

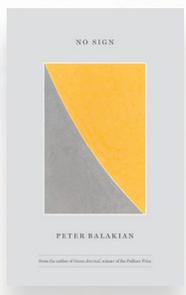
Bulldog Bookshelf

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Peter Balakian ESB '69

NO SIGN

University of Chicago Press, March 2022



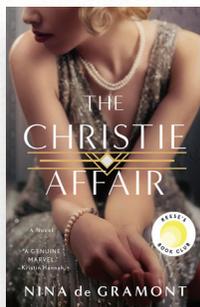
In this new poetry collection, Pulitzer Prize-winner Peter Balakian wrestles with national and global cultural and political realities, including challenges for the human species amid planetary transmutation and the impact of mass violence on the self and culture. At the collection's heart is "No Sign," another in Balakian's series of longform poems, following "A-Train/Ziggurat/Elegy" and "Ozone Journal," which appeared in his previous two collections. In this multi-sectioned poem, an estranged couple encounters each other, after years, on the cliffs of the New Jersey Palisades. Their dialogue reveals the evolution of a kaleidoscopic memory spanning decades, reflecting on the geological history of Earth and the climate crisis, the film *Hiroshima Mon Amour*, the Vietnam War, a visionary encounter with the George Washington Bridge, and the enduring power of love. Whether meditating on the sensuality of fruits and vegetables, the Covid-19 pandemic, the trauma and memory of the Armenian genocide, James Baldwin in France, or Arshile Gorky in New York City, Balakian's layered, elliptical language, wired phrases, and shifting tempos engage both life's harshness and beauty and define his inventive and distinctive style.

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Nina de Gramont '84

THE CHRISTIE AFFAIR

St. Martin's Press, February 2022



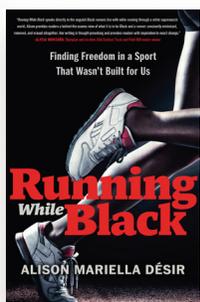
This *New York Times* bestseller renders a brilliant reimagining of the real-life 11-day disappearance of mystery writer Agatha Christie in 1926. Narrated by Nan O'Dea, the mistress of Christie's husband, the book blends fact and fiction to create an ingeniously plotted psychological suspense novel involving murder, lies, and betrayal.

Running saved Alison Désir's life. At rock bottom and searching for meaning and structure, Désir started marathon training, finding that it vastly improved both her physical and mental health. Yet as she became involved in the community and learned its history, she realized that

Alison Mariella Désir '03

RUNNING WHILE BLACK: FINDING FREEDOM IN A SPORT THAT WASN'T BUILT FOR US

Portfolio, October 2022



Running saved Alison Désir's life. At rock bottom and searching for meaning and structure, Désir started marathon training, finding that it vastly improved both her physical and mental health. Yet as she became involved in the community and learned its history, she realized that

the sport was largely built with white people in mind.

Running While Black draws on Désir's experience as an endurance athlete, activist, and mental health advocate to explore why the seemingly simple, human act of long-distance running for exercise and health has never been truly open to Black people. Weaving historical context—from the first recreational running boom to the horrific murder of Ahmaud Arbery—together with her own story of growth in the sport, Désir unpacks how we got here and advocates for a world where everyone is free to safely experience the life-changing power of movement.

As America reckons with its history of white supremacy across major institutions, Désir argues that, as a litmus test for an inclusive society, the fitness industry has the opportunity to lead the charge—fulfilling its promise of empowerment.

Paulina Erni '09

A RAT'S TALE

Paulipop Press, December 2021



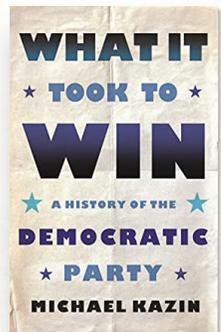
In indie author Paulina Erni's first book, *Lonely Lionel* is a rat who lives in a pet store and dreams of going home with a new best friend. The only problem is that nobody wants to

buy a pet with a tail that looks like...that. Lionel's journey leads him to discover that to be perfect simply means to be yourself.

Michael Kazin ESB '66

WHAT IT TOOK TO WIN: A HISTORY OF THE DEMOCRATIC PARTY

Farrar, Straus and Giroux, March 2022



The Democratic Party is the world's oldest mass political organization. Since its inception in the early nineteenth century, it has played a central role in defining American society, whether it was exercising power or contesting it. But what has the party stood for through the centuries, and

how has it managed to succeed in elections and govern?

In *What It Took to Win*, the eminent historian Michael Kazin identifies and assesses the party's long-running commitment to creating "moral capitalism"—a system that mixed entrepreneurial freedom with the welfare of workers and consumers. And yet the same party that championed the rights of the white working man also vigorously protected or advanced the causes of slavery, segregation, and

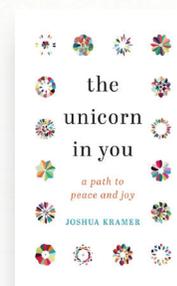
Indian removal. As the party evolved toward a more inclusive egalitarian vision, it won durable victories for Americans of all backgrounds. But it also struggled to hold together a majority coalition and advance a persuasive agenda for the use of government.

Kazin traces the party's fortunes through vivid character sketches of its key thinkers and doers, from Martin Van Buren and William Jennings Bryan to the financier August Belmont and reformers such as Eleanor Roosevelt, Sidney Hillman, and Jesse Jackson. He also explores the records of presidents from Andrew Jackson and Woodrow Wilson to Bill Clinton and Barack Obama. Throughout, Kazin reveals the rich interplay of personality, belief, strategy, and policy that define the life of the party—and outlines the core components of a political endeavor that may allow President Biden and his co-partisans to renew the American experiment.

Joshua Kramer '93

THE UNICORN IN YOU: A PATH TO PEACE AND JOY

Special Areas, February 2022



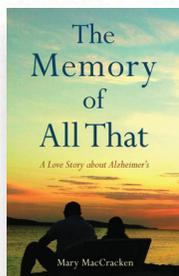
Our pursuit of meaningful personal growth can be elusive and difficult to sustain. We search for an approach that feels natural and organic, but our success is often short lived. What if we had a foundation of values that removed this weight of expectation and emphasized a strong basis for living?

In *The Unicorn in You*, Joshua Kramer identifies a sensible path to peace and joy based on the fundamental principles of kindness, gratitude, integrity, humility, and acceptance. He outlines practical, actionable steps for reconnecting with these universal qualities and demonstrates how our potential extends beyond what most of us envision in our daily lives. *The Unicorn in You* is an inspirational guide and powerful reminder to step out of your head, build a foundation for being, and take the path less traveled to unlock a more peaceful, joyful life.

Mary MacCracken P '66 & '68

THE MEMORY OF ALL THAT: A LOVE STORY ABOUT ALZHEIMER'S

She Writes Press, July 2022



This posthumously published memoir captures the enduring love of Mary MacCracken, an award-winning bestselling author of books about autistic children, and her husband, Cal, a successful inventor. When Alzheimer's strikes, Cal vows to beat his disease, while

Mary finds ways to sustain their loving life together, devising ways to help Cal as he falters. She herself is helped by good doctors, social workers, and many friends—a whole community of care.

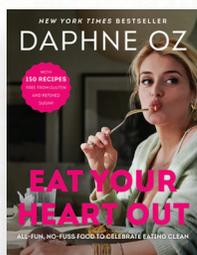
Still, all the support in the world can't stop Cal's decline. He goes missing at night, flees his daycare program repeatedly, and must finally go to a memory unit. But even then, he and Mary share bits of happiness. In the end, they fail to beat Alzheimer's. Yet their story is also one of triumph, as their love persists all through and beyond their battle.

Poignant and inspiring, *The Memory of All That* is a beautifully written love story that offers guidance and comfort to those dealing with dementia, or any of life's challenges.

Daphne Oz '04

EAT YOUR HEART OUT: ALL-FUN, NO-FUSS FOOD TO CELEBRATE EATING CLEAN

William Morrow Cookbooks, April 2022



Daphne Oz, bestselling author and Emmy Award-winning cohost of *The Good Dish*, loves food. In fact, she's built her career around this love of exploring and enjoying the world, bite after wonderful bite. But she knows firsthand how endless indulging robs you of the truly memorable moments—and makes it hard to stay

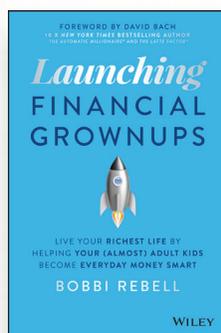
healthy. On the other hand, restricting ourselves with too many rules means we stop enjoying mealtime and start missing out.

With four young children and a busy career, Daphne is intimately familiar with how hard it can be to find the right balance in our health and fitness goals, especially when living a full life. In this engaging cookbook—filled with useful tips, 150 delicious recipes, and gorgeous photography to inspire health and happiness every day—Daphne shares the techniques she's used to get her mind, energy, and body back on track after each pregnancy—without ever losing the joy of cooking, the fun of mealtime, and the stress-free pleasure of doing it intuitively.

Barbara "Bobbi" Rebell '88

LAUNCHING FINANCIAL GROWNUPS: LIVE YOUR RICHEST LIFE BY HELPING YOUR (ALMOST) ADULT KIDS BECOME EVERYDAY MONEY SMART

Wiley, March 2022



In *Launching Financial Grownups*, popular personal finance expert and Certified Financial Planner Bobbi Rebell gets candid about the very real challenges of getting young adults to choose to be financial grownups and develop their own financial foundation and security.

She shares personal setbacks and solutions—both from her own past and from her experiences as a parent—and walks readers through the ups and downs of financial adulting milestones. Rebell has put together a practical and specific adulting launch plan for parents of young adults along with tips on how to open money discussions, the questions to ask your children, the most effective listening strategies, when to step in, and when to let them learn from their mistakes.

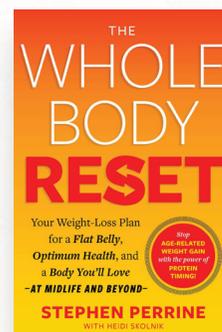
Launching Financial Grownups provides the tools to help your teen or young adults navigate the challenges of adulthood, including debt, credit cards, peer pressure that leads to bad money decisions,

negotiations, how to manage their own household, different investing opportunities, insurance needs, charitable giving, the legal documents needed in case of an emergency, what they need to know about your finances, and even starting to think about their retirement planning. The guide also addresses recent demographic trends driven by the pandemic, including young adults moving back into their childhood homes and becoming financially dependent after having been independent.

Heidi Skolnik '79 and Stephen Perrine

THE WHOLE BODY RESET: YOUR WEIGHT-LOSS PLAN FOR A FLAT BELLY, OPTIMUM HEALTH & A BODY YOU'LL LOVE AT MIDLIFE AND BEYOND

Simon & Schuster, March 2022



You don't have to gain weight as you age. That's the simple yet revolutionary promise of *The Whole Body Reset*, which uncovers why standard diet and exercise advice stops working for us as we approach midlife—and reveals how simple changes to the way we eat can halt, and even

reverse, age-related weight gain and muscle loss.

The Whole Body Reset presents stunning new evidence about the power of "protein timing" for people at midlife—research that blows away current government guidelines, refutes the myth of slowing metabolisms and "inevitable" weight gain, and changes the way people in their mid-forties and older should think about food. *The Whole Body Reset* explains in simple, inspiring terms exactly how our bodies change with age, and how eating to accommodate those changes can make us respond to exercise as if we were twenty to thirty years younger.

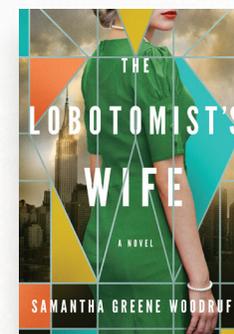
Developed by AARP, tested by a panel of more than 100 AARP employees, and approved by an international board of doctors, nutritionists, and fitness experts, *The Whole Body Reset* doesn't use diet phases, eating windows, calorie restriction, or other trendy gimmicks. Its six simple secrets and

scores of recipes are easy to follow, designed for real people living in the real world. A dining guide even shows how to follow this program in popular restaurants from McDonald's to Starbucks to Olive Garden. And best of all: It works!

Samantha Greene Woodruff '92

THE LOBOTOMIST'S WIFE: A NOVEL

Lake Union Publishing, February 2022



Since her brother took his life after WWI, Ruth Emeraldine has had one goal: to help those suffering from mental illness. Then she falls in love with charismatic Robert Apter—a brilliant doctor championing a radical new treatment, the lobotomy. Ruth

believes in it as a miracle treatment and in Robert as its genius pioneer. But as her husband spirals into deluded megalomania, Ruth can't ignore her growing suspicions. Robert is operating on patients recklessly, often with horrific results. And a vulnerable young mother, Margaret Baxter, is poised to be his next victim.

Margaret can barely get out of bed, let alone care for her infant. When Dr. Apter diagnoses her with the baby blues and proposes a lobotomy, she believes the procedure is her only hope. Only Ruth can save her—and scores of others—from the harrowing consequences of Robert's ambitions.

Inspired by a shocking chapter in medical history, *The Lobotomist's Wife* is a galvanizing novel of a woman fighting against the most grievous odds, of ego, and of the best intentions gone horribly awry.

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