

NEW NONFICTION TITLES FOR JANUARY 2024

BIOGRAPHY

American Girls: One Woman's Journey into the Islamic State and Her Sister's Fight to Bring Her Home by Jessica Roy

Dear Sister: A Memoir of Secrets, Survival, and Unbreakable Bonds by Michelle Horton

Legacy: A Black Physician Reckons with Racism in Medicine by Uché Blackstock, M.D.

More: A Memoir of Open Marriage by Molly Roden Winter

Naomi Osaka: Her Journey to Finding Her Power and Her Voice by Ben Rothenberg

Only Say Good Things: Surviving Playboy and Finding Myself by Crystal Hefner

Rental Person Who Does Nothing: A Memoir by Shoji Morimoto

The Showman: Inside the Invasion That Shook the World and Made a Leader of Volodymyr Zelensky by Simon Shuster

BUSINESS & ECONOMICS

I Survived Capitalism and All I Got Was This Lousy T-Shirt: Everything I Wish I Never Had to Learn About Money by Madeline Pendleton

Tightwads and Spendthrifts: Navigating the Money Minefield in Real Relationships by Scott Rick

GENERAL NONFICTION

Fight Right: How Successful Couples Turn Conflict into Connection by Julie Schwartz Gottman and John Gottman

How to ADHD: An Insider's Guide to Working with Your Brain Not Against It by Jessica McCabe

One in a Millennial: On Friendship, Feelings, Fangirls, and Fitting In by Kate Kennedy

This Is the Honey: An Anthology of Contemporary Black Poets by Kwama Alexander

HEALTH & FITNESS

Blood: The Science, Medicine, and Mythology of Menstruation by Dr. Jen Gunter

Gut Check: Unleash the Power of Your Microbiome to Reverse Disease and Transform Your Mental, Physical, and Emotional Health by Steven R. Gundry, M.D.

Rethinking Diabetes: What Science Reveals About Diet, Insulin, and Successful Treatments by Gary Taubes

This Book May Save Your Life by Karan Rajan, Dr.

The Wisdom of Plagues: Lessons from 25 Years of Covering Pandemics by Donald G. McNeil, Jr.

Younger for Life: Feel Great and Look Your Best with the New Science of Autojuvenation by Anthony Youn, M.D.

HISTORY

Aid State: Elite Panic, Disaster Capitalism, and the Battle to Control Haiti by Jake Johnston

Cold Crematorium: Reporting from the Land of Auschwitz by József Debreczeni

The Counterfeit Countess: The Jewish Woman Who Rescued Thousands of Poles During the Holocaust by Elizabeth B. White and Joanna Sliwa

Everyone Who Is Gone Is Here: The United States, Central America, and the Making of a Crisis by Jonathan Blitzer

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HISTORY

The Holocaust: An Unfinished History by Dan Stone

Madness: Race and Insanity in a Jim Crow Asylum by Antonia Hylton

The Rebels: Elizabeth Warren, Bernie Sanders, Alexandria Ocasio-Cortez, and the Struggle for a New American Politics by Joshua Green

Sheridan's Secret Mission: How the South Won the War After the Civil War by Robert Cwiklik

Tripping on Utopia: Margaret Mead, the Cold War, and the Troubled Birth of Psychedelic Science by Benjamin Breen

POLITICAL SCIENCE

Disillusioned: Five Families and the Unraveling of America's Suburbs by Benamin Herold

A Hitch in Time: Reflections Ready for Reconsideration by Christopher Hitchens

The MAGA Diaries: My Surreal Adventures Inside the Right-Wing and How I Got Out by Tina Nguyen

One Nation Under Guns: How Gun Culture Distorts Our History and Threatens Our Democracy by Dominic Erdozain

SELF-HELP

Come Together: the Science and Art! of Creating Lasting Sexual Connections by Emily Nagoski

Fluke: Chance, Chaos, and Why Everything We Do Matters by Brian Klaas

The Hunger Habit: Why We Eat When We're Not Hungry and How to Stop by Judson Brewer, M.D., Ph.D.

I Did a New Thing: 30 Days to Living Free by Tabitha Brown

The Life Brief: A Playbooks for No-Regrets Living by Bonnie Wan

On Thriving: Harnessing Joy Through Life's Great Labors by Brandi Sellerz-Jackson

SOCIAL SCIENCE

Be a Revolution: How Everyday People Are Fighting Oppression and Changing the World, and How You Can, Too by Ijeoma Oluo

Black Women Taught Us: An Intimate History of Black Feminism by Jenn M. Jackson

The Furies: Women, Vengeance, and Justice by Elizabeth Flock

Infectious Generosity: The Ultimate Idea Worth Spreading by Chris Anderson

Our Hidden Conversations: What Americans Really Think About Race and Identity by Michele Norris

The Survivors of the Clotilda: The Lost Stories of the Last Captives of the American Slave Trade by Hannah Durkin

Toxic: Women, Fame, and the Tabloid 2000s by Sarah Ditum

TRUE CRIME

The Amish Wife: Unraveling the Lies, Secrets, and Conspiracy That Let a Killer Go Free by Gregg Olsen

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