August New Books

Nonfiction-pg.1

- **158.1 COL** What to Make of a Life: Cliffs, Fog, Fire and the Self-Knowledge Imperative by Jim Collins
- **158.1 YOD** Eight Million Ways to Happiness: Wisdom for Inspiration and Healing from the Heart of Japan by Hiroko Yoda
- **305.42 FRI** The Feminine Mystique by Betty Friedan
- **306.874 SAX** Dad Brain: The New Science of Fatherhood and How It Shapes Men's Lives by Darby Saxbe
- **320.52 MCQ** The Fix: Saving America from the Corruption of a Mob-Style Government by Barbara McQuade
- **320.53 SNY** The Road to Unfreedom: Russia, Europe, America by Timothy Snyder
- **323.44 SNY** On Freedom by Timothy Snyder
- **327.73 MCF** Autocrats vs. Democrats: China, Russia, America, and the New Global Disorder by Michael McFaul
- **331.4 BAT** Economica: A Global History of Women, Wealth, and Power by Victoria Bateman
- **342.73 MUR** The U.S. Constitution: A Comprehensive and Annotated Guide for the Modern Reader by Melissa Murray
- **355.1 BAS** The Monument's End: Public Art and the Modern Republic by Marisa Anne Bass

August New Books

Nonfiction-pg.2

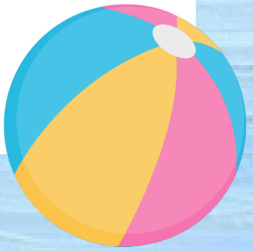
- **530.092 GHO** Her Space, Her Time: How Trailblazing Women Scientists Decoded the Hidden Universe by Shohini Ghose
- **598 MAC** The Book of Birds: A Field Guide to Wonder and Loss by Robert Macfarlane and Jackie Morris
- **610.951 CHO** Heal Yourself with Traditional Chinese Medicine: Find Relief from Chronic Pain, Stress, Hormonal Issues and More with Natural Practices and Ancient Knowledge by Lily Choi and Bess Koutroumanis
- **612 VAR** The Stronger Sex: What Science Tells Us About the Power of the Female Body by Starre Vartan
- **612.022** PEE The Inner Clock: Living in Sync with our Circadian Rhythms by Lynne Peeples
- **612.32 GUN** The Gut-Brain Paradox: Improve Your Mood, Clear Brain Fog, and Reverse Disease by Healing Your Microbiome by Steven R. Gundry, MD with Jodi Lipper
- **612.68 COM** Invincible: Defy Your Genetic Destiny to Live Better, Longer by Florence Comite
- **612.82 TAY** Whole Brain Living: The Anatomy of Choice and the Four Characters That Drive Our Life by Jill Bolte Taylor
- **613.2 GRE** How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease by Michael Greger with Gene Stone



August New Books

Nonfiction-pg.3

- **613.208 BAR** The 7 Skills to Lasting Health by Pearl Barrett & Serene Allison
- **615.8 OPP** The Schubert Treatment: A Story of Music and Healing by Claire Oppert
- **616.047 ROB** Cure Your Fatigue: The Root Cause and How to Fix It on Your Own by Morley M. Robbins
- **616.047 SCH** Unlearn Your Pain: The Science of Recovering from Chronic Pain, Fatigue, Anxiety, and Depression by Howard Schubiner
- **616.324 KOU** Dr. Koufman's Acid Reflux Diet: 111 All New Reflux-Friendly Recipes, Including Vegan & Gluten-Free by Dr. Jamie Koufman, Sonia Huang & Chef Philip Gelb
- **616.33 FRE** The Bloated Belly Whisperer: A Nutritionist's Ultimate Guide to Beating Bloat and Improving Digestive Wellness by Tamara Duker Freuman; recipes by Kristine Kidd
- **616.44 HOR** The Thyroid Fix: The No-Nonsense Guide to Fix Fatigue, Fogginess, and Fat That Won't Budge by Dr. Amie Hornaman
- **616.462 MCA** Highs & Lows of Type I Diabetes: The Ultimate Guide for Teens and Young Adults: Valuable Tips, Tricks, and Advice from a Veteran Young Adult with Type I Diabetes by Patrick McAllister





August New Books

Nonfiction-pg.4

- **616.994 WIN** La Estrategia Metabólica Contra el Cáncer: Plan Intensivo de Nutrición, Dieta Cetogénica y Terapias no tóxicas biopersonalizadas by Nasha Winters
- **618.175 PEL** Age Like a Girl: How Menopause Rewires Your Brain for Mental Clarity, Increased Confidence, and Renewed Energy by Dr. Mindy Pelz
- **618.175 SHA** Hormone Havoc: A Science-Backed Protocol for Perimenopause and Menopause: Sleep Better. Think Better. Feel Better by Amy Shah, MD.
- **636.708 BAU** Dog Heroes of September 11th: A Tribute to America's Search and Rescue Dogs by Nona Kilgore Bauer
- **636.72 WHI** The Bulldog Handbook: AKA English Bulldog & British Bulldog by Linda Whitwam
- **638 SAM** The Beekeeper's Handbook by Diana Sammataro, Alphonse Avitabile
- **641.56 PAT** The Anti-Inflammatory Family Cookbook: The Kid-Friendly, Pediatrician-Approved Way to Transform Your Family's Health by Stefania Patinella, Alexandra Romey, Hilary McClafferty, Jonathan Deutsch, and Maria Mascarenhas
- **641.563 ALD** The Ultimate fibromyalgia cookbook: Gentle Anti-Inflammatory Recipes to Relieve Pain, Fight Fatigue, Improve Digestion, Sleep Better and Clear Brain Fog by Vivienne Aldrige





August New Books

Nonfiction-pg.5

- **641.563 BOA** Plant Fuel by Jeffrey Boadi
- **641.563 CHI** The Vegan Asian Kitchen: 100+ Plant-Based Recipes Inspired by Malaysia, China, Thailand, and Beyond by WoonHeng Chia
- **641.563 COM** The Complete Diabetes Cookbook: The Healthy Way to Eat the Foods You Love by America's Test Kitchen
- **641.563 PAU** The Low-FODMAP IBS Solution Plan & Cookbook: Heal Your IBS With More Than 100 Low-FODMAP Recipes That Prep in 30 Minutes or Less by Rachel Pauls, M.D.
- **641.59 ZEP** Cooking the Borderlands: Spice and Smoke Between Mexico and the States by Claudette Zepeda
- **650.1 VAN** Big Time: A Simple Path to Time Abundance by Laura Vanderkam
- **743.6 ANI** Animal Anatomy for Artists: A Visual Guide to the Animal Form
- **796.357** SUL The First All-Star Game: Babe Ruth, FDR, and America at the Crossroads by Randall Sullivan
- **796.42 PAC** Start Where You Are: The Beginner's 5k Running Guide for Women by Sabrina Pace-Humphreys
- **796.42 POW** The Power Within: Record-Breaking, Ultrarunning and Fighting for Change by Sophie Power



August New Books

Nonfiction-pg.6

- **815.08 RHO** All We Say: The Battle for American Identity: A History in 15 Speeches by Ben Rhodes
- **940.531 HOL** Born Survivors: Three Young Mothers and Their Extraordinary Story of Courage, Defiance, and Hope by Wendy Holden
- **940.548 TAL** The American School of Spies: The Archaeologists Who Fought the Nazis and Saved the Treasures of Ancient Greece by Stephan Talty
- **941.084 WEI** The Children of Henry VIII by Alison Weir
- **973.935 HAB** Regime Change: Inside the Imperial Presidency of Donald Trump by Maggie Haberman, Jonathan Swan
- **974.9 POC** Cape May in Vintage Postcards by Don and Pat Pocher
- **974.998 RIS** The Wildwoods in Vintage Postcards by James D. Ristine

Biographies

- **B CARVER** George Washington Carver: In His Own Words, edited by Gary R. Kremer
- **B CHER** Cher: The Memoir: Part one by Cher
- **B KEMSLEY** Unburdened: A Memoir by Dorit Kemsley

August New Books

Fiction - Pg. 1

- **FIC ANTOINETTE** Ethic II by Ashley Antoinette
- **FIC ANTOINETTE** Ethic III by Ashley Antoinette
- **FIC ANTOINETTE** Ethic VI by Ashley Antoinette
- **FIC ANTOINETTE** Ethic V by Ashley Antoinette
- **FIC ANTOINETTE** Ethic IV by Ashley Antoinette
- **FIC BLAYDES** The Last Secret of Lily Adams: A Novel by Sara Blaydes
- **FIC BOZEMAN** Summer's Never Over by Darby Bozeman
- **FIC BURKE** Yesteryear: A Novel by Caro Claire Burke
- **FIC CALLAHAN** Becoming Mrs. Lewis: The Improbable Love Story of Joy Davidman and C.S. Lewis by Patti Callahan Henry
- **FIC COBLE** Conspiracy by Colleen Coble
- **FIC COCCHI** Have a great summer by Francesca Cocchi
- **FIC EVANS** The Correspondent: A Novel by Virginia Evans
- **FIC FEEHAN** Twisted Road by Christine Feehan
- **FIC FORTUNE** Every Summer After by Carley Fortune
- **FIC GIFFIN** Love You More: A Novel by Emily Giffin
- **FIC GLASS** On a Quiet Street by Seraphina Nova Glass
- **FIC GREGORY** Three Sisters, Three Queens by Philippa Gregory
- **FIC HARTNETT** The Road to Tender Hearts: A Novel by Annie Hartnett



August New Books

Fiction - Pg. 2

- **FIC JACKSON** The Shampoo Affect: A Novel by Jenny Jackson
- **FIC JACKSON** Not What It Seems by Lisa Jackson
- **FIC JOHNSON** Where the Sea Lavender Grows by Kitty Johnson
- **FIC JOLLY** The Matchbox Girl by Alice Jolly
- **FIC KENT** Kiss the Villain by Rina Kent
- **FIC KENT** Tempting Venom by Rina Kent
- **FIC KING** Finders Keepers: A Novel by Stephen King
- **FIC KNIGHTLEY** The Exquisite Torment of Loving Your Enemy by Brigitte Knightley
- **FIC KNOLL** Helpless by Jessica Knoll
- **FIC MCFADDEN** The Divorce by Freida McFadden
- **FIC MORENO-GARCIA** The Intrigue by Silvia Moreno-Garcia
- **FIC O'FARRELL** Land: A Novel by Maggie O'Farrell
- **FIC O'ROARK** My Favorite Bad Decision by Elizabeth O'Roark
- **FIC PATTON** Us Dark Few by Alexis Patton
- **FIC PICOULT** A Spark of Light: A Novel by Jodi Picoult
- **FIC REEVES** Everything Was Beautiful and Nothing Hurt: A Novel by Ben Reeves
- **FIC REID** Tough Guy by Rachel Reid



August New Books

Fiction – Pg. 3

- **FIC REID** Common Goal by Rachel Reid
- **FIC REID** Role model by Rachel Reid
- **FIC ROGAN** Kissed by the Gods by Caty Rogan
- **FIC ROONEY** Normal People: A Novel by Sally Rooney
- **FIC SHEN** Twisted Pawn by L.J. Shen
- **FIC SILVA** Ransom: A Novel by Daniel Silva
- **FIC SPARKS** A Walk to Remember by Nicholas Sparks
- **FIC SPARKS** The Notebook by Nicholas Sparks
- **FIC WILLIAMS** When You Loved Me: A Novel by Beatriz Williams
- **FIC WILLIAMS** The Missed Connection: A Novel by Tia Williams



August New Books

Mystery - Pg. 1

- **MYS BLOOM** Blunt Instrument by Amy Bloom
- **MYS CASTILLO** A Dark Path: And Other Kate Burkholder Short Stories by Linda Castillo
- **MYS DOYLE** Complete Novels of Sherlock Holmes by Sir Arthur Conan Doyle
- **MYS DOYLE** The Best Sherlock Holmes Short Stories by Sir Arthur Conan Doyle
- **MYS FRIDAY** Killer Vibes: A Peter Key Novel by Jack Friday
- **MYS GOLDBERG** Murder by Design: A Thriller by Lee Goldberg
- **MYS HALPERN** Get Lost by Justin Halpern
- **MYS LAPENA** Getting Away with Murder by Shari Lapena
- **MYS LOWRY** Last Night was Killer: A Novel by Mary Pauline Lowry
- **MYS MCCALL SMITH** The Subtle Pleasures of Indiscretion by Alexander McCall Smith
- **MYS ODDEN** An Artful Dodge by Karen Odden
- **MYS PATTERSON** Rocket's Red Glare: A Thriller by James Patterson and Matt Eversmann
- **MYS PATTERSON** The Country Road Murders: A Thriller by James Patterson and Mike Lupica
- **MYS PERRY** Shrink Solves Murder by Philippa Perry

August New Books

Mystery - Pg. 2

- **MYS ROSENFELT** Dead Men Don't Play Fetch by David Rosenfelt
- **MYS SCOTTOLINE** This Changes Everything: A Thriller by Lisa Scottoline
- **MYS STONE** Shadow's Secret by Mary Stone, Lori Rhodes
- **MYS STONE** Shadow's Captive by Mary Stone, Lori Rhodes
- **MYS THOROGOOD** The Mysterious Affair of Judith Potts: A Novel by Robert Thorogood

Spanish

- **S 158.1 ROJ** Recupera tu Mente, Reconquista tu Vida by Marian Rojas Estapé
- **S FIC DM** El Hotel de Los Corazones Perdidos by Marcia DM
- **S FIC RAYVEN** Maldito Romeo by Leisa Rayven



August New DVDs

DVD7689 The Babadook

DVDA 9852 Con Air

DVDC 963 Johnson Family Vacation

DVDC 9760 Next Friday

DVDM 8429 Dreamgirls

DVDS 4982 The Autopsy of Jane Doe

DVDS 6684 Black Christmas

DVDS 6917 Drag Me to Hell

DVDS 9305 Rosemary's Baby

DVDS CHUCKY 1988 Child's Play

DVDS DEAD 1978 Dawn of the Dead

DVDSDEAD1985 Dayofthe Dead

DVDS DEAD 2008 Diary of the Dead

DVDS DEAD 2017 Day of the Dead Bloodline

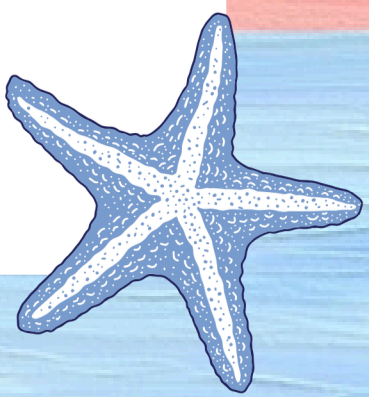
DVDS FRIDAY 1 Friday the 13th

DVDS FRIDAY 12 Friday the 13th (Motion Picture: 2009)

DVDS FRIDAY 5 Friday the 13th Part V: A New Beginning

DVDS FRIDAY Friday the 13th Part IV: The Final Chapter

DVDS FRIDAY Friday the 13th Part 2





August New DVDs

DVDS HILLS 1977 The Hills Have Eyes

DVDS HILLS 2006 The Hills Have Eyes

DVDS HOSTEL Hostel

DVDS HOSTEL Hostel. Part II

DVDS HOSTEL Hostel. Part III

DVDS KING CHILDREN 2-7 The Children of the Corn Collection

DVDS KING FIRESTARTER 1984 Firestarter

DVDS KING FIRESTARTER 2022 Firestarter

DVDS KING MISERY Misery

DVDS KING PET SEMATARY 2019 (BLU-RAY) Pet Sematary

DVDS SAW Saw VI

DVDS SAW Jigsaw

DVDS SMILE Smile

DVDS STRANGERS The Strangers

DVDS STRANGERS The Strangers Chapter 1

DVDS STRANGERS The Strangers: Prey at Night

DVDS STRANGERS The Strangers Chapter 2

DVDS STRANGERS (BLU-RAY) The Strangers Chapter 2

DVDY 6683 The Hate U Give

