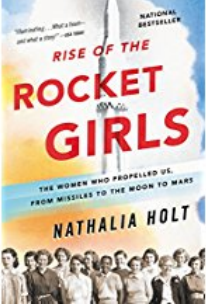
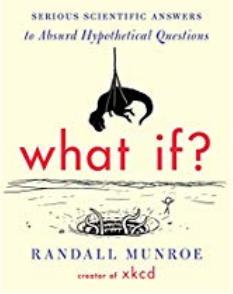
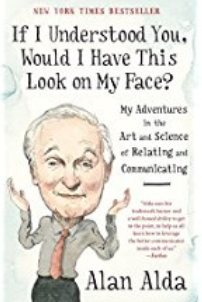
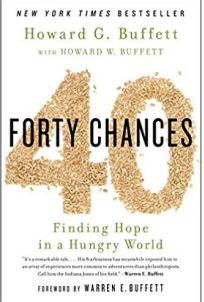
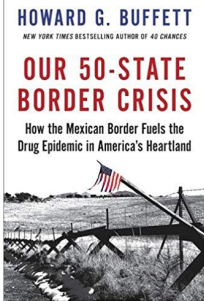
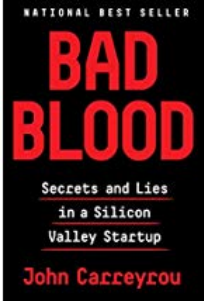
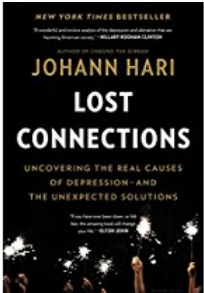


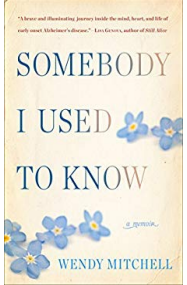
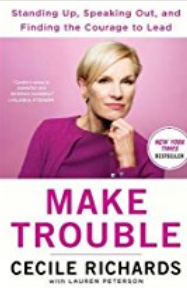

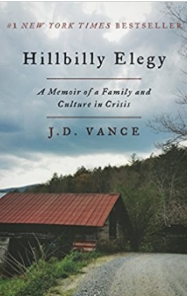
## Best and Worst Books Read in 2018

### Category: Thought provoking

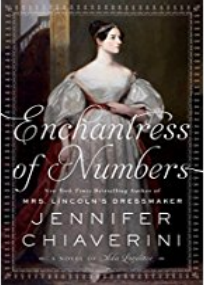
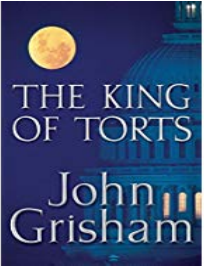
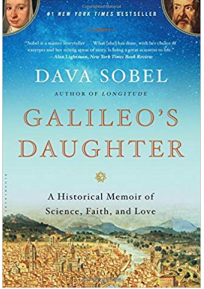
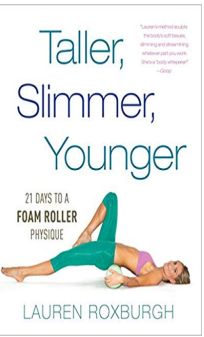
Cover	Citation	Recommended By	Comments
	<p>Holt N. <i>Rise of the Rocket Girls: The Women Who Propelled Us, From Missiles to the Moon to Mars</i>. New York, NY: Little, Brown and Co; 2016.</p>	<p>Lisa Balbes</p>	
	<p>Munroe R. <i>What If? Serious Scientific Answers to Absurd Hypothetical Questions</i>. New York, NY: Houghton Mifflin Harcourt; 2014.</p>	<p>Lisa Balbes</p>	
	<p>Alda A. <i>If I Understood You, Would I Have This Look on My Face? My Adventures in the Art and Science of Relating and Communicating</i>. New York, NY: Random House; 2017.</p>	<p>Lisa Balbes, Leslie Neistadt</p>	<p>“A fun read with lots of research to support his hypotheses”</p>

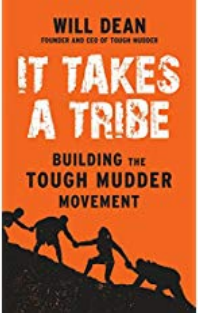
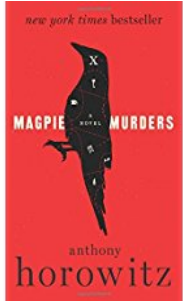
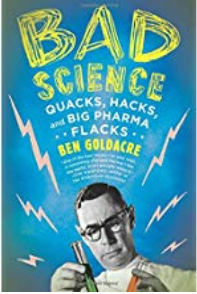
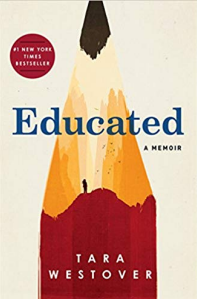
	<p>Buffet HG. <i>Forty Chances: Finding Hope in a Hungry World</i>. New York, NY: Simon &amp; Schuster; 2013.</p>	<p>Suzanne Broussard</p>	<p>“Very insightful on the lessons learned and strategies to avoid in the fight to solve world hunger from a farming philanthropist’s perspective”</p>
	<p>Buffet HG. <i>Our 50-State Border Crisis: How the Mexican Border Fuels the Drug Epidemic Across America</i>. New York, NY: Hachette Books; 2018.</p>	<p>Suzanne Broussard</p>	<p>“Details the sad global human cost of America’s obsession with illegal drugs”</p>
	<p>Carreyrou J. <i>Bad Blood: Secrets and Lies in a Silicon Valley Startup</i>. New York, NY: Knopf; 2018.</p>	<p>Carrie Clark</p>	<p>“For showing how autocratic personalities/work structures can destroy a medical mission”</p>
	<p>Hari J. <i>Lost Connections: Uncovering the Real Causes of Depression—and the Unexpected Solutions</i>. New York, NY: Bloomsbury USA; 2018.</p>	<p>Carrie Clark</p>	<p>“For exploring the social causes of depression”</p>

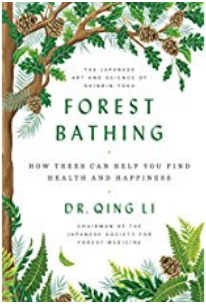
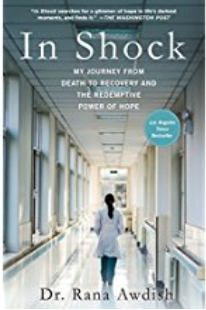
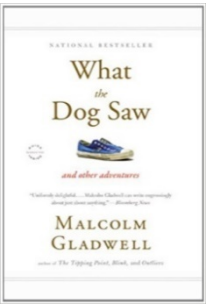
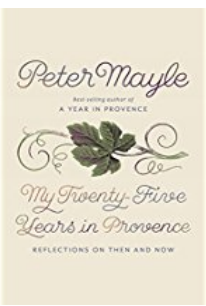
	<p>Albertine A. <i>Clothes, Clothes, Clothes, Music, Music, Music, Boys, Boys, Boys.</i></p>	<p>Susan Duhig</p>	<p>“Witty, direct, astonishingly sincere, and I found it a great example of how to look back at youth from the perspective of middle age.”</p>
	<p>Benjamin C. <i>The Immortalists.</i> New York, NY: G.P. Putnam’s Sons; 2018.</p>	<p>Joanne McAndrews</p>	<p>“If you knew when you were going to die, how would it affect your life?”</p>
	<p>Doerr A. <i>All the Light We Cannot See.</i> New York, NY: Scribner; 2014.</p>	<p>Joanne McAndrews</p>	<p>“Not just another book about the Holocaust; this is a masterpiece”</p>
	<p>Parker P. <i>The Art of Gathering: How We Meet and Why It Matters.</i> New York, NY: Riverhead Books; 2018.</p>	<p>Joanne McAndrews</p>	<p>“An inspiring book about how to make all gatherings, from casual hangouts to work meetings and conferences memorable and valuable events for all”</p>

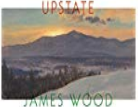
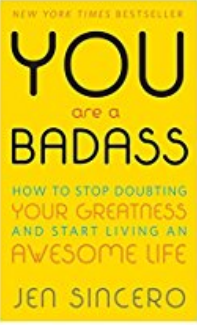
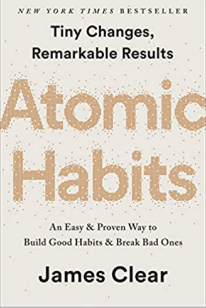
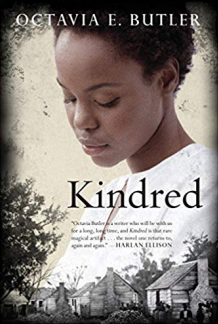
	<p>Mitchell W. <i>Somebody I Used to Know</i>. New York, NY: Ballantine Books; 2018.</p>	<p>Leslie Neistadt</p>	<p>“An unflinchingly honest memoir by a woman who was diagnosed with dementia at age 58”</p>
	<p>Richards C. <i>Make Trouble: Standing Up, Speaking Out, and Finding the Courage to Lead</i>. New York, NY: Touchstone; 2018</p>	<p>Leslie Neistadt</p>	<p>“Inspiring tales from the former head of Planned Parenthood”</p>
	<p>Picoult J. <i>Small Great Things</i>. New York, NY: Ballantine Books; 2018.</p>	<p>Pranali Pathare</p>	
	<p>Vance JD. <i>Hillbilly Elegy: A Memoir of a Family and Culture in Crisis</i>. New York, NY: Harper; 2016.</p>	<p>Veronika Redmann</p>	<p>“A profound read”</p>

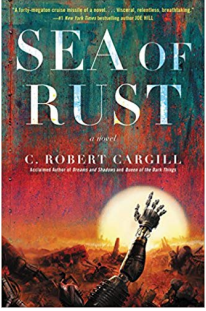
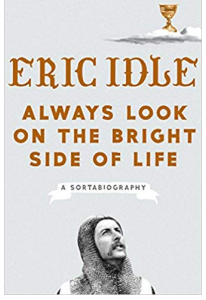
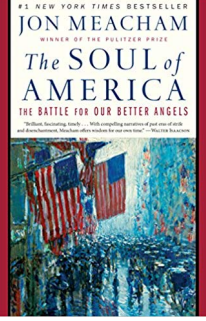
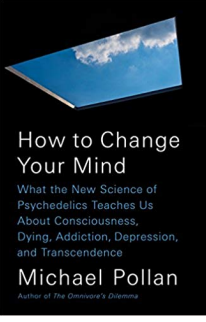
**Category: Recommended**

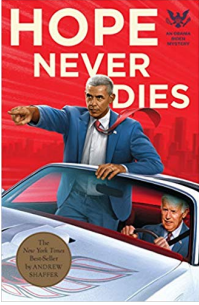
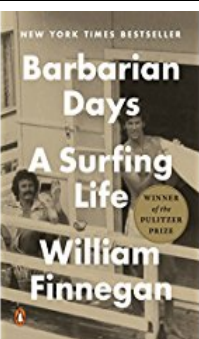
Cover	Citation	Recommended By	Comments
	<p>Chiaverini J. <i>Enchantress of Numbers: A Novel of Ada Lovelace</i>. New York, NY: Dutton Books; 2017.</p>	<p>Lisa Balbes</p>	
	<p>Grisham J. <i>The King of Torts</i>. New York, NY: Doubleday; 2003.</p>	<p>Lisa Balbes</p>	<p>“Excellent story of how power/money corrupts”</p>
	<p>Sobel D. <i>Galileo's Daughter: A Historical Memoir of Science, Faith and Love</i>. New York, NY: Bloomsbury USA; 2011.</p>	<p>Lisa Balbes</p>	<p>“Story of Galileo’s life, told through letters to his daughter, the nun”</p>
	<p>Roxburgh L. <i>Taller, Slimmer, Younger: 21 Days to a Foam Roller Physique</i>. New York, NY: Ballantine Books; 2016.</p>	<p>Roseann Benson</p>	<p>“It’s a book about foam rolling, and the author created a 21-day program that I’ve been cycling through since June. Each day has between 5 and 10 minutes of exercises. The program helped me relieve the pain from a nagging muscle injury and improve my posture. (The book is poorly edited; however, if the user knows that before beginning the program, she will be less distracted by</p>


			the inconsistencies within the text.) **You will need a foam roller.**"
	Dean W. <i>It Takes a Tribe: Building the Tough Mudder Movement</i> . New York, NY: Penguin/Portfolio; 2017.	Suzanne Broussard	"Documents Dean's passion for founding Tough Mudder, a physically and mentally challenging extreme obstacle course. The course requires cooperation and is the model for many obstacle course races in our communities."
	Horowitz A. <i>Magpie Murders: A Novel</i> . New York, NY: Harper; 2017.	Suzanne Broussard	"This murder mystery cleverly turns the reader into the detection—going from a comfortable read to unpredictable."
	Goldacre B. <i>Bad Science: Quacks, Hacks, and Big Pharma Flacks</i> . New York, NY: Farrar, Straus and Giroux; 2010.	Carrie Clark	"A kind of primer on evidence-based medicine for the general public, with lots of amusing takedowns of people who hid poor methodology behind a veneer of 'science-y-ness'"
	Westover T. <i>Educated: A Memoir</i> . New York, NY: Random House; 2018.	Betsy Engle	"Highlighted the importance of education and the opportunity to learn from different viewpoints"

	<p>Li Q. <i>Forest Bathing: How Trees Can Help You Find Health and Happiness</i>. New York, NY: Viking Press; 2018.</p>	<p>Joanne McAndrews</p>	<p>“This book delves into the research-based evidence of why being in nature is relaxing. Even just reading this soothing book is relaxing!”</p>
	<p>Awdish R. <i>In Shock</i>. New York, NY: St Martin’s Press; 2017</p>	<p>Leslie Neistadt</p>	<p>“A physician’s life-threatening illness changes the way she interacts with her patients”</p>
	<p>Gladwell M. <i>What the Dog Saw and Other Adventures</i>. New York, NY: Little, Brown and Co; 2009.</p>	<p>Leslie Neistadt</p>	<p>“Collected articles on a variety of weird and captivating topics”</p>
	<p>Mayle P. <i>My Twenty-Five Years in Provence: Reflections on Then and Now</i>. New York, NY: Alfred A. Knopf; 2018.</p>	<p>Leslie Neistadt</p>	<p>“You’ll want to hop the next flight to France”</p>

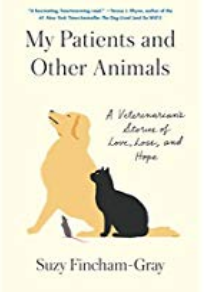
	<p>Wood J. <i>Upstate</i>. New York, NY: Farrar, Straus and Giroux; 2018.</p>	<p>Leslie Neistadt</p>	<p>“During a visit to the U.S., a Brit tries to understand his grown daughters”</p>
	<p>Sincero J. <i>You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life</i>. New York, NY: Running Press Adult; 2013.</p>	<p>Pranali Pathare</p>	
	<p>Clear H. <i>Atomic Habits: An Easy &amp; Proven Way to Build Good Habits &amp; Break Bad Ones</i>. New York, NY: Avery; 2018.</p>	<p>Ginger Peschke</p>	<p>“I’m still reading this one, but the book seems to flesh out ideas from his newsletters/blogs, which I follow and have productively implemented.”</p>
	<p>Butler OE. <i>Kindred</i>. Boston, MA: Beacon Press; 2009.</p>	<p>Bob Saigh</p>	<p>“Written well”</p>

	<p>Cargill CR. <i>Sea of Rust</i>. New York, NY: Harper Voyager; 2017.</p>	<p>Bob Saigh</p>	<p>“Written well”</p>
	<p>Idle E. <i>Always Look on the Bright Side: A Sortabiography</i>. New York, NY: Crown Archetype; 2018.</p>	<p>Bob Saigh</p>	<p>“Written well”</p>
	<p>Meacham J. <i>The Soul of America: The Battle for Our Better Angels</i>. New York, NY: Random House; 2018.</p>	<p>Bob Saigh</p>	<p>“Written well”</p>
	<p>Pollan M. <i>How to Change Your Mind: What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence</i>. New York, NY: Penguin Press; 2018.</p>	<p>Bob Saigh</p>	<p>“Written well”</p>

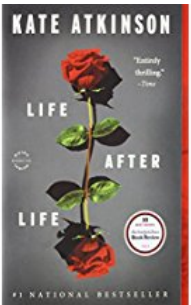
	<p>Shaffer A. <i>Hope Never Dies</i>. Philadelphia, PA: Quirk Books; 2018.</p>	<p>Bob Saigh</p>	<p>“Lots of fun”</p>
	<p>Fforde J. <i>The Eyre Affair</i>. New York, NY : Penguin Books; 2003.</p>	<p>Bob Saigh</p>	
	<p>Boyle TC. <i>Tooth and Claw: And Other Stories</i>. New York, NY: Viking; 2005.</p>	<p>Bob Saigh</p>	
	<p>Finnegan W. <i>Barbarian Days: A Surfing Life</i>. New York, NY: Penguin Press; 2015.</p>	<p>Susan Sunderman</p>	<p>“I have been hooked on Finnegan’s writing since I read his 2-part series “Playing Doc’s Games” about the surfing physician Mark Renneker in the <i>New Yorker</i>. Even if you don’t like or know nothing about surfing, this autobiography (winner of the 2016 Pulitzer Prize in biography) is a good read!”</p>

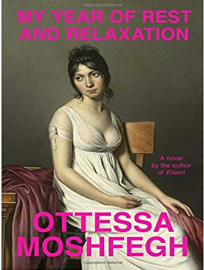
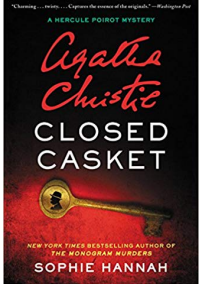
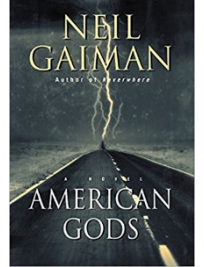
	<p>Sedaris D. <i>Calypso</i>. Boston, MA: Little, Brown and Co; 2018.</p>	<p>Susan Sunderman</p>	<p>“David Sedaris is one of my favorite authors! His beach house in North Carolina is where we go every year, and I grew up going there as well.”</p>
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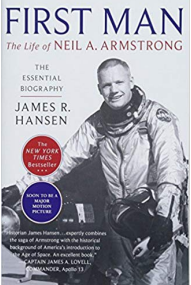
### Category: Sob Inducing

Cover	Citation	Recommended By	Comments
	<p>Fincham-Gray S. <i>My Patients and Other Animals: A Veterinarian's Stories of Love, Loss, and Hope</i>. New York, NY: Spiegel &amp; Grau; 2018.</p>	<p>Leslie Neistadt</p>	<p>“A vet describes some of her most memorable patients...and their families”</p>

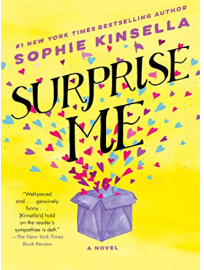

### Category: Annoying or Disappointing

Cover	Citation	NOT Recommended By	Comments
	<p>Atkinson K. <i>Life After Life</i>. Boston, MA: Back Bay Books; 2014.</p>	<p>Lisa Balbes</p>	<p>“Good premise, poorly executed”</p>

	<p>Moshfegh O. <i>My Year of Rest and Relaxation</i>. New York, NY: Penguin Press; 2018.</p>	<p>Leslie Neistadt</p>	<p>“An educated, wealthy, attractive, and very bitter young woman decides she needs a year off from her oh-so-difficult life for a drug-induced sleep. This is getting all kinds of rave reviews, but it’s self-indulgent to the nth degree.”</p>
	<p>Hannah S. <i>Closed Casket</i>. New York, NY: William Morrow; 2017.</p>	<p>Ginger Peschke</p>	<p>“Ostensibly a Hercule Poirot novel, this book doesn’t come close (IMO) to Christie’s originals”</p>
	<p>Gaiman N. <i>American Gods</i>. New York, NY: William Morrow; 2001.</p>	<p>Bob Saigh</p>	<p>“Badly written”</p>

	<p>Hansen J. <i>First Man: The Life of Neil A. Armstrong</i>. New York, NY: Simon &amp; Schuster; 2005.</p>	<p>Bob Saigh</p>	<p>“Badly written”</p>
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**Category: Not Necessarily Literature to Stand the Test of Time But Fun Reads Nonetheless**

Cover	Citation	Recommended By	Comments
	<p>Kinsella S. <i>Surprise Me</i>. New York, NY: The Dial Press; 2018.</p>	<p>Leslie Neistadt</p>	<p>“If you liked the ‘Shopaholic’ books, you’ll like this one about a long-married couple who think they know everything about each other.”</p>
	<p>Yen A. <i>Sophia of Silicon Valley</i>. New York, NY: William Morrow; 2018.</p>	<p>Leslie Neistadt</p>	<p>“Fast-paced tale of a 20-something trying to navigate life in the tech world”</p>

## More from Lisa Balbes

### Fiction:

Books I read for my son, just for fun:

*Doctor Who: The Krillitane Storm*, Cooper, Christopher

*Doctor Who: The Legends of River Song*, Colgan, Jenny T.

*Doctor Who: Plague of the Cybermen*, Richards, Justin

*Doctor Who: Human Nature*, Cornell, Paul

*Doctor Who: The Dalek Generation*, Briggs, Nicholas

Weird books that go with a podcast my other son follows:

*Mostly Void, Partially Stars* (Welcome to Night Vale Episodes, #1) - Fink, Joseph

*The Great Glowing Coils of the Universe* (Welcome to Night Vale Episodes, #2) - Fink, Joseph

*It Devours!* (Night Vale, #2) - Fink, Joseph

Books my book club read:

*Life After Life* (Todd Family, #1) Atkinson, Kate – Good premise, poorly executed

*Himself*, Kidd, Jess

*Manhattan Beach*, Egan, Jennifer

Throwbacks to a simpler time:

*The Boy Scouts Afloat*, Durston, George

*The Boy Scouts in the Blue Ridge*, Carter, Herbert

*Blueprint for a Battlestar* - Pyle, Rod

*Artemis*, Weir, Andy - good story, but not as good as his first book, *The Martian*

*The Girl Who Knew Too Much* (Burning Cove, #1), Quick, Amanda

*Paper, Scissors, Death* (Kiki Lowenstein Scrap-n-Craft Mystery, #1), Slan, Joanna Campbell

*Cut, Crop & Die* (Kiki Lowenstein Scrap-n-Craft Mystery, #2), Slan, Joanna Campbell

*Frankenstein*, Shelley, Mary – 200<sup>th</sup> anniversary of this book!!

*Pastwatch: The Redemption of Christopher Columbus*, Card, Orson Scott – great time travel story

### **Historical (Pseudo) Fiction**

\**Rise of the Rocket Girls: The Women Who Propelled Us, from Missiles to the Moon to Mars*, Holt, Nathalia \*

\**Enchantress of Numbers*, Chiaverini, Jennifer

*Memoirs of a Muppets Writer*, Bailey, Joseph A.

*The Glass Universe: How the Ladies of the Harvard Observatory Took the Measure of the Stars*, Sobel, Dava

\**Galileo's Daughter: A Historical Memoir of Science, Faith and Love*, Sobel, Dava – story of Galileo's life, told through letters to his daughter, the nun

*Love and Ruin*, McLain, Paula \*

*A Gentleman in Moscow*, Towles, Amor

*Ginger: My Story*, Rogers, Ginger

*Winchester Mystery House*, Anderson, Cynthia

*The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics*, Brown, Daniel James

**NonFiction:**

*Robert's Rules of Order Newly Revised In Brief, 2nd edition*, Robert, Henry Martyn

*\*What If?: Serious Scientific Answers to Absurd Hypothetical Questions*, Munroe, Randall \*

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