

SSG Paul D. Savanuck Memorial Library
New Books
2007-14

Health & Fitness

Read it and Eat: A Month-by-Month Guide to Scintillating Book Club Selections and Mouthwatering Menus by Sarah Gardner, Hudson Street Press, 2005. (MCN 028.9 G228)

100 Ways to Beat the Blues by Tanya Tucker, Fireside; Reprint edition, 2006. Heartwarming collection of personal recipes for beating the blues. (MCN 152.4 O58)

Naomi's Breakthrough Guide: 20 Choices to Transform Your Life by Naomi Judd, Simon & Schuster; Reprint edition, 2004. Country music superstar Naomi Judd's description of 20 choices that helped her overturn the "death sentence" of a diagnosis of hepatitis C. (MCN 158.1 J92)

The 7 Stages of Motherhood: Making the Most of Your Life as a Mom by Ann Pleshette Murphy, Knopf, 2004. (306.874 P726)

Perfect Madness: Motherhood in the Age of Anxiety by Judith Warner, Riverhead Hardcover, 2005. (MCN 306.874 W282)

The Juan-Carlos Cruz Calorie Countdown Cookbook: A 5-Week Eating Strategy for Sustainable Weight Loss by Juan-Carlos Cruz, Gotham, 2006. (MCN 613.25 C957)

Kathy Kaehler's Celebrity Workouts: How to Get a Hollywood Body in Just 30 Minutes a Day by Kathy Kaehler, Broadway, 2004. (MCN 613.711)

Personal Growth and Style:

The Secret Language of Girlfriends: Talking Loudly, Laughing Wildly, and Making the Most of Our Most Important Friendships by Karen Neuburger, Hyperion, 2005. (MCN 158.25 N476)

Life's Journeys According to Mr. Rogers: Things to Remember Along the Way by Fred Rogers, Hyperion, 2005. (MCN 170.44 R725)

The Bastard on the Couch: 27 Men Try Really Hard to Explain Their Feelings About Love, Loss, Fatherhood, and Freedom by Daniel Jones, William Morrow, 2004. (MCN 305.31 B324)

American Heroines: The Spirited Women Who Shaped Our Country by Kay Bailey Hutchison, William Morrow, 2004. (MSN 305.4 H976)

He's Just Not That Into You: The No-Excuses Truth to Understanding Guys by Greg Behrendt, Simon Spotlight Entertainment; Expanded edition, 2006. Funny and surprisingly upbeat little book, full of q's and a's covering every excuse woman has ever made to avoid admitting to herself that a man just wasn't that smitten with her. (MCN 306.7 B421)

My Boyfriend's Back: True stories of rediscovering love with a long-lost sweetheart by Donna Hanover, Hudson Street Press, 2005. (MCN 306.82 H247)

Off the Cuff: The Essential Style Guide for Men--And the Women Who Love Them by Carson Kressley, Dutton Adult, 2004. (MCN 391.1 K92)

Talk to the Hand: The Utter Bloody Rudeness of the World Today, or Six Good Reasons to Stay Home and Bolt the Door by Lynne Truss, Gotham, 2005. (MCN 395.22 T873)

Politics:

Dreams from My Father: A Story of Race and Inheritance by Barack Obama, Crown, 2004. Barack Obama, a black man raised by his white mother and grandparents, decided to journey to Kenya to learn more about his African father after receiving news of his death. (MCN 973.04059)

The Family: The Real Story of the Bush Dynasty by Kitty Kelley, DoubleDay, 2004. (MCN 973.931 K29)

Condi vs. Hillary: The Next Great Presidential Race by Dick Morris, Regan Books, 2005. (MCN 324.973 M875)

Ask Not: The Inauguration of John F. Kennedy and the Speech That Changed America by Thurston Clarke, Henry Holt and Co., 2004. (MCN 352.238 C611)

Misc:

Perfect Soldiers: The 9/11 Hijackers: Who They Were, Why They Did It by Terry McDermott, HarperCollins, 2005. (MCN 303.625 M134)

Inside the Mind of Scott Peterson by Keith Ablow, St. Martin's Press, 2005. (MCN 364.152 A152)

The Pampered Chef: The story of One of America's Most Beloved companies by Doris Christopher, Currency, 2005 (MCN 381.456 C556)

White House Chef: Eleven Years, Two Presidents, One Kitchen by Walter Scheib, Wiley, 2007. (MCN 642.4 S314)

The Rescue Artist: A True Story of Art, Thieves, and the Hunt for a Missing Masterpiece by Edward Dolnick., HarperCollins, 2005. (MCN 364.162 D665)

Moondust: In Search of the Men Who Fell to Earth by Andrew Smith, Fourth Estate, 2005. (MCN 629.454 S643)

Tides of War: A Novel of Alcibiades and the Peloponnesian War by Steven Pressfield, Doubleday, 2000. (938.05 T935)