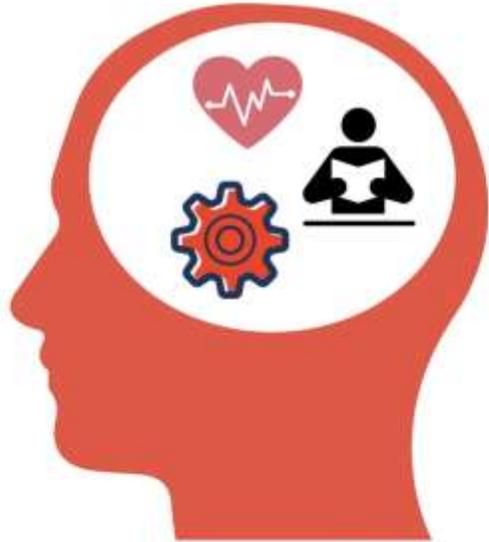


Exercise Your Mind

with a book



Popular Reading Exhibit
Dana Medical Library

Compiled and Curated by
Kate E. Bright, M.A., M.F.A
Dana Medical Library
University of Vermont

While relaxing in our free time, many of us pick up a book to exercise our minds. This is more beneficial than you think!



New scientific
research from the Yale
University School of
Public Health supports
the **longevity** benefit
of reading books. *



*Bavishi, A., Slade, M.D., Levy, B.R., 2016. A Chapter a Day: Association of book reading with longevity. Soc. Sci. Med. 164, 44-48.

The survival benefit of reading appears to result from the stimulation of two cognitive processes:

- Promotion of “deep reading”, with slow immersive process
- Promotion of empathy, social perception, and emotional intelligence

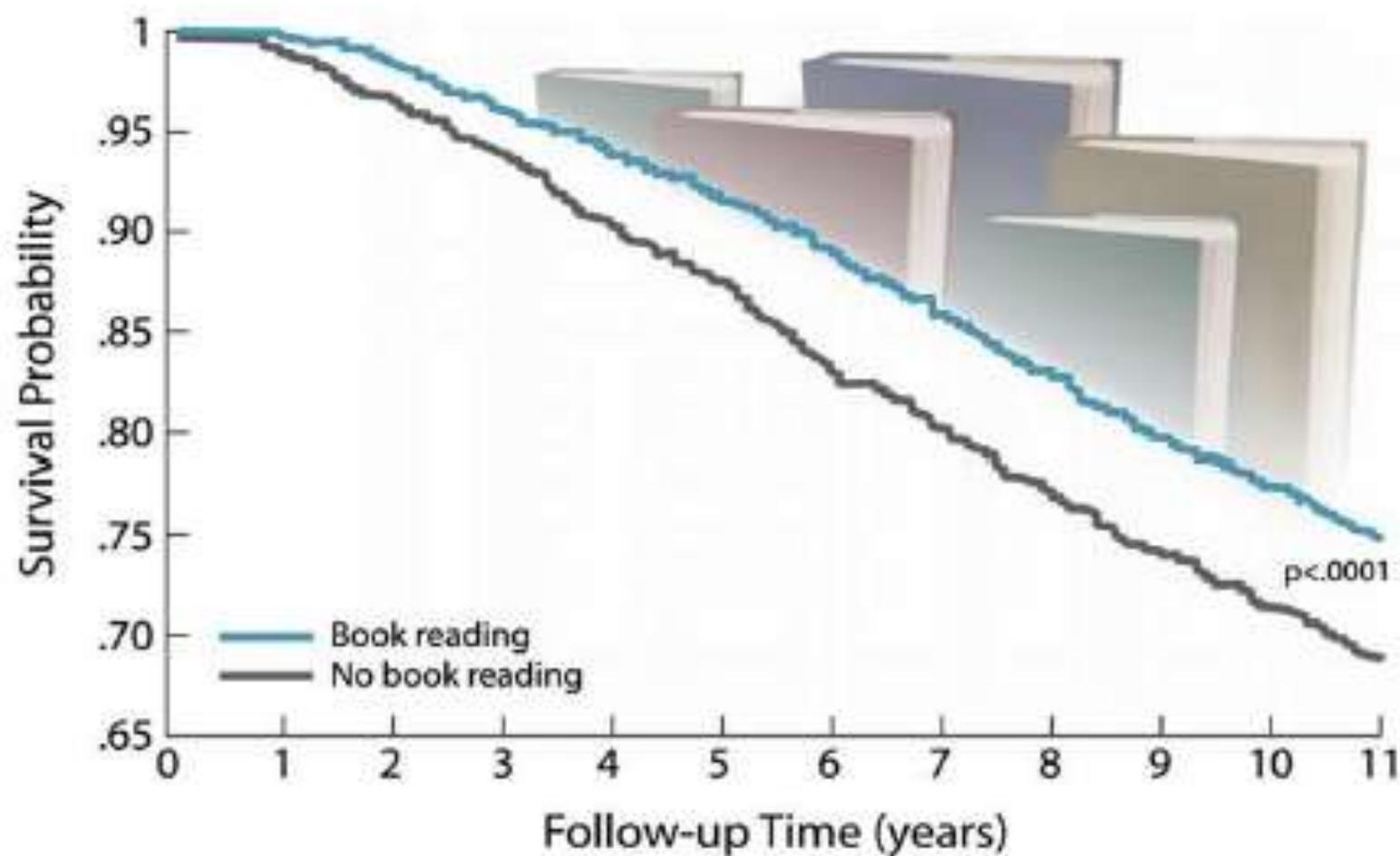
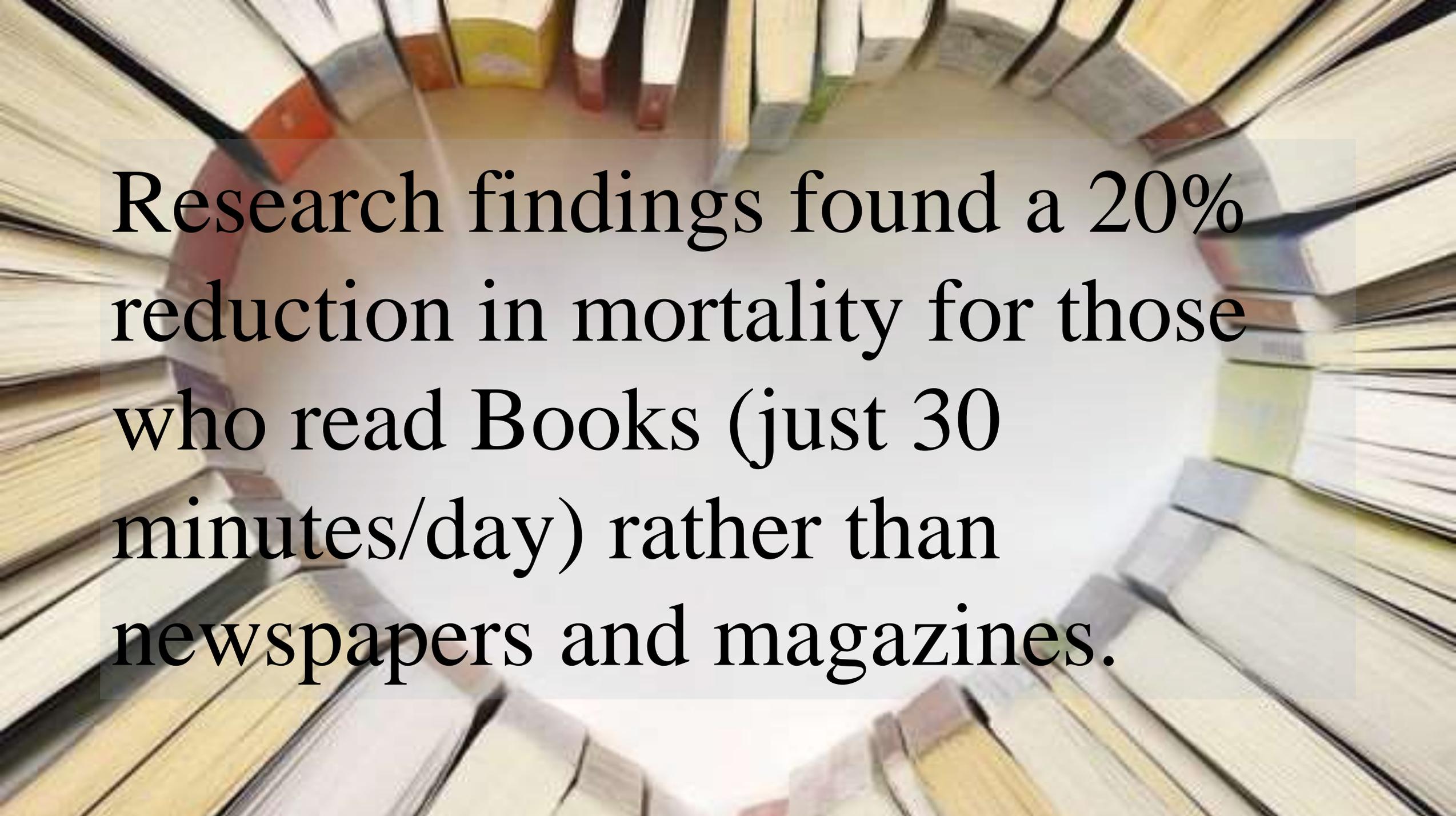


Fig. 1. Survival Advantage Associated with Book Reading. Unadjusted survival curves comparing book readers to non-readers ($HR = 0.77, p < 0.0001$). At 80% mortality, a 23-month survival advantage is found.

A top-down view of a circular arrangement of numerous books, their spines and pages creating a radial pattern. The books are of various colors and thicknesses, creating a textured, multi-colored ring. The text is overlaid on a semi-transparent white rectangular area in the center of the circle.

Research findings found a 20% reduction in mortality for those who read Books (just 30 minutes/day) rather than newspapers and magazines.

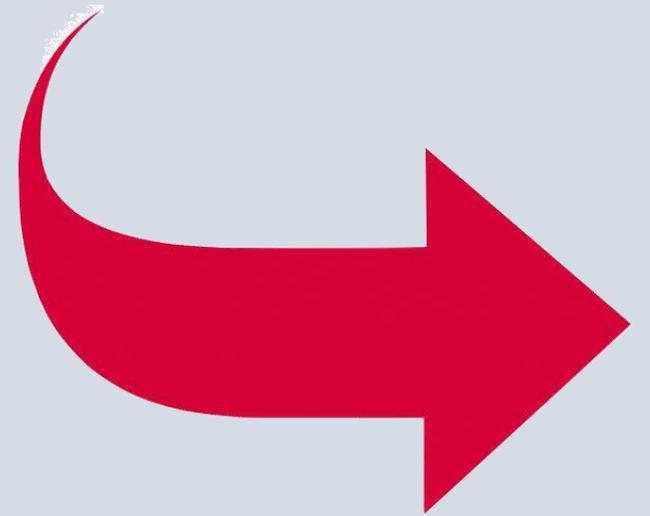
Areas of interest for future research:

- Additional health benefits from book reading other than extended survival
- Similar effects/ benefits from reading eBooks and Audio Books
- Different effects of reading nonfiction vs. fiction



Reading Books may not only introduce interesting ideas and characters but it may also provide more years of reading enjoyment.

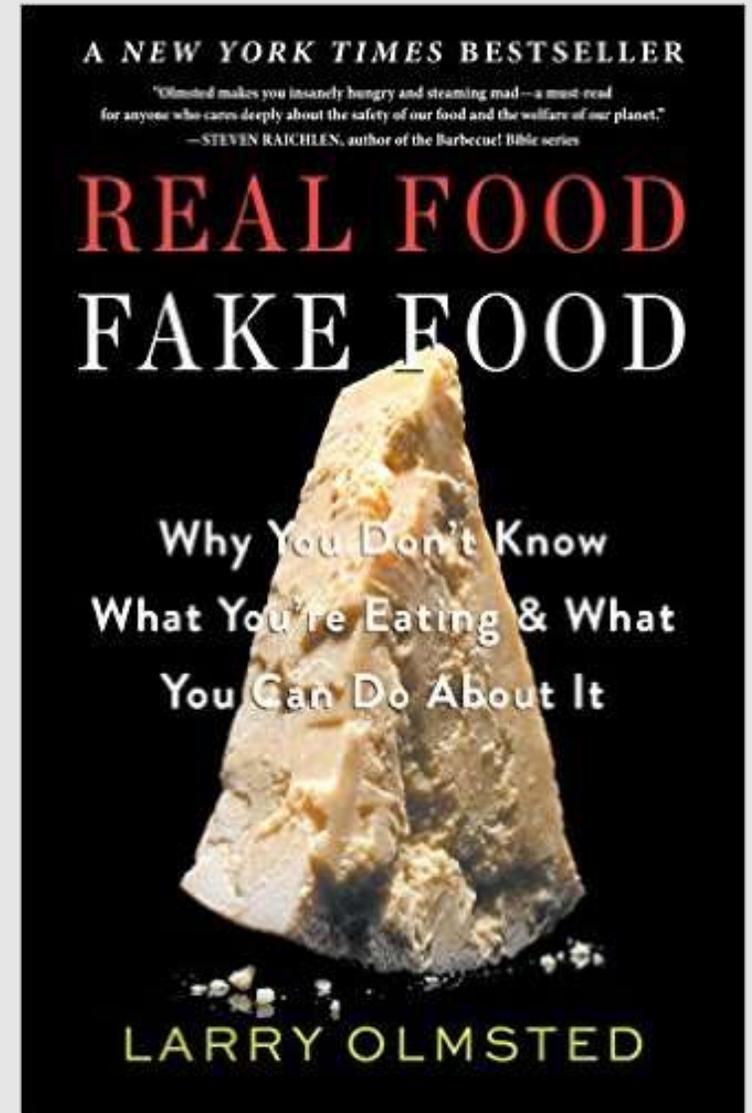
This exhibit will provide you with the most popular and most current medical and health science-related books available. Pick one up today!

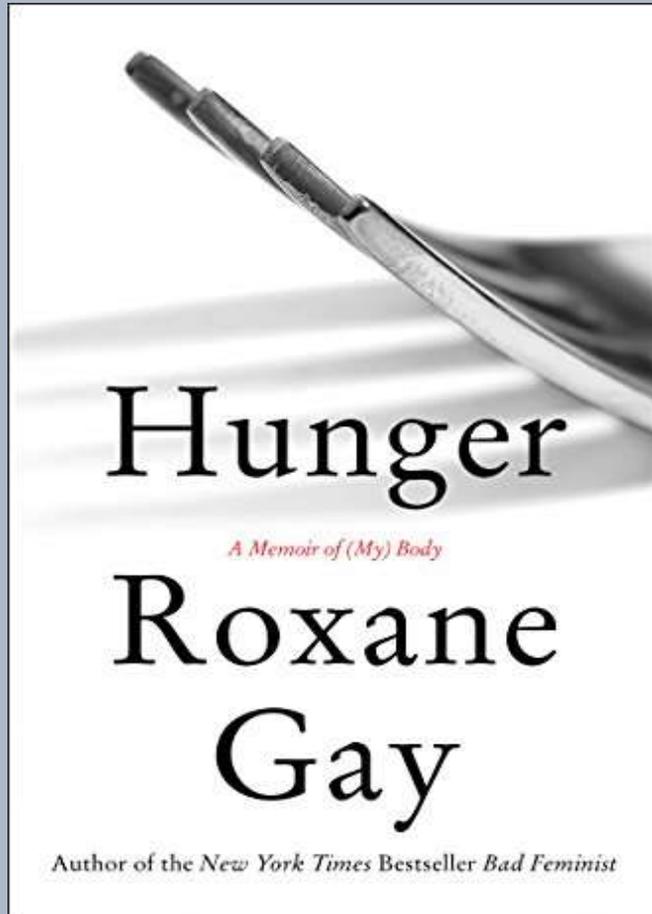


Working on Wellness with Popular Books

You've seen the headlines: Parmesan cheese made from wood pulp. Lobster rolls containing no lobster at all. Extra-virgin olive oil that isn't. So many fake foods are in our supermarkets, our restaurants, and our kitchen cabinets that it's hard to know what we're eating anymore. In *Real Food / Fake Food*, award-winning journalist Larry Olmsted convinces us why real food matters and empowers consumers to make smarter choices.

Olmsted brings readers into the unregulated food industry, revealing the shocking deception that extends from high-end foods like olive oil, wine, and Kobe beef to everyday staples such as coffee, honey, juice, and cheese. It's a massive bait and switch in which counterfeiting is rampant and in which the consumer ultimately pays the price. ~book jacket





From the New York Times bestselling author of Bad Feminist: a searingly honest memoir of food, weight, self-image, and learning how to feed your hunger while taking care of yourself.

“I ate and ate and ate in the hopes that if I made myself big, my body would be safe. I buried the girl I was because she ran into all kinds of trouble. I tried to erase every memory of her, but she is still there, somewhere. . . . I was trapped in my body, one that I barely recognized or understood, but at least I was safe.”

In her phenomenally popular essays and long-running Tumblr blog, Roxane Gay has written with intimacy and sensitivity about food and body, using her own emotional and psychological struggles as a means of exploring our shared anxieties over pleasure, consumption, appearance, and health. As a woman who describes her own body as “wildly undisciplined,” Roxane understands the tension between desire and denial, between self-comfort and self-care. In *Hunger*, she explores her past—including the devastating act of violence that acted as a turning point in her young life—and brings readers along on her journey to understand and ultimately save herself.

~book jacket

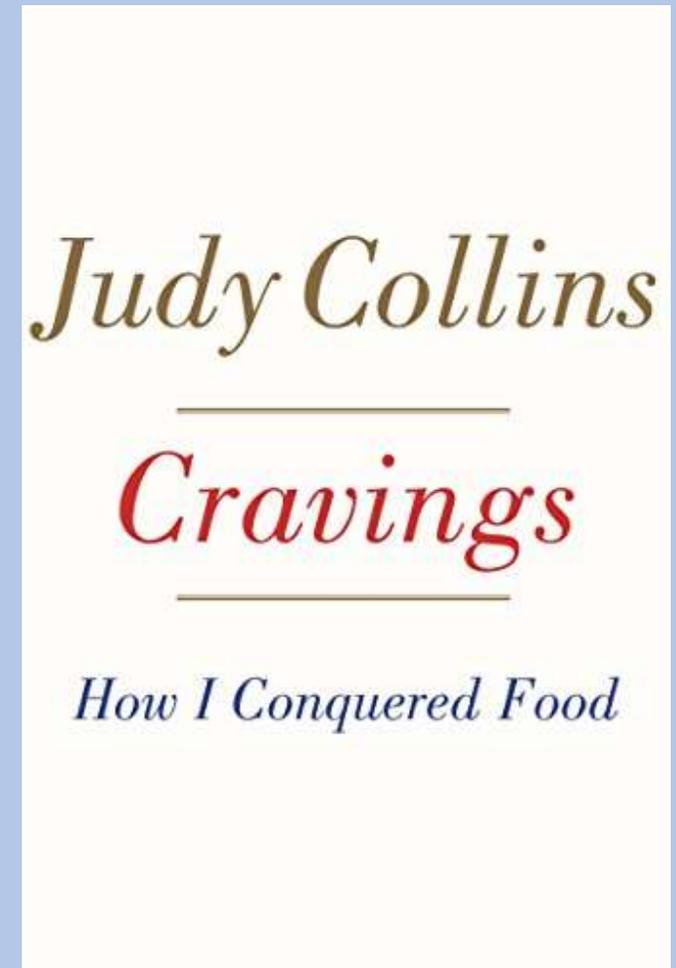
A no-holds-barred account of folk legend Judy Collins's harrowing struggle with compulsive overeating and of the journey that led her to a solution.

Since childhood Judy Collins has had a tumultuous, fraught relationship with food. Her issues with overeating nearly claimed her career and her life. For decades she thought she simply lacked self-discipline. She tried nearly every diet plan that exists, often turning to alcohol to dull the pain of yet another failed attempt to control her seemingly insatiable cravings.

Today, Judy knows she suffers from an addiction to sugar and grains, flour and wheat. She adheres to a strict diet of unprocessed foods consumed in carefully measured portions. This solution has allowed her to maintain a healthy weight for years, to enjoy the glow of good health, and to attain peace of mind.

Alternating between chapters on her life and those of the many diet gurus she has encountered along the way (Atkins, Jean Nidetch of Weight Watchers, Andrew Weil, to name a few), *Cravings* is the culmination of Judy's genuine desire to share what she's learned—so that no one else has to navigate her heart-rending path to recovery.

~book jacket



Gratitude

Oliver Sacks

Gratitude is a collection of essays from Oliver Sacks' last 2 years of life.

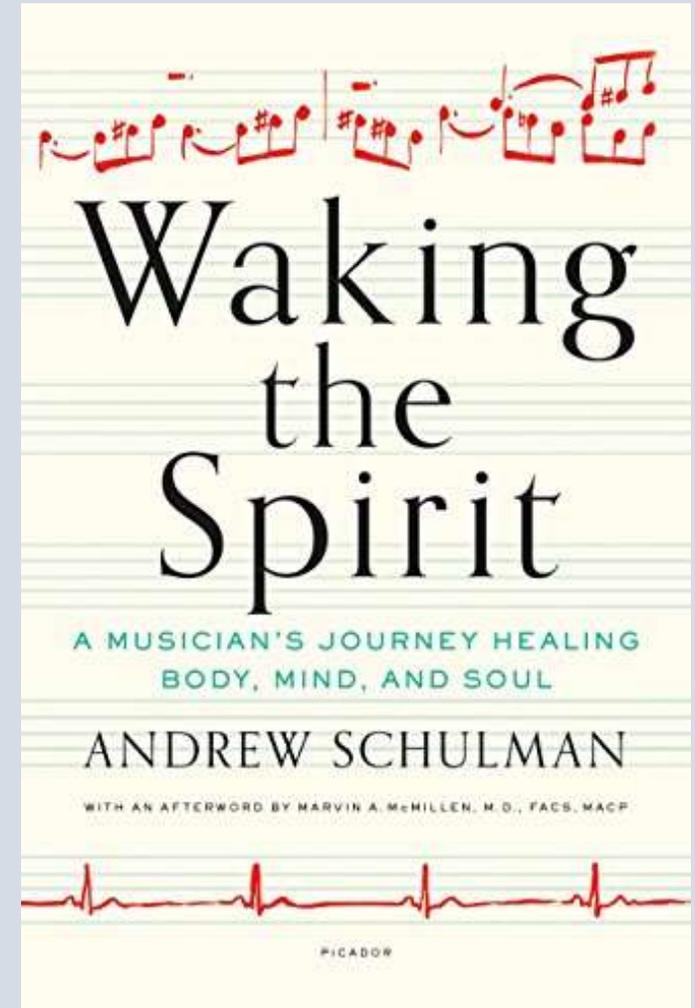
“Oliver Sacks was like no other clinician, or writer. He was drawn to the homes of the sick, the institutions of the most frail and disabled, the company of the unusual and the ‘abnormal.’ He wanted to see humanity in its many variants and to do so in his own, almost anachronistic way—face to face, over time, away from our burgeoning apparatus of computers and algorithms. And, through his writing, he showed us what he saw.”

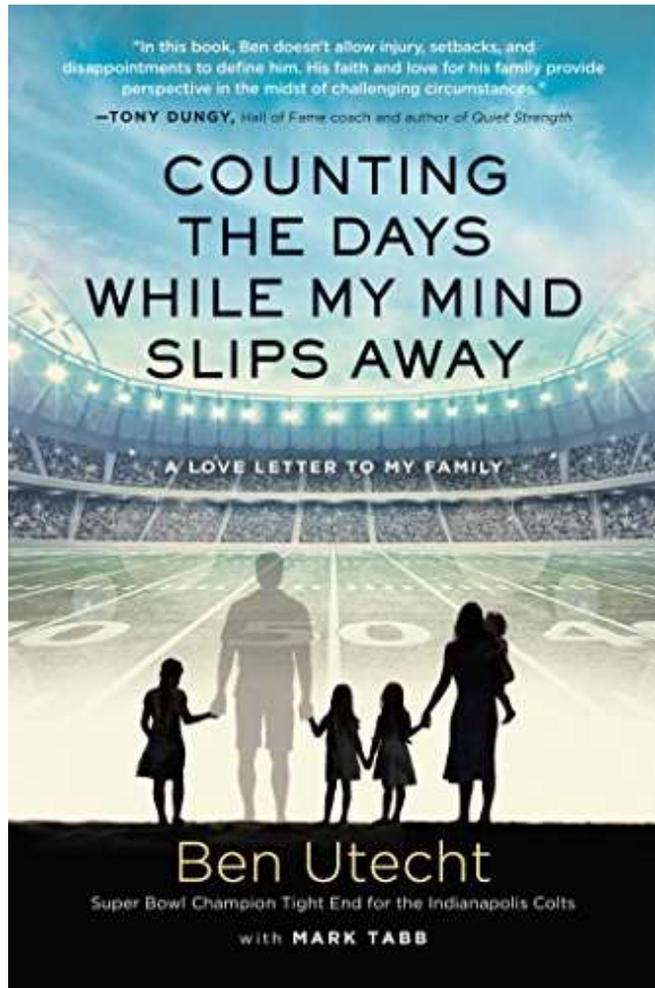
—Atul Gawande, author of *Being Mortal*

An Oliver Sacks Foundation Best Book of the Year selection, Finalist for the Books for a Better Life "Best First Book" Award, and a People Magazine Pick in non-fiction.

THE ASTOUNDING STORY OF A CRITICALLY ILL MUSICIAN WHO IS SAVED BY MUSIC AND RETURNS TO THE SAME HOSPITAL TO HELP HEAL OTHERS

Andrew Schulman, a fifty-seven-year-old professional guitarist, had a close brush with death on the night of July 16, 2009. Against the odds he survived: A medical miracle. Once fully recovered, Andrew resolved to dedicate his life to bringing music to critically ill patients at Mount Sinai Beth Israel's ICU. In this book, you'll learn the astonishing story of the people he's met along the way—both patients and doctors—and of the people he has inspired in return. In his new work as a medical musician, Andrew has met with experts in music, neuroscience, and medicine. In this book, he shares with readers an overview of the cutting-edge science and medical theories that illuminate this exciting field. *Waking the Spirit* explores the power of music to heal the body and waken the spirit. ~book jacket





After five major concussions, NFL tight-end Ben Utecht of the Indianapolis Colts and Cincinnati Bengals is losing his memories. This is his powerful and emotional love letter to his wife and daughters—whom he someday may not recognize—and an inspiring message for all to live every moment fully.

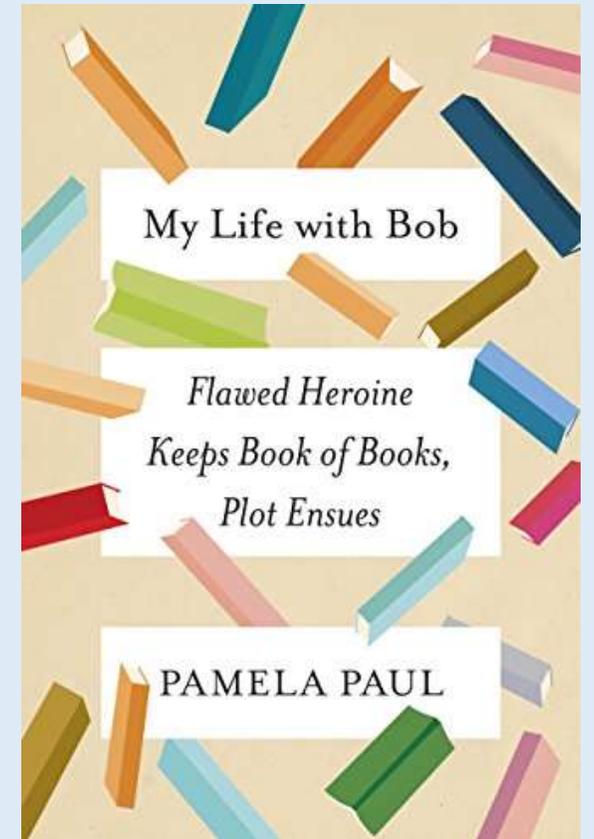
Ben Utecht has accumulated a vast treasure of memories: tossing a football in the yard with his father, meeting his wife, with whom he'd build a loving partnership and bring four beautiful daughters into the world, writing and performing music, catching touchdown passes from quarterback Peyton Manning, and playing a Super Bowl Championship watched by ninety-three million people.

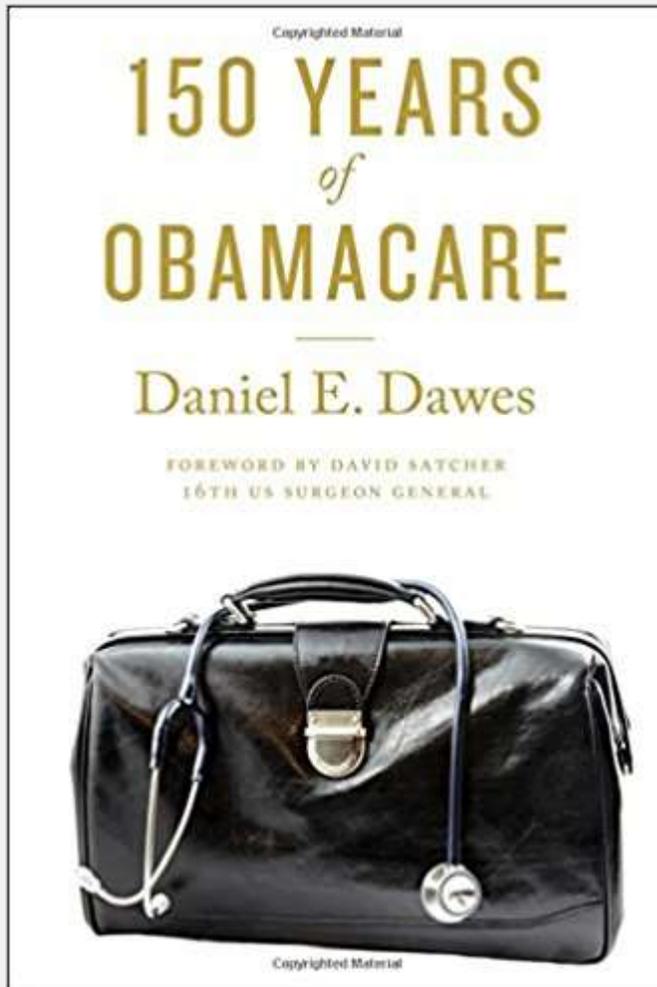
But the game he has built his living on, the game he fell in love with as a child, is taking its toll in a devastating way. After at least five major concussions—and an untold number of micro-concussions—Ben suffered multiple mild traumatic brain injuries that have erased important memories. Knowing that his wife and daughters could someday be beyond his reach and desperate for them to understand how much he loves them, he recorded his memories for them to hold on to after his essential self is gone. ~book jacket

Pamela Paul has kept a single book by her side for twenty-eight years – carried throughout high school and college, hauled from Paris to London to Thailand, from job to job, safely packed away and then carefully removed from apartment to house to its current perch on a shelf over her desk – reliable if frayed, anonymous-looking yet deeply personal. This book has a name: Bob.

Bob is Paul's Book of Books, a journal that records every book she's ever read, from *Sweet Valley High* to *Anna Karenina*, from *Catch-22* to *Swimming to Cambodia*, a journey in reading that reflects her inner life – her fantasies and hopes, her mistakes and missteps, her dreams and her ideas, both half-baked and wholehearted. Her life, in turn, influences the books she chooses, whether for solace or escape, information or sheer entertainment.

But *My Life with Bob* isn't really about those books. It's about the deep and powerful relationship between book and reader. It's about the way books provide each of us the perspective, courage, companionship, and imperfect self-knowledge to forge our own path. It's about why we read what we read and how those choices make us who we are. It's about how we make our own stories. ~book jacket





In this groundbreaking book, health-care attorney Daniel E. Dawes explores the secret backstory of the Affordable Care Act, shedding light on the creation and implementation of the greatest and most sweeping equalizer in the history of American health care. An eye-opening and authoritative narrative written from an insider's perspective, *150 Years of ObamaCare* debunks contemporary understandings of health reform. It also provides a comprehensive and unprecedented review of the health equity movement and the little-known leadership efforts that were crucial to passing public policies and laws reforming mental health, minority health, and universal health. Offering unparalleled and complete insight into the efforts by the Obama administration, Congress, and external stakeholders, *150 Years of ObamaCare* illuminates one of the most challenging legislative feats in the history of the United States.

Cure: A Journey into the Science of Mind over Body maps out the latest mind-body research around the world. Its author, Jo Marchant, skillfully describes historic and contemporary research findings behind the health benefits of friendship and social connections, meditation and mindfulness, the placebo effect, and even the power of faith. In a world where medical professionals are often rushed, harried, and swamped, *Cure* asks us to consider substitutes for conventional Western medicine therapies. Caring and tenderness cost nothing and may be just the cure for an ailing world.

NEW YORK TIMES BESTSELLER

C U R E

A JOURNEY

INTO THE SCIENCE OF

M I N D

OVER

B O D Y

JO MARCHANT

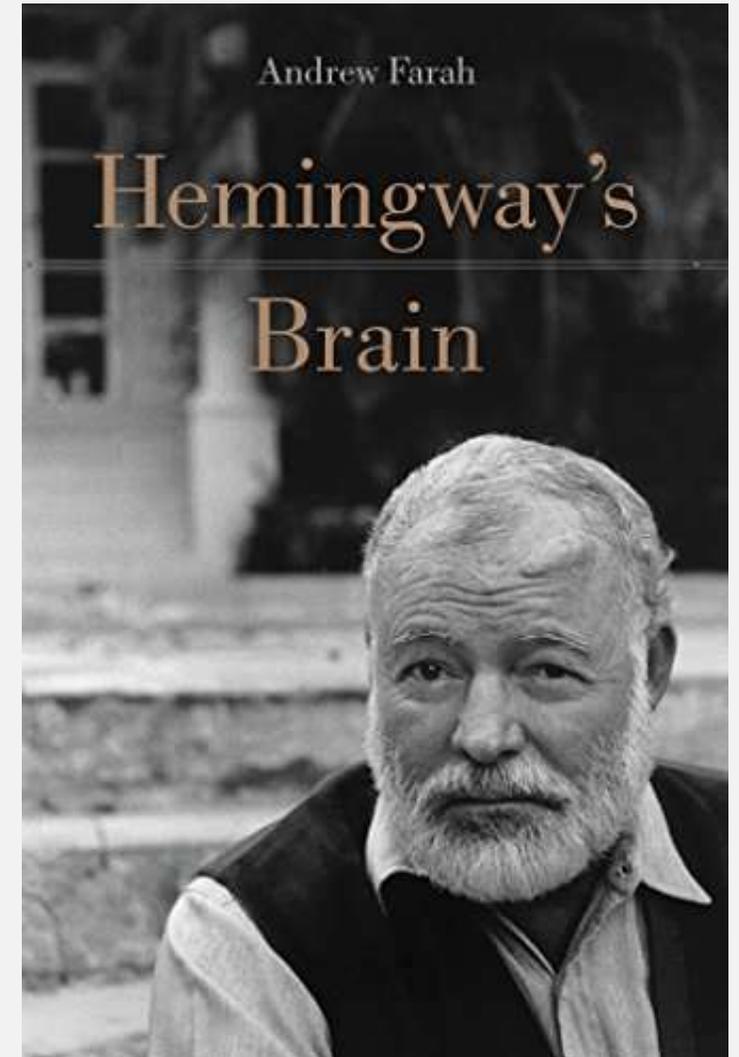
Current, Best-Selling Books to Check Out

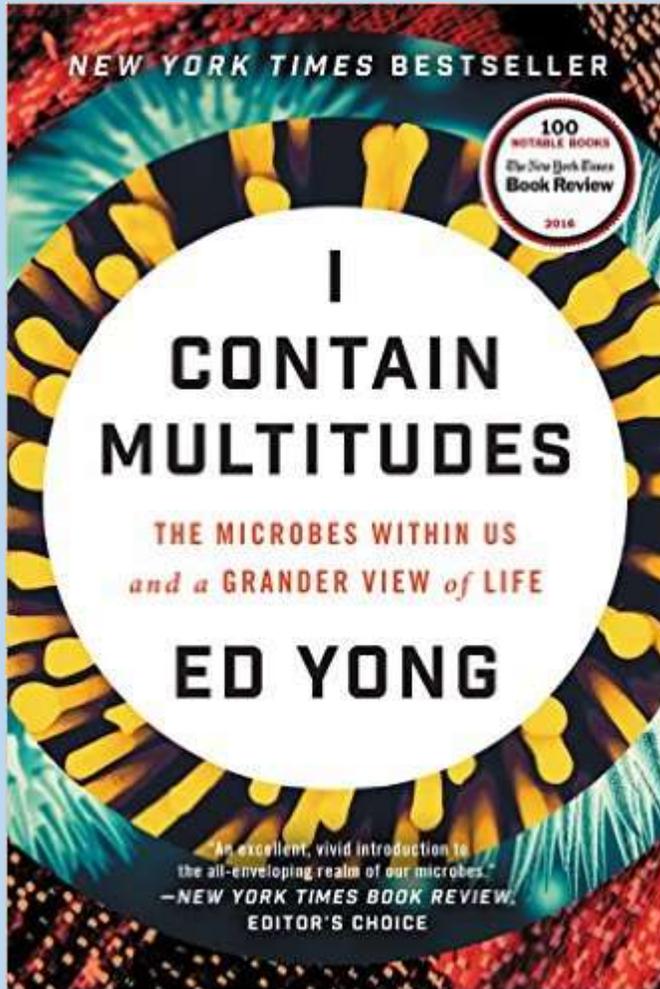
Hemingway's Brain is an innovative biography and the first forensic psychiatric examination of Nobel Prize–winning author Ernest Hemingway. After committing seventeen years to researching Hemingway's life and medical history, Andrew Farah, a forensic psychiatrist, has concluded that the writer's diagnoses were incorrect. Contrary to the commonly accepted diagnoses of bipolar disorder and alcoholism, Farah provides a comprehensive explanation of the medical conditions that led to Hemingway's suicide.

Hemingway received state-of-the-art psychiatric treatment at one of the nation's finest medical institutes, but according to Farah it was for the wrong illness.

Hemingway's death was not the result of medical mismanagement, but medical misunderstanding. Farah argues that despite popular mythology Hemingway was not manic-depressive and his alcohol abuse and characteristic narcissism were simply pieces of a much larger puzzle. Through a thorough examination of biographies, letters, memoirs of friends and family, and even Hemingway's FBI file, combined with recent insights on the effects of trauma on the brain, Farah pieces together this compelling, alternative narrative of Hemingway's illness, one that has been missing from the scholarship for too long.

Hemingway's Brain provides a full and accurate accounting of this psychiatric diagnosis by exploring the genetic influences, traumatic brain injuries, and neurological and psychological forces that resulted in what many have described as his tortured final years. It aims to eliminate the confusion and define for all future scholarship the specifics of the mental illnesses that shaped legendary literary works and destroyed the life of a master.





*Joining the ranks of popular science classics like *The Botany of Desire* and *The Selfish Gene*, a groundbreaking, wondrously informative, and vastly entertaining examination of the most significant revolution in biology since Darwin—a “microbe’s-eye view” of the world that reveals a marvelous, radically reconceived picture of life on earth.*

Every animal, whether human, squid, or wasp, is home to millions of bacteria and other microbes. Ed Yong, whose humor is as evident as his erudition, prompts us to look at ourselves and our animal companions in a new light—less as individuals and more as the interconnected, interdependent multitudes we assuredly are.

In this astonishing book, Ed Yong takes us on a grand tour through our microbial partners, and introduces us to the scientists on the front lines of discovery. It will change both our view of nature and our sense of where we belong in it.

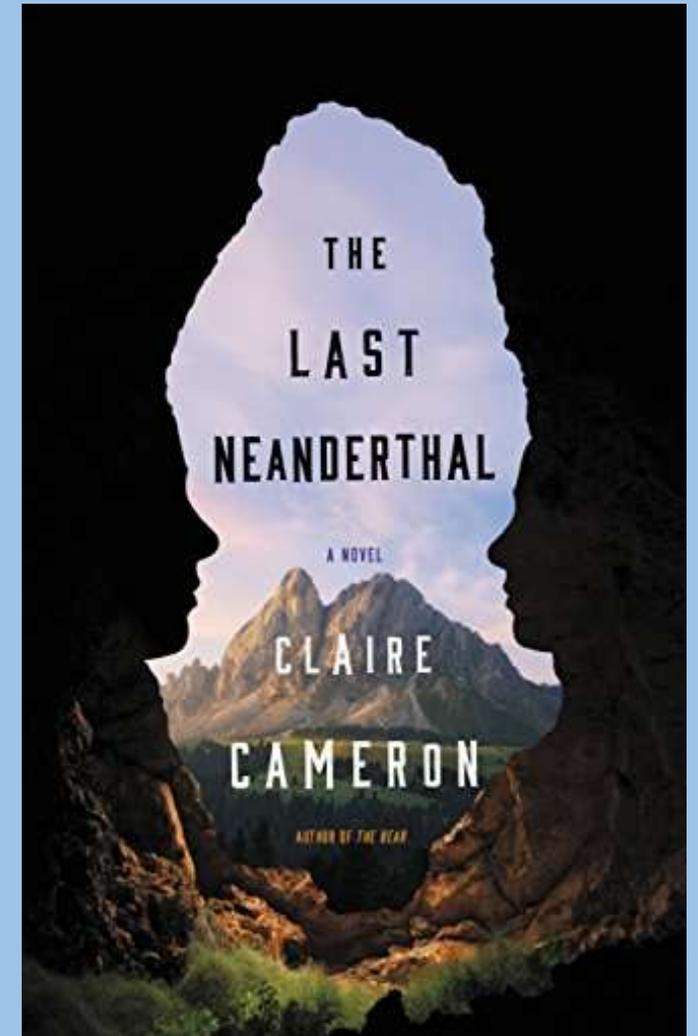
*From the author of *The Bear*, the enthralling story of two women separated by millennia, but linked by an epic journey that will transform them both.*

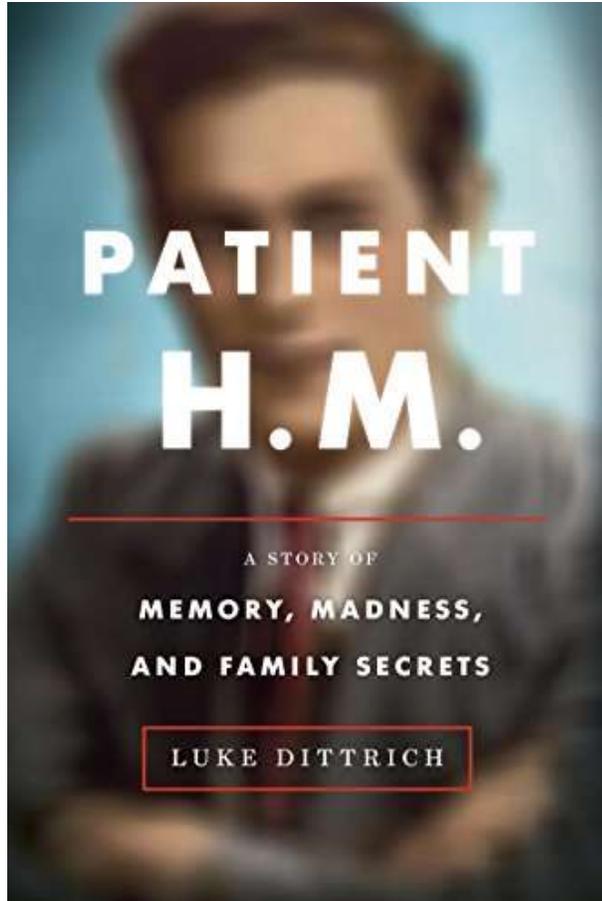
Forty thousand years in the past, the last family of Neanderthals roams the earth. After a crushingly hard winter, their numbers are low, but Girl, the oldest daughter, is just coming of age and her family is determined to travel to the annual meeting place and find her a mate.

But the unforgiving landscape takes its toll, and Girl is left alone to care for Runt, a foundling of unknown origin. As Girl and Runt face the coming winter storms, Girl realizes she has one final chance to save her people, even if it means sacrificing part of herself.

In the modern day, archaeologist Rosamund Gale works well into her pregnancy, racing to excavate newly found Neanderthal artifacts before her baby comes. Linked across the ages by the shared experience of early motherhood, both stories examine the often taboo corners of women's lives.

Haunting, suspenseful, and profoundly moving, **THE LAST NEANDERTHAL** asks us to reconsider all we think we know about what it means to be human. ~book jacket





In 1953, a twenty-seven-year-old factory worker named Henry Molaison—who suffered from severe epilepsy—received a radical new version of the then-common lobotomy, targeting the most mysterious structures in the brain. The operation failed to eliminate Henry’s seizures, but it did have an unintended effect: Henry was left profoundly amnesic, unable to create long-term memories. Over the next sixty years, Patient H.M., as Henry was known, became the most studied individual in the history of neuroscience, a human guinea pig who would teach us much of what we know about memory today.

Patient H.M. is, at times, a deeply personal journey. Dittrich’s grandfather was the brilliant, morally complex surgeon who operated on Molaison—and thousands of other patients. The author’s investigation into the dark roots of modern memory science ultimately forces him to confront unsettling secrets in his own family history, and to reveal the tragedy that fueled his grandfather’s relentless experimentation—experimentation that would revolutionize our understanding of ourselves. ~book jacket

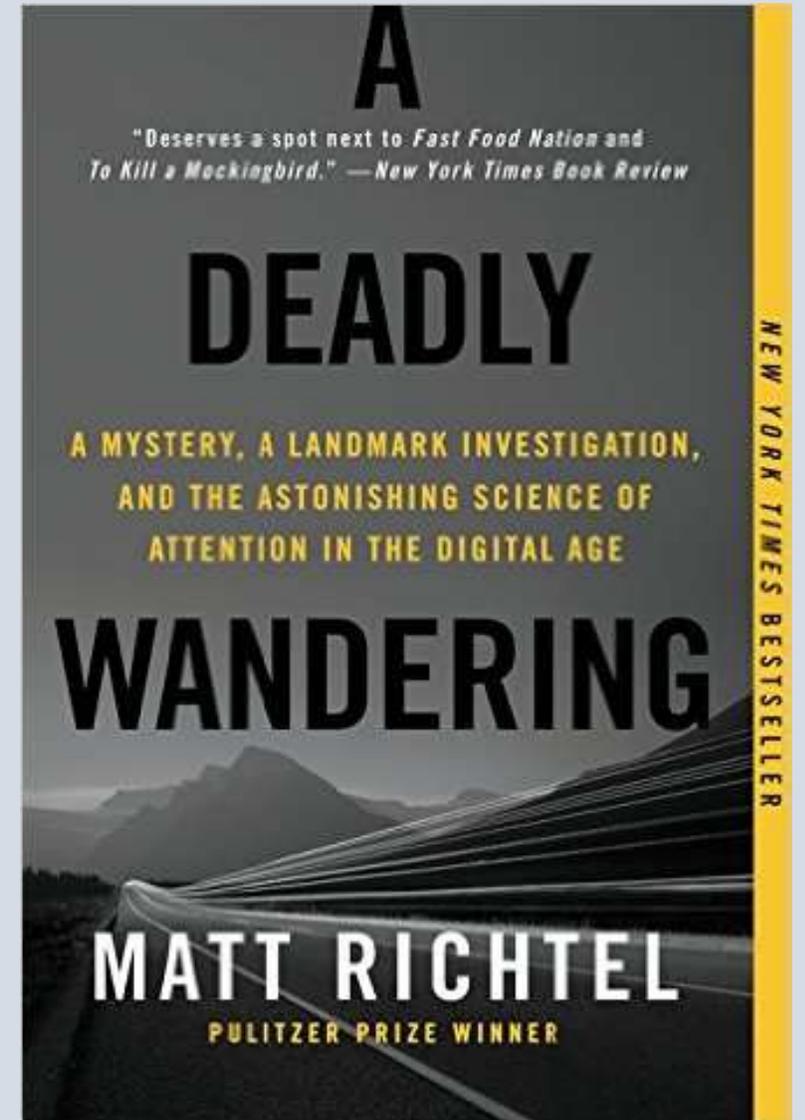
From Pulitzer Prize-winning journalist Matt Richtel, a brilliant, narrative-driven exploration of technology's vast influence on the human mind and society, dramatically-told through the lens of a tragic "texting-while-driving" car crash that claimed the lives of two rocket scientists in 2006.

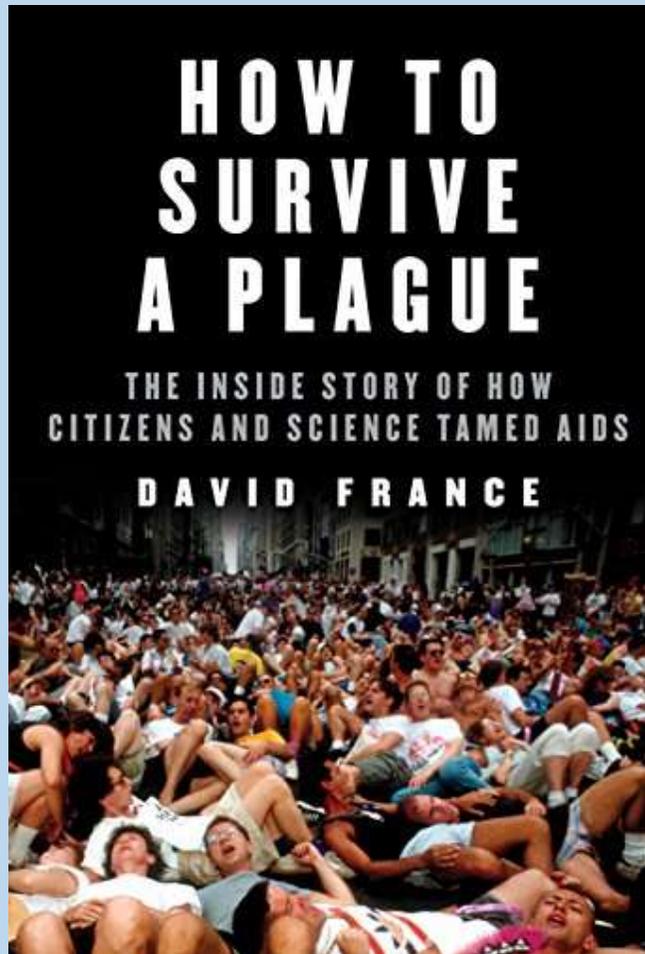
*In this ambitious, compelling, and beautifully written book, Matt Richtel, a Pulitzer Prize-winning reporter for the *New York Times*, examines the impact of technology on our lives through the story of Utah college student Reggie Shaw, who killed two scientists while texting and driving. Richtel follows Reggie through the tragedy, the police investigation, his prosecution, and ultimately, his redemption.*

In the wake of his experience, Reggie has become a leading advocate against "distracted driving." Richtel interweaves Reggie's story with cutting-edge scientific findings regarding human attention and the impact of technology on our brains, proposing solid, practical, and actionable solutions to help manage this crisis individually and as a society.

*A propulsive read filled with fascinating, accessible detail, riveting narrative tension, and emotional depth, *A Deadly Wandering* explores one of the biggest questions of our time—what is all of our technology doing to us?—and provides unsettling and important answers and information we all need.*

~Amazon





The definitive history of the successful battle to halt the AIDS epidemic—from the creator of, and inspired by, the seminal documentary *How to Survive a Plague*.

A riveting, powerful telling of the story of the grassroots movement of activists, many of them in a life-or-death struggle, who seized upon scientific research to help develop the drugs that turned HIV from a mostly fatal infection to a manageable disease. Ignored by public officials, religious leaders, and the nation at large, and confronted with shame and hatred, this small group of men and women chose to fight for their right to live by educating themselves and demanding to become full partners in the race for effective treatments.

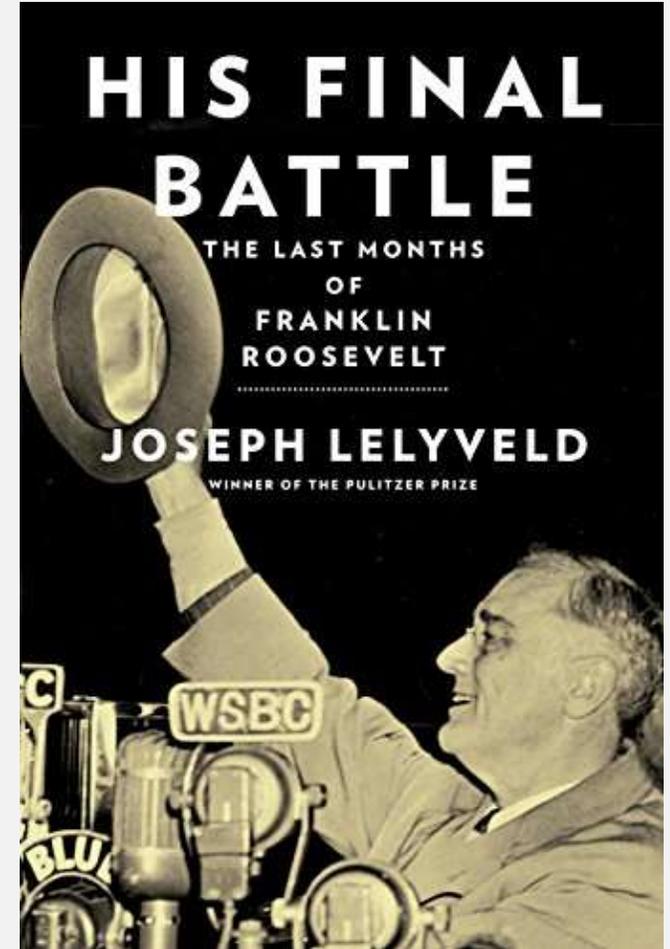
Around the globe, 16 million people are alive today thanks to their efforts.

Not since the publication of Randy Shilts's classic *And the Band Played On* has a book measured the AIDS plague in such brutally human, intimate, and soaring terms. ~book jacket

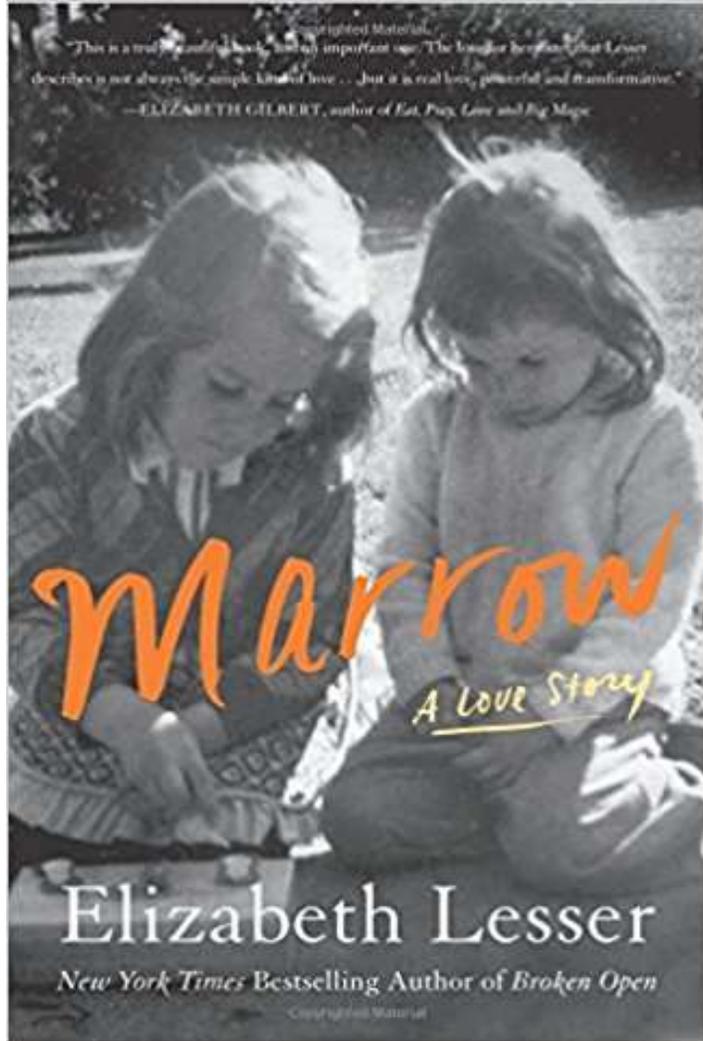
“By far the most enigmatic leading figure” of World War II. That’s how the British military historian John Keegan described Franklin D. Roosevelt, who frequently left his contemporaries guessing, never more so than at the end of his life. Here, in a hugely insightful account, a prizewinning author and journalist untangles the narrative threads of Roosevelt’s final months, showing how he juggled the strategic, political, and personal choices he faced as the war, his presidency, and his life raced in tandem to their climax.

With precision and compassion, Joseph Lelyveld examines the choices Roosevelt faced, shining new light on his state of mind, preoccupations, and motives, both as leader of the wartime alliance and in his personal life. Confronting his own mortality, Roosevelt operated in the belief that he had a duty to see the war through to the end, telling himself he could always resign if he found he couldn’t carry on.

Lelyveld delivers an incisive portrait of this deliberately inscrutable man, a consummate leader to the very last. ~book jacket



Popular Memoirs



The author of the New York Times bestseller Broken Open returns with a visceral and profound memoir of two sisters who, in the face of a bone marrow transplant—one the donor and one the recipient—begin a quest for acceptance, authenticity, and most of all, love.

A mesmerizing and courageous memoir: the story of two sisters uncovering the depth of their love through the life-and-death experience of a bone marrow transplant.

Throughout her life, Elizabeth Lesser has sought understanding about what it means to be true to oneself and, at the same time, truly connected to the ones we love. But when her sister Maggie needs a bone marrow transplant to save her life, and Lesser learns that she is the perfect match, she faces a far more immediate and complex question about what it really means to love—honestly, generously, and authentically. ~book jacket

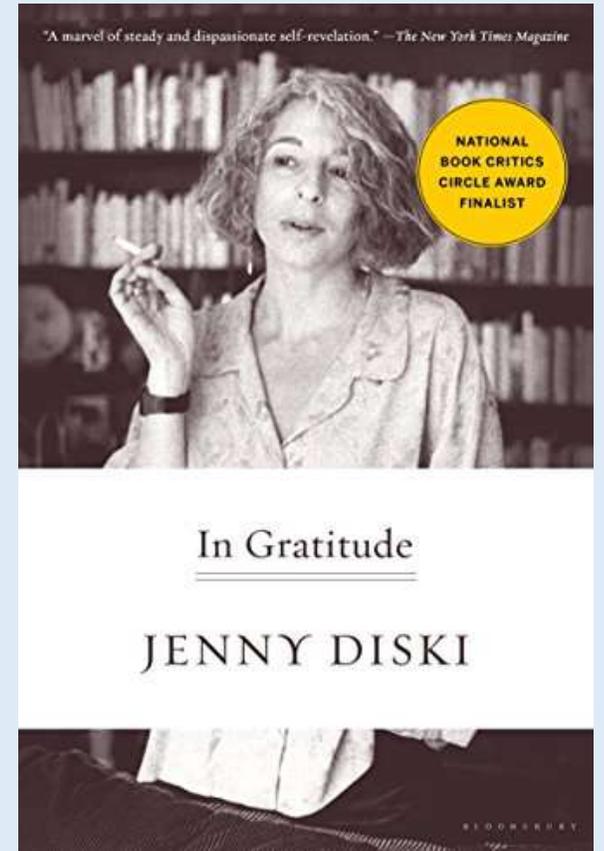
A New York Times Notable Book of the Year.

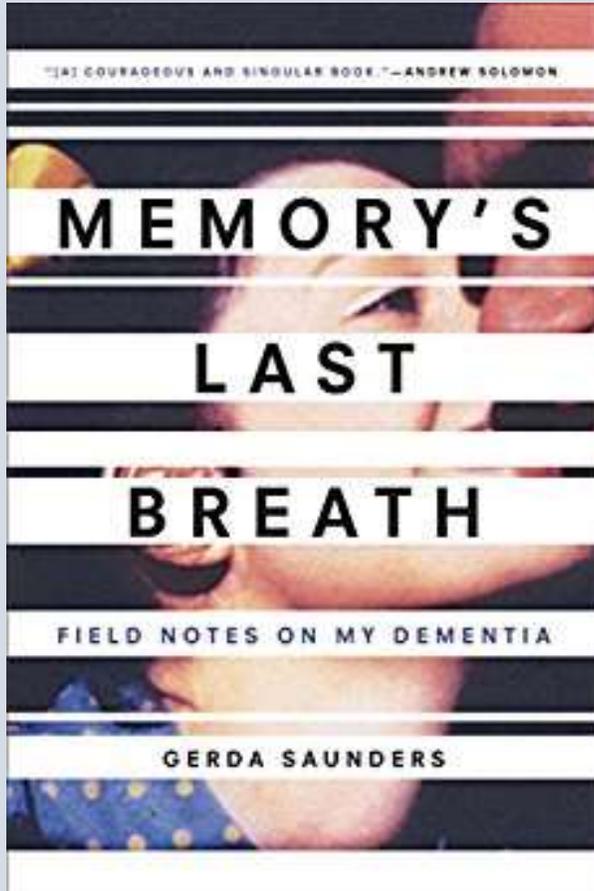
In July 2014, Jenny Diski was diagnosed with inoperable lung cancer and given "two or three years" to live. She didn't know how to react. All responses felt scripted, as if she were acting out her part. To find the response that felt wholly her own, she had to face the clichés and try to write about it. And there was another story to write, one she had not yet told: that of being taken in at age fifteen by the author Doris Lessing, and the subsequent fifty years of their complex relationship.

In the pages of the *London Review of Books*, to which Diski contributed for the last quarter century, she unraveled her history with Lessing: the fairy-tale rescue as a teenager, the difficulties of being absorbed into an unfamiliar family, the modeling of a literary life. Swooping from one memory to the next--alighting on the hysterical battlefield of her parental home, her expulsion from school, the drug-taking twenty-something in and out of psychiatric hospitals--and telling all through the lens of living with terminal cancer, through what she knows will be her final months, Diski paints a portrait of two extraordinary writers--Lessing and herself.

From a wholly original thinker comes a book like no other: a cerebral, witty, dazzlingly candid masterpiece about an uneasy relationship; about memory and writing, ingratitude and anger; about living with illness and facing death.

~ book jacket





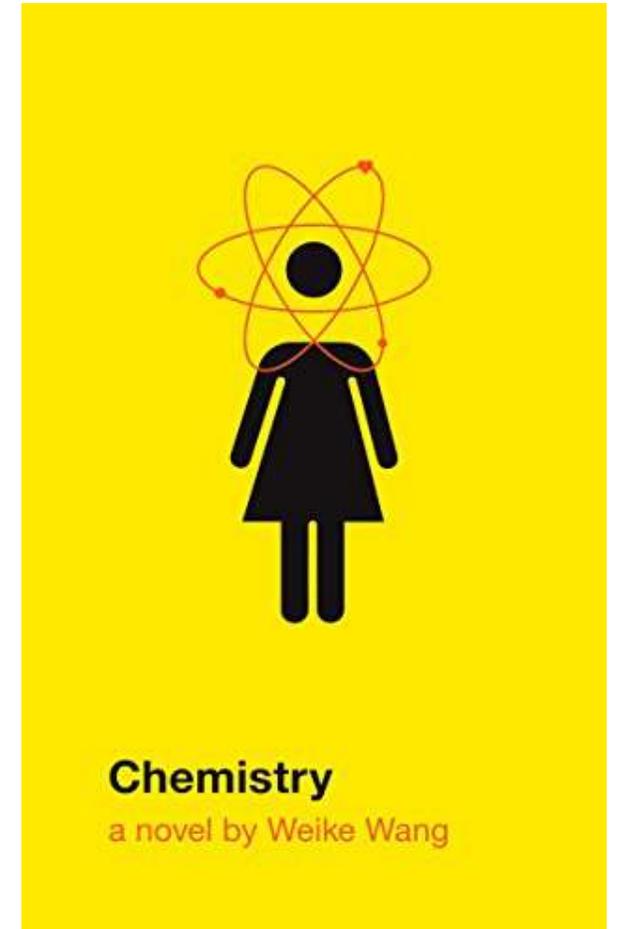
*Based on the "field notes" she keeps in her journal, **Memory's Last Breath** is Gerda Saunders' astonishing window into a life distorted by dementia. She writes about shopping trips cut short by unintentional shoplifting, car journeys derailed when she loses her bearings, and the embarrassment of forgetting what she has just said to a room of colleagues. Coping with the complications of losing short-term memory, Saunders, a former university professor, nonetheless embarks on a personal investigation of the brain and its mysteries, examining science and literature, and immersing herself in vivid memories of her childhood in South Africa. **"Melodious.... The last chapter is stunning in both senses of the word, gorgeous and shocking... A graceful, innovative writer.... Saunders's awareness of her own mortality has turned her into an omniscient eye."** --*New York Times**

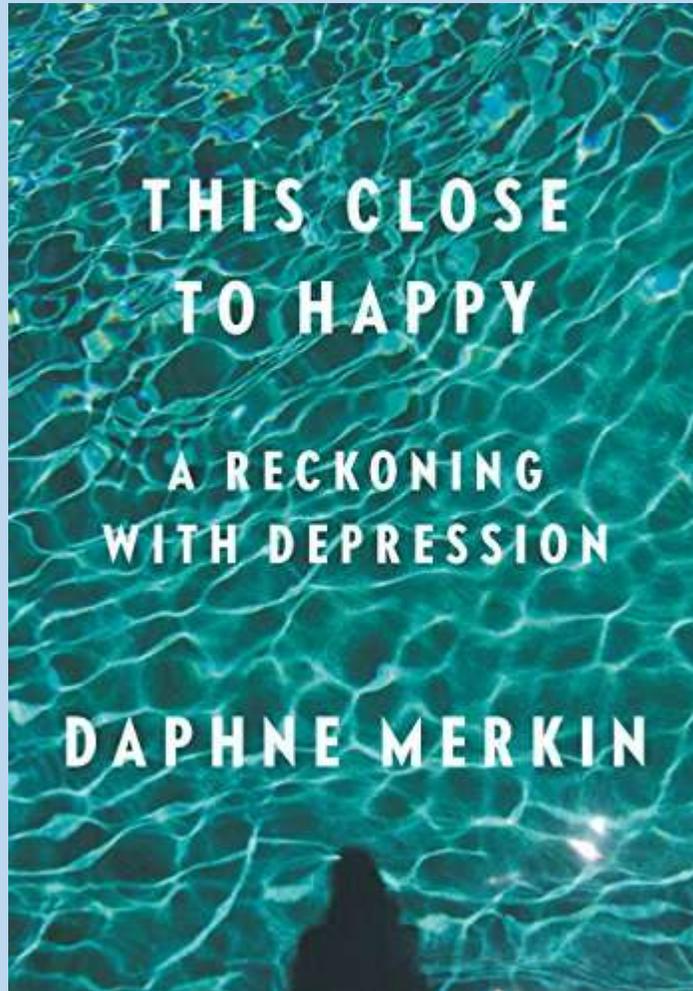
*A "courageous and singular book" (Andrew Solomon), **Memory's Last Breath** is an unsparing, beautifully written memoir--"an intimate, revealing account of living with dementia" (*Shelf Awareness*).*

A luminous coming-of-age novel about a young female scientist who must recalibrate her life when her academic career goes off track; perfect for readers of *Lab Girl* and Celeste Ng's *Everything I Never Told You*.

Three years into her graduate studies at a demanding Boston university, the unnamed narrator of this nimbly wry, concise debut finds her one-time love for chemistry is more hypothesis than reality. She's tormented by her failed research--and reminded of her delays by her peers, her advisor, and most of all by her Chinese parents, who have always expected nothing short of excellence from her throughout her life. But there's another, nonscientific question looming: the marriage proposal from her devoted boyfriend, a fellow scientist, whose path through academia has been relatively free of obstacles, and with whom she can't make a life before finding success on her own. Eventually, the pressure mounts so high that she must leave everything she thought she knew about her future, and herself, behind.

Taking us deep inside her scattered, searching mind, here is a brilliant new literary voice that astutely juxtaposes the elegance of science, the anxieties of finding a place in the world, and the sacrifices made for love and family. ~book jacket





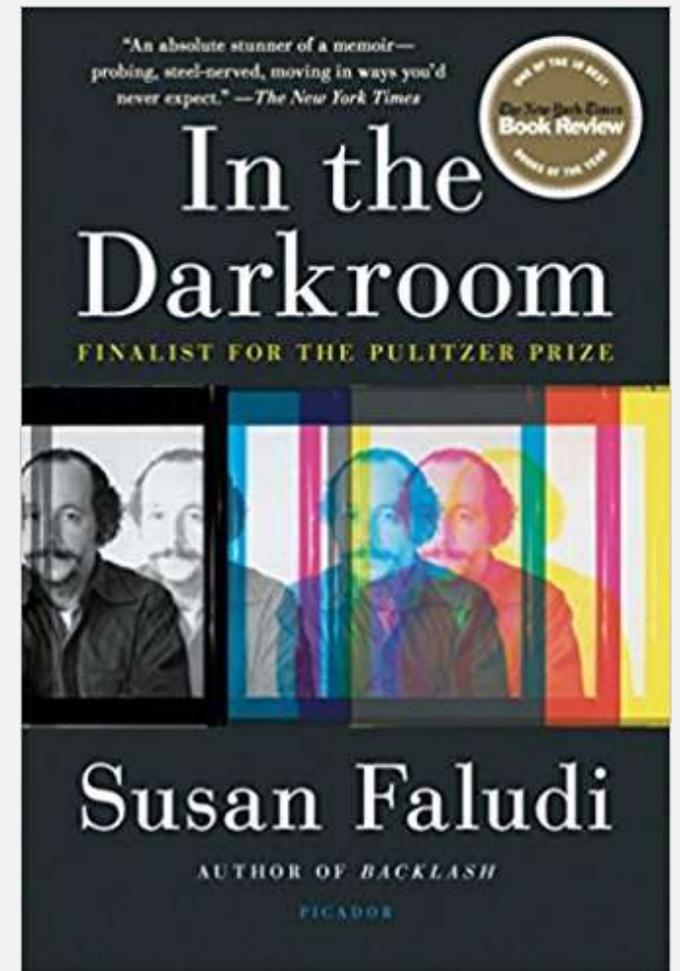
Daphne Merkin has been hospitalized three times: first, in grade school, for childhood depression; years later, after her daughter was born, for severe postpartum depression; and later still, after her mother died, for obsessive suicidal thinking. Recounting this series of hospitalizations, as well as her visits to myriad therapists and psychopharmacologists, Merkin fearlessly offers what the child psychiatrist Harold Koplewicz calls “the inside view of navigating a chronic psychiatric illness to a realistic outcome.” The arc of Merkin’s affliction is lifelong, beginning in a childhood largely bereft of love and stretching into the present, where Merkin lives a high-functioning life and her depression is manageable, if not “cured.” “The opposite of depression,” she writes with characteristic insight, “is not a state of unimaginable happiness . . . but a state of relative all-right-ness.” ~book jacket

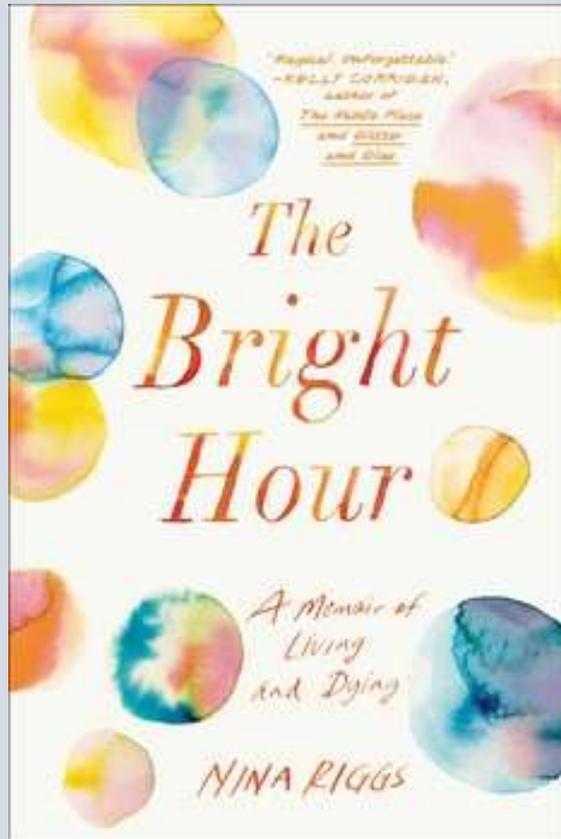
*From the Pulitzer Prize-winning journalist and bestselling author of *Backlash*, comes *In the Darkroom*, an astonishing confrontation with the enigma of her father and the larger riddle of identity consuming our age.*

“In the summer of 2004 I set out to investigate someone I scarcely knew, my father. The project began with a grievance, the grievance of a daughter whose parent had absconded from her life. I was in pursuit of a scofflaw, an artful dodger who had skipped out on so many things—obligation, affection, culpability, contrition. I was preparing an indictment, amassing discovery for a trial. But somewhere along the line, the prosecutor became a witness.”

So begins Susan Faludi’s extraordinary inquiry into the meaning of identity in the modern world and in her own haunted family saga. When the feminist writer learned that her 76-year-old father—long estranged and living in Hungary—had undergone sex reassignment surgery, that investigation would turn personal and urgent. How was this new parent who identified as “a complete woman now” connected to the silent, explosive, and ultimately violent father she had known, the photographer who’d built his career on the alteration of images?

Faludi’s struggle to come to grips with her father’s metamorphosis takes her across borders—historical, political, religious, sexual--to bring her face to face with the question of the age: Is identity something you “choose,” or is it the very thing you can’t escape? ~book jacket





*An exquisite memoir about how to live—and love—every day with “death in the room,” from poet Nina Riggs, mother of two young sons and the direct descendant of Ralph Waldo Emerson, in the tradition of *When Breath Becomes Air*.*

“We are breathless, but we love the days. They are promises. They are the only way to walk from one night to the other.”

Nina Riggs was just thirty-seven years old when initially diagnosed with breast cancer—one small spot. Within a year, the mother of two sons, ages seven and nine, and married sixteen years to her best friend, received the devastating news that her cancer was terminal.

How does one live each day, “unattached to outcome”? How does one approach the moments, big and small, with both love and honesty?

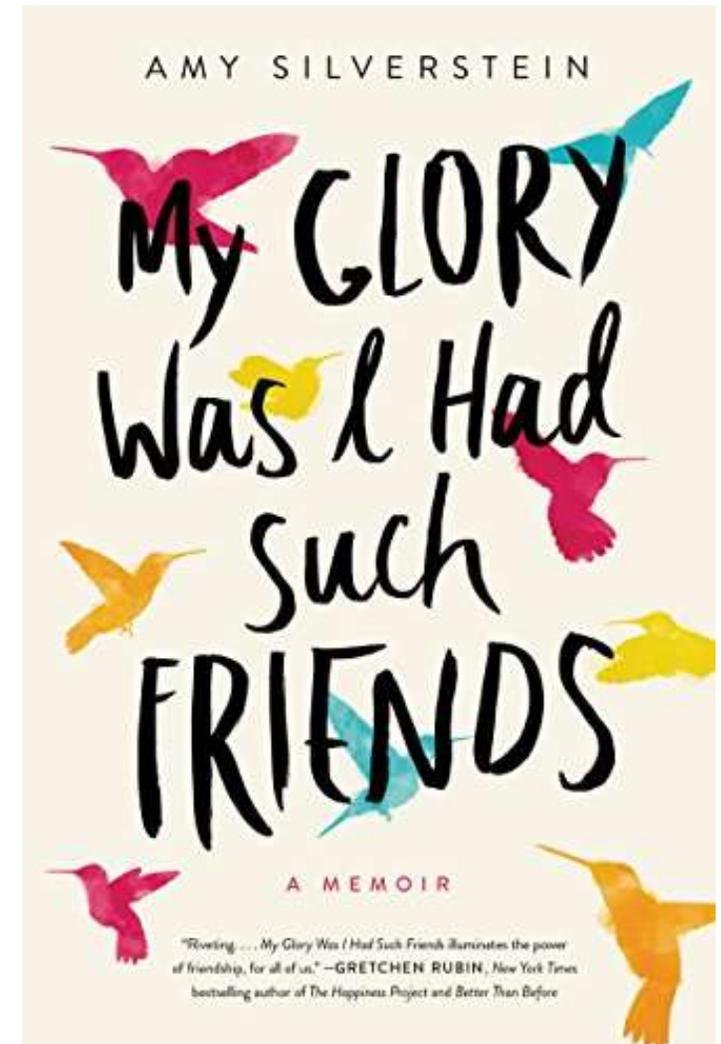
Exploring motherhood, marriage, friendship, and memory, even as she wrestles with the legacy of her great-great-great grandfather, Ralph Waldo Emerson, Nina Riggs’s breathtaking memoir continues the urgent conversation that Paul Kalanithi began in his gorgeous *When Breath Becomes Air*. She asks, what makes a meaningful life when one has limited time?

In this moving memoir about the power of friendship and the resilience of the human spirit, Amy Silverstein tells the story of the extraordinary group of women who supported her as she waited on the precipice for a life-saving heart transplant.

Nearly twenty-six years after receiving her first heart transplant, Amy Silverstein's donor heart plummeted into failure. If she wanted to live, she had to take on the grueling quest for a new heart—immediately.

A shot at survival meant uprooting her life and moving across the country to California. When her friends heard of her plans, there was only one reaction: “I’m there.” Nine remarkable women—Joy, Jill, Leja, Jody, Lauren, Robin, Valerie, Ann, and Jane—put demanding jobs and pressing family obligations on hold to fly across the country and be by Amy’s side. Creating a calendar spreadsheet, the women—some of them strangers to one another—passed the baton of friendship, one to the next, and headed straight and strong into the battle to help save Amy’s life.

~book jacket



2017 Popular Reading Book List

Fredrik Backman	And Every Morning the Way Home Gets Longer and Longer	
Claire Cameron	The Last Neanderthal	PR 9199.4 C3453 L37 2017
Judy Collins	Cravings	RC 552 B84 C65 2017
Jamie A. Davies	Life Unfolding: How the Human Body Creates Itself	WS 103 D255L 2015
Daniel E. Dawes	150 Years of Obamacare	WA 540 AA1 D2690 2016
Stanislas Dehaene	Consciousness and the Brain	WL 705 D322c 2014
Jenny Diski	In Gratitude	RC 265.6 D57 A3 2017
Luke Dittrich	Patient H.M.	B/H RC394 .A5 D58 2016
Larry Dosses	Healing Words	WB 885 D718 1993
James Doty	Into the Magic Shop	WZ 100 D725i 2016
Susan Faludi	In the Darkroom	PN 4874 F385 A3 2017
Sheri Fink	Five Days at Memorial	RA 975 D57 F56 2016
David France	How to Survive A Plague	B/H RA643. 84.N7 F73 2016
Mary Frosch	Coming of Age in America: A Multi-Cultural Anthology	
Atul Gawande	Being Mortal	WB 310 G284 2014
Roxanne Gay	Hunger	WM 175 G285h 2017
Matt Haig	Reasons to Stay Alive	WM 75 H149 2016
Johann Hari	Chasing the Scream	HV 5825 H375 2016
Kevin Hazzard	A Thousand Naked Strangers	RA645.6.G4 H39 2016 B/H
Hope Jahren	Lab Girl	QH31 J344 A3 2016
Paul Kalanithi	When Breath Becomes Air	WF 658 K14w 2016

Martha Kelly	Lilac Girls	PS 3611 E452 L55 2016
Tracy Kidder	Mountains Beyond Mountains	WZ 100 K46m 2003
Peter D. Kramer	Ordinarily Well	QV 77.5 K89o 2016
Sam Lansky	The Gilded Razor	HV 5805 L36 A3 2016
Linda R. Larin	Inspired to Change	W 62 I59 2014
Joseph Lelyveld	His Final Battle: The Last Months of Franklin Roosevelt	B/H E807 .L37 2016
Elizabeth Lesser	Marrow	WH 380 L638m 2016
Pamela MacPherson	Vigil The Poetry of Presence	PS 3613 A2828 B5 2015
Jo Marchant	Cure: A Journey into the Science of Mind Over Body	WB 885 M315c 2016
Daphne Merkin	This Close to Happy	B/H RG852 .M47 2017
Jojo Moyes	Me Before You	PR 6113 O94 M4 2012
Siddhartha Mukherjee	The Emperor of All Maladies	WH 11 AA1 M953e 2010
Siddhartha Mukherjee	The Gene: An Intimate History	QU 475 M9537g 2016
Larry Olmsted	Real Food Fake Food	WA 701 O51r 2016
David Oshinsky	Bellevue: Three Centuries of Medicine and Mayhem	BH Bailey/Howe Popular Reading (2nd Floor) (362.1109 O)
Carolyn Parkhurst	Harmony	
Pamela Paul	My Life with Bob	PN 4874 P363 A3 2017
Vinayak K. Prasad	Ending Medical Reversal	W 84.41 P911e 2015
David Quammen	The Chimp and the River	WC 503.3 Q1c 2015
Sam Quinones	Dreamland: The True Tale of America's Opiate Epidemic	HV 5840 M4 Q56 2015

Lissa Rankin	The Anatomy of a Calling	WZ 350 R211a 2015
Alexandra Robbins	The Nurses	WY 125 R632n 2015
John Elder Robison	Switched On	WM 203.5 R666 2016
Edward J. Roccella	The Dash Diet to End Obesity	
Gretchen Roedde	A Doctor's Quest	WA 310.1 R712d 2012
Allan Ropper	Reaching Down the Rabbit Hole	WL 348 R785r 2014
John J. Ross	Shakespeare's Tremor and Orwell's Cough	WZ 313 R824s 2012
Oliver Sacks	Gratitude	WZ 100 S121g 2015
Oliver Sacks	On the Move: A Life	RC339.52S23 A3 2015 B/H
Andrew Schulman	Waking the Spirit	WB 550 S386w 2016
Dr. Tamer Seckin	The Doctor Will See You Now	
Jan-Philipp Sendker	The Art of Hearing Heartbeats	PT 2721 E54 H4713 2012
Anne-Marie Slaughter	Unfinished Business	HQ 1075.5 U6 S57 2015
David Szalay	All That Man is	
John Temple	American Pain	RM 146.5 T46 2015
Ben Utecht	Counting the Days While My Mind Slips Away	WL 354 U89c 2016
Weike Wang	Chemistry	PS 3623 A4585 C47 2017
Jennifer Weiner	Who Do You Love	PS 3573 E3935 W48 2015
Kimberly Williams-Paisley	Where the Light Gets In	
Ed Yong	I Contain Multitudes	QR171.A1 Y66 2016

A Special **Thank You** to Nancy Bianchi
for her input and assistance with this
exhibit