

# NEW NONFICTION TITLES FOR DECEMBER 2023

## BIOGRAPHY

**Becoming Ella Fitzgerald: The Jazz Singer Who Transformed American Song** by Judith Tick

**Curepedia: An A-Z of the Cure** by Simon Price

**Everywhere an Oink Oink: An Embittered, Dyspeptic, and Accurate Report of Forty Years in Hollywood** by David Mamet

**Into Siberia: George Kennan's Epic Journey Through the Brutal, Frozen Heart of Russia** by Gregory J. Wallance

**Oath and Honor: A Memoir and a Warning** by Liz Cheney

**Songs on Endless Repeat: Essays and Outtakes** by Anthony Veasna So

**Unfinished Woman: A Memoir** by Robyn Davidson

**What Really Happens in Vegas: True Stories of the People Who Make Vegas, Vegas** by James Patterson & Mark Seal

**When I Was Your Age: Life Lessons, Funny Stories & Questionable Parenting Advice from a Professional Clown** by Kenan Thompson

## BUSINESS

**Starting a Business 101: From Creating a Business Plan and Sticking to a Budget to Marketing and Making a Profit, Your Essential Primer to Starting a Business** by Michele Cagan

**Your Journey to Financial Freedom: A Step-by-step Guide to Achieving Wealth and Happiness** by Jamila Souffrant

## GENERAL NONFICTION

**House Love: A Joyful Guide to Cleaning, Organizing, and Loving the Home You're in** by Patric Richardson

**How Not to Kill Your Houseplant: Survival Tips for the Horticulturally Challenged** by Veronica Peerless

## HEALTH & FITNESS

**The Book of Animal Secrets: Nature's Lessons for a Long and Happy Life** by David Agus, MD

**Calm Your Mind With Food: A Revolutionary Guide to Controlling Your Anxiety** by Uma Naidoo

**How Not to Age: The Scientific Approach to Getting Healthier As You Get Older** by Michael Greger

**The Official Mind Diet: A Scientifically Based Program to Lose Weight and Prevent Alzheimer's Disease** by Martha Clare Morris

**Quantum Body: The New Science of Living a Longer, Healthier, More Vital Life** by Deepak Chopra, Jack Tuszynsk, and Brian Fertig

**Sugarless: A 7-step Plan to Uncover Hidden Sugars, Curb Your Cravings, and Conquer Your Addiction** by Nicole Av-ena

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## HISTORY

**The Book at War: How Reading Shaped Conflict and Conflict Shaped Reading** by Andrew Pettegree

**Mistress of Life and Death: The Dark Journey of Maria Mandl, Head Overseer of the Womens Camp at Auschwitz-Birkenau** by Susan J. Eischeid

**The Palace: From the Tudors to the Windsors, 500 Years of British History at Hampton Court** by Gareth Russell

**The Rest Is History: History's Most Curious Questions Answered** by Goalhanger Podcasts, Tom Holland, and Dominic Sandbrook

**The Savage Storm: The Battle for Italy 1943** by James Holland

**Silent Cavalry: How Union Soldiers from Alabama Helped Sherman Burn Atlanta, and Then Got Written Out of History** by Howell Raines

## POLITICAL SCIENCE

**The Kingdom, the Power, and the Glory: American Evangelicals in an Age of Extremism** by Tim Alberta

**The Squad: A.O.C. and the Hope of a Political Revolution** by Ryan Grim

## SELF-HELP

**ADHD for Smart Ass Women: How to Fall in Love With Your Neurodivergent Brain** by Tracy Otsuka

## SOCIAL SCIENCE

**The Black Joy Project** by Kleaver Cruz

## TRUE CRIME

**The Lost Tomb: And Other Real-life Stories of Bones, Burials, and Murder** by Douglas Preston

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