

PARKLAND REGIONAL LIBRARY

***NEW* ADULT NON-FICTION**

BOOKS

December 2023

CALL #	TITLE	AUTHOR
153.753 ODE	Saving time: discovering a life beyond the clock	Odell, Jenny
153.8 GRA	Hidden potential: the science of achieving greater things	Grant, Adam
155.2 HER	Rest is resistance: a manifesto	Hersey, Tricia
235 CAH	The return of the gods	Cahn, Jonathan
248.3 YAN	Undone: a modern rendering of John Donne's devotions	Yancey, Philip
248.86 HOL	I don't know who I am anymore: restoring your identity shattered by grief and loss	Holiday, Carole
302.3 HOR	Broken code: inside Facebook and the fight to expose its harmful secrets	Horowitz, Jeff
303.376 BAN	Banned books: the world's most controversial books, past and present	(DK)
303.48 BEV	If we burn: the mass protest decade and the missing revolution	Bevins, Vince
306.30 TAP	The end of reality: how 4 billionaires are selling a fantasy future of the metaverse, Mars and crypto	Taplin, Jonathan
320.533 MAD	Prequel : an American fight against Fascism	Maddow, Rachel
327.12 BEL	Cracking the Nazi code: the untold story of Canada's greatest spy	Bell, Jason
328.092 KIN	Renegade : defending democracy and liberty in our divided country	Kinzinger, Adam
338.2 POL	Pitfall: the race to mine the world's most vulnerable places	Pollon, Christopher
385.097 BOW	Dominion : the railway and the rise of Canada	Bown, Stephen R.
305.8 COH	Antisemitism: a world history of prejudice	Cohn-Sherbok, Dan

320.01 SOW	Social justice fallacies	Sowell, Thomas
364.154 WET	Dear Jacob: a mother's journey of hope	Wetterling, Patty
612.66 GUN	The menopause manifesto: own your health with facts and feminism	Gunter, Jen
612.68 BUE	The blue zones secrets for living longer: lessons from the healthiest places on Earth	Buettner, Dan
613.7 LEH	Chair yoga for seniors	Lehmkuhl, Lynn
613.7 MAC	Chair yoga	McGee, Kristin
616.833 GRA	Colonel Parkison in charge: a wry reflection on my incurable illness	Gravel, François
616.84 HOF	In search of sleep: an insomniac's quest to understand the science, psychology, and culture of sleeplessness	Hofstede, Bregje
618.92 YOU	Take your baby and run: how nurses blew the whistle on Canada's biggest cardiac disaster	Youngson, Carol
636.1 JON	Horse brain, human brain: the neuroscience of horsemanship	Jones, Janet L.
641.591 OLI	5 ingredients Mediterranean	Oliver, Jamie
641.77 WEI	The look and cook air fryer bible : 125 everyday recipes with 700+ photos to help get it right every time	Weinstein/Scarborough
641.815 HOL	Baking yesteryear: the best recipes for the 1900s to the 1980s	Hollis, B. Dylan
643.7 STA	Safe and sound: a renter-friendly guide to home repair	Stardust, Mercury
709.2 MON	The memoirs of Miss Chief Eagle Testickle. Vol. 1: a true and exact accounting of the history of Turtle Island	Monkman, Kent
746.434 NEW	All I want for Christmas is yarn: 30 crochet projects for festive gifts and decorations	Newns, Lindsey
782.42 EMM	Lay it on the line: a backstage pass to rock star adventure, conflict and triumph	Emmett, Rik
782.42 NEL	Energy follows thought: the stories behind my songs	Nelson, Willie
782.42 PAR	Behind the seams: my life in rhinestones	Parton, Dolly
782.421 NOR	George Harrison: the reluctant Beatle	Norman, Philip
787.87 LEE	My effin' life	Lee, Geddy
796.323 LAZ	Magic: the life of Earvin "Magic" Johnson	Lazenby, Roland
796.422 BAI	Undisputed: a champion's life	Bailey, Donovan

796.96 NOL	Life in two worlds: a coach's journey from the reserve to the NHL and back	Nolan, Ted
796.962 ARN	Tough guys: hockey's enforcers on wild brawls, high stakes and the code that binds them	Arnold, Dale
811.6 GRE	Xanax cowboy : poems	Green, Hannah
813.6 BAN	Women wide awake : stories, sculptures and poems from Sindhi folklore	Bandukwala, Manahil & Nimra
917.19 SHO	Where the falcon flies: a 3,400 kilometre odyssey from my doorstep to the Arctic	Shoalts, Adam
920 BRA	Three ordinary girls: the remarkable story of three Dutch teenagers who became spies, saboteurs, Nazi assassins--and WWII heroes	Brady, Tim
921 BAR	This is what doubt looks like	Barrios, Camille
920 JER	Races: the trials & triumphs of Canada's fastest family	Jerome, Valerie
921 HEY	Wavewalker: a memoir of breaking free	Heywood, Suzanne
921 HON	Accidental blooms : a memoir	Honda, Keiko
921 HUT	Enough	Hutchinson, Cassidy
921 LAN	Class: a memoir of motherhood, hunger, and higher education	Land, Stephanie
921 MER	The road years: a memoir, continued...	Mercer, Rick
921 NAV HE	The dissident. Alexey Navalny: profile of a political prisoner	Herszenhorn, David M.
921 SAN	9 lives past 35: an Olympic gymnast's inspiring story of reinvention	Sanders, Mary
921 SMI	Worthy	Smith, Jada Pinkett
921 STA	If you would have told me: a memoir	Stamos, John
921 STR	My name is Barbra	Streisand, Barbra
921 WIN	Being Henry: the Fonza and beyond	Winkler, Henry
956.94 KLA	Lioness: Golda Meir and the nation of Israel	Klagsbrun, Francine
971.27 GOL	On the road to abandoned Manitoba : taking the scenic route through historic places	Goldsborough, Gordon
971.27 RED	Don't fence me in: true stories about rural Manitoba	Redekop, Bill
973.933 GON	American shield : the immigrant sergeant who defended democracy	Gonell, Aquilino