between the natural world and these traditions.

**Waveland's Treasures: 50th Anniversary of Waveland State Historical Site** by *J. Robert Willcutt* (2021)

Historic Waveland Mansion is one of the finest examples of Ante Bellum architecture in the state, preserved today as a museum complete with period 19th century furniture and pre-Civil War charm. To celebrate its 50th Anniversary as a state historic site, this book features over 200 photographs of the mansion, its rooms, furniture, outbuildings, and grounds, taken by award-winning photographer Bob Willcutt.

**What Things Cost: An Anthology for the People** Edited by *Rebecca Gayle Howell, Ashley M. Jones* (2023)

Using Martin Luther King Jr.'s call for a "multiracial coalition of the working people" and his hopes continued in the Poor People's Campaign as a testament, Jones and Howell brought together a collection of stories demonstrating the consequences of laboring in America. From the literary works of an immensely diverse group of American poets and writers, including the writings of Silas House and Crystal Wilkinson, this anthology examines the costs of striving for a more just economy and labor system.

## **Religion and Spirituality**

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**8 rules of Love: How to Find it, Keep it, and Let it Go** by *Jay Shetty* (2023)

Nobody sits us down and teaches us how to love. So, we're often thrown into relationships with nothing but romance movies and pop culture to help us muddle through. Jay Shetty is a former monk, award-winning storyteller, author, and podcast host with the ability to make the timeless feel more timely and ancient wisdom seem so practical.

**Becoming Free Indeed: My Story of Disentangling Faith from Fear** by *Jinger Vuolo* (2023)

Vuolo gives a heartfelt reflection on her beliefs and interprets how she once let fear guide her faith. Contrasting her own up bringing into faith compared to that of her brother-in-law's faith, Vuolo realized she had let constricting rules guide her life, not God's word. Through reflection, family influence, and the help of pastor Jeremy Vuolo, she has developed a new sense of faith and conviction.

**Chasing Vines: Finding Your Way to an Immensely Fruitful Life** by *Beth Moore* (2021)

Bestselling author Beth Moore discusses her life-changing quest of vine-chasing--learning how everything changes when you discover the true meaning of a fruitful, God-pleasing, meaning-filled life.

**From Strength to Strength: Finding Success, Happiness, and Deep Purpose in the Second Half of Life** by *Arthur C. Brooks* (2022)

Drawing on social science, philosophy, biography, theology, and eastern wisdom, as well as dozens of interviews with everyday men and women, Harvard professor Brooks shows us that true life success is well within our reach. By refocusing on certain priorities and habits that anyone can



learn, such as deep wisdom, detachment from empty rewards, connection and service to others, and spiritual progress, we can set ourselves up for increased happiness.

**The Half Known Life: In Search of Paradise** by *Pico Lyer* (2023)

Paradise is an ideal many of us strive for, a utopia to give us peace away from pain and hardship. For some, this ideal ties into concepts of faith and the afterlife. Through an in-depth exploration of varying religions and cultures around the world, Lyer questions if paradise is only obtainable after death or can we find a way to realize it in this life.

**Wake Up with Purpose! What I've Learned in My First Hundred Years** by *Sister Jean Dolores Schmidt & Seth Davis* (2023)

"I've seen so many changes in the last 102 years, but the important things remain the same." Sister Jean shares wisdom from her lifetime of serving spiritual guidance. Religious sister of the Sisters of Charity of the Blessed Virgin Mary and team chaplain of Loyola's men's basketball team, Sister Jean reflects on 102 years of lived experience to share on the lessons she has learned.

**Walking the Line: 90 Devotions of Truth and Hope Based on the Faith of Johnny Cash** by *DaySpring and John R. Cash Revocable Trust* (2023)

Learn how Johnny Cash lived a life of faith by "walking the line" in his own walk with God. Each of the 90 short devotions in this book contains quotes from Cash and a brief guided prayer. The reverence, spirit, and humor of Johnny Cash is certain to inspire you to walk closer with God in your own life.

**The Woman God Created You to Be: Finding Success Through Faith -- Spiritually, Personally, and Professionally** by *Kimberla Lawson Roby* (2020)

The author bravely---and transparently---has written about her flaws, fears, and failures, as well as her faith, courage, and successes. She reminds us that when we trust and depend on God---heart, mind, and soul---He will empower us to do more than we ever thought imaginable.

## **Travel**

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**Maiden Voyages: Magnificent Ocean Liners and the Women Who Traveled and Worked Aboard Them** by *Siân Evans* (2021)

The ocean liner was a microcosm of contemporary society, divided by class: from the luxury of the upper deck, playground for the rich and famous, to the cramped conditions of steerage or third-class travel. This book captures the golden age of ocean liners through the stories of the women whose transatlantic journeys changed the shape of society on both sides of the globe.

**A Place in the World: Finding the Meaning of Home** by *Frances Mayes* (2022)

A personal testament of travels abroad and building a sense of home. Mayes' reflects on the many 'homes away from home' she has lived in during her travels across Italy, South America, France,

and Mexico. This book examines how many characteristics of a home, including the ambience, culture, and camaraderie made along the way can stick with us throughout our own travels.

**High, Wide, & Handsome: An American Journey** by *Julian Bishop* (2021)

British-born US resident, Julian Bishop, is at an inflection point. His children have left home, and he and his wife must figure out what they want to do next. They travel coast-to-coast across the USA and explore whether they truly want to be American. High, Wide, and Handsome is an extremely witty travel book that seeks to understand American culture. It explores why the USA has been so successful since independence. In a world where America's political leaders are widely ridiculed, the book acts as an antidote to the narrative that everything American is broken. It is an essential read for anybody interested in America.

**The Travel Bible for Rookies: The Travel Handbook with Tips How to Travel Like a Professional** by *Gilles Krager* (2023)

Perhaps you are trying to plan your first travel trip ever with friends, and you're unsure of where to get started. Or maybe you are contemplating committing to your first solo-travel trip, and you're worried that you don't know everything you need to before you set off. Don't worry. Those fears and concerns can be eradicated, just by reading this book!

**The Travel Book: A Journey Through Every Country in the World (4<sup>th</sup> edition)** by *Lonely Planet* (2021)

Lonely Planet has been providing trustworthy guides to travelers of all ages across the globe since 1973. This book provides a collection of vivid imagery and detailed notes on cultures from countries around the world. Images of people, animals, landscapes, food, and fun can be found in this book, demonstrating the awe and wonder of travel.

**There and Back: Photographs from the Edge** by *Jimmy Chin* (2021)

Twenty-three years in the making, There and Back is a portfolio containing over two hundred remarkable photographs from all seven continents. Mountaineer Jimmy Chin shares stories from his journey of traversing the globe and capturing photos from seemingly impossible locations. From climbing the skyline of the One World Trade Center to skiing down Mount Everest, this collection is an adventure inspiration for travelers.

**Classics and Old Favorites**

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**The Age of Innocence** by *Edith Wharton* (1920)

A story that includes faltering love, newfound passion, and the demand for duty. Upon the arrival of Ellen Olenska, the cousin to Newland's soon to be fiancé, Newland slowly begins to fall for the countess. Newland soon finds himself torn between the allure of Ellen's otherworldliness and the pressures of family and societal expectations.

**And Then There Were None** by *Agatha Christie* (1939)

This is Agatha Christie's most famous and acclaimed novel! Ten strangers are brought together on an isolated island where, one by one, they die in a murderous countdown...

**Cilka's Journey: A Novel** by *Heather Morris* (2019)

Cilka was sixteen when she was sent to Auschwitz-Birkenau. She quickly learns that power, even unwillingly given, equals survival. When the Russians liberate the camp, Cilka was tried and found guilty of collaborating with the enemy.

**The Count of Monte Cristo** by *Alexandre Dumas* (1846)

For fourteen years Edmond Dantes is imprisoned for a crime he did not commit. Learning of a hidden fortune, he plots his escape and puts into action a plan of revenge against the three men who betrayed him. Inspiring the film of the same name, this is a classic tale of loss and retribution.

**Cutting for Stone** by *Abraham Verghese* (2010)

Moving from Addis Ababa to New York City and back again, *Cutting for Stone* is an unforgettable story of love and betrayal, medicine and ordinary miracles—and two brothers whose fates are forever intertwined.

**Hidden Figures: The True Story of Four Black Women and the Space Race** by *Margot Lee Shetterly* (2016)

If you have seen the movie by the same name, you must read the book, which contains so much more of the back-story of these three remarkable women and their contributions to our understanding of science and the modern world.

**Kentucky: Off the Beaten Path: Discover Your Fun** by *Jackie Sheckler Finch* (1999)

This book will show you the Bluegrass State you never knew existed. Soothe your ailments and your hunger at the Poke Sallet Festival; take an expedition through Walt Whitman's "vale of the Elkhorn" in a canoe; or stay in your own personal concrete teepee in Cave City. If you've "been there, done that" one too many times, get off the main road and venture Off the Beaten Path

**The Kitchen House** by *Kathleen Grissom* (2010)

If you love historical fiction and stories with family dynamics, you will love *The Kitchen House*. Told from the perspective of an Irish indentured servant in the home of a Virginia planter, the story brings to life the underworld of the slaves, the bonds they formed and the twisted connections with the members of the family.

**Lonesome Dove** by *Larry McMurtry* (1985)

This is the Pulitzer Prize-winning American classic of the American West that follows two aging Texas Rangers embarking on one last adventure. Many claim that it is the grandest novel ever

written about the last defiant wilderness of America. Richly authentic, beautifully written, always dramatic, *Lonesome Dove* is a book to make us laugh, weep, dream, and remember.

**Monday Morning Pep Talks** by Colene H. Eldridge (2018)

As a new week begins, do you sometimes need a little extra motivation to start the week on a positive note? Monday Morning Pep Talks provides short pep talks to help raise your positive energy and be ready to thrive – and you can read them any day of the week! The author, Colene Eldridge, is a Kentuckian and an experienced human resource professional.

**Tuesdays with Morrie: An Old Man, a Young Man, and Life's Greatest Lesson** by Mitch Albom (1997)

A story of learning how to live through the knowledge of an approaching death. A professor and his student share one last lesson in learning what it truly means to live and love. Morrie Schwartz was diagnosed with Lou Gehrig's disease in 1994, and through his diagnosis he realized that the world continued regardless of his personal tragedy. In his final year, Morrie provided lessons on how to not carry self-pity, and how to embrace love and connection to others.