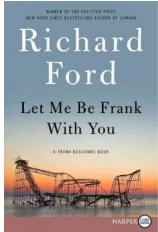


Information, Answers & Reviews

Let Me Be Frank With You



[view in catalog](#)

I'm not from Jersey, but Philly, which is a short bridge- or boat-ride away, but boy has Ford captured the Jersey *patois*, sense of alienation, and its ironic humor. Plus that reverence Jerseyites feel for what they call *The Shore*, a kind of mythical Fun Paradise with nature in the otherwise cemented-over Northeast.

Realtor and ex-sportswriter, Frank Bascombe returns in these four intertwined tales. Ford has stuck with the sensitive, observing hero from three of his novels *The Sportswriter*, *Independence Day* and *The Lay of the Land*, two of which won major awards.

Something bad, really bad, has happened to The Shore. Houses and lives have been ripped apart and most everyone is in a bad mood. Hurricane Sandy recently ripped through and most people have lost not only their homes, their finances, but also confidence in the future. [Read more](#)

Posted by Dory L. on December 3, 2014

[Let Me Be Frank With You](#)

[Short Stories](#)

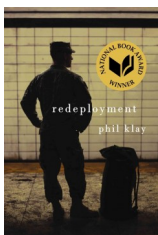
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2014 National Book Award Winners Announced



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In a year with many excellent books published, I'm sure the judges of this prestigious award had many hard choices to make. But the winners were recently announced. They include:

Fiction: *Redeployment* by Phil Kay

This collection of stories by an ex-Marine takes us to the front lines of both the Iraq and Afghanistan wars, and in the best tradition of battle writing, the stories describe what it feels like to be on the front line. Klay also makes vivid the experience of coming home again after living through the loss of many comrades.

His inspiration to write came from reading Roald Dahl and Shil Silverstein as a child and Edgar Allen Poe and Shusaku Endo as a young adult.

Nonfiction: *Age of Ambition: Chasing Fortune, Truth, and Faith in the New China* by Evan Osnos

Osnos spent many years in China and was thunderstruck by the rapid onslaught of many changes in work, family, culture and politics. He compares it to America's Gilded Age but perhaps our Gilded Age on steroids. While writing this book, he was inspired by Katherine Boo's *Beyond the Beautiful Forevers, Life, Death and Hope in a Mumbai Undercity*. He found it overwhelming to record a country's experience with such depth as Boo did with India. [Read more](#)

Posted by Dory L. on November 24, 2014

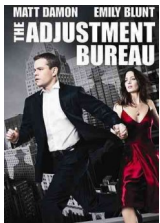
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Adjustment Bureau



[view in catalog](#)

The Adjustment Bureau (2011) stars Matt Damon as Senate candidate David Norris. He has been tapped by an unseen group to win a seat in the Senate . . . just not this election year. If you were to read the basic plot of the movie it would sound like a typical political thriller. An unseen group is grooming its candidate for a high office. Suddenly this candidate becomes enthralled with a woman who they believe will be detrimental to his career and the group's agenda. This unknown organization begins to exert every effort to keep their candidate away from the woman and focused on the job at hand. As the candidate continues to try to find the woman he loves he begins to find out more about this hidden organization and begins to fight against their control and seek his own way. [Read more](#)

Posted by Keith C. on November 20, 2014

[The adjustment bureau \[videorecording\]](#)

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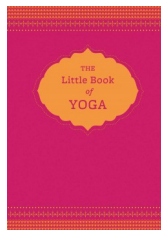
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The Little Book of Yoga



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If you like yoga, or are merely curious about it, this lovely book covers all the basics and can get your practice jump-started. Even though I've been doing yoga for years, the author surprised with many details that I had not heard before about its philosophy and forms.

In five brief parts it covers all the basics of yoga: its history, branches, all the yoga styles. It also covers the philosophy of yoga, many of its poses with brief illustrations, also breathing, meditation, mantras, mudras, bandhas, and chakras.

The meditation section is a six page description of types of meditation including walking and compassion ones. Yes, just what it sounds like helping others as part of doing yoga. This part begins with a quick list of how to start a meditation practice.

The last section, appropriately subtitled "Yoga off the Mat" covers yoga at work and school, while traveling, in relationships, and at rest.

The poses--obviously not a complete compendium--are illustrated with 2 or 3 line drawings, a verbal description of how to do them, and in closing, a list of benefits for each.

This beautiful red book is highly portable and with its amazing summary and synthesis of yoga would make a lovely gift. Perfect for the bedstand table, so you can practice breathing or peaceful asanas just before bed, or more active ones after waking up in the morning.

Posted by Dory L. on November 17, 2014

[The Little Book of Yoga](#)

[Yoga](#)

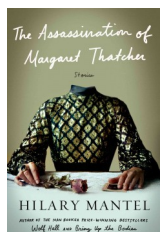
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The Assassination of Margaret Thatcher



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If you loved Hilary Mantel's Wolf Hall novels, this collection of stories will convince you that she can capture modern people at least as well as medieval ones showing all their foibles and

unachieved dreams.

Mantel's prose is startling clear, her metaphors striking but *en pointe*, and her feel for characters both rich and sure. She has a ready feel for plot and for infusing her stories with a deep feel for the mysterious.

In the opener, "Sorry to Disturb," she portrays a sick British ex-pat living in Saudi Arabia, who is almost a prisoner in her own apartment (because of women's very restricted social and cultural standing there.) An Asian foreign man starts to visit her in the afternoons and though he is married, she immediately suspects his lack of good intentions. When he tells her that she reminds him of his first American girlfriend who was risqué, she knows her perceptions are right.

[Read more](#)

Posted by Dory L. on November 17, 2014

[The Assassination of Margaret Thatcher](#)

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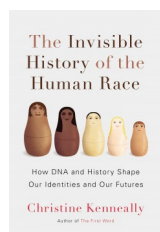
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Family Secrets



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Remember reading the Old Testament and seeing the list of "begats" that seemed to last forever? This book examines human history as recorded in our DNA. It's full of fascinating lore: recently geneticists and statisticians have proved that African countries where the slave trade was rampant have not only a much higher sense of distrust toward friends and strangers, but also have much poorer economies today over a hundred fifty years later.

And Genghis Khan really did father thousands of children, yet at the same time he lived up to his name as the *Destroyer*. During the two centuries of the Mongol raids that he initiated, 40 million people died. So many that much of the inhabited earth became reforested. This was the only time in recorded history that the CO₂ in the atmosphere actually dropped enough to measure. Genghis Khan also lives on for his particular Y chromosome. Not only did he pass this on to countless sons, but he and his armies killed so many men with different Y chromosomes that his became the predominant one in many parts of Asia. [Read more](#)

Posted by Dory L. on November 10, 2014

[The Invisible History of the Human Race: How DNA and History Shape Our Identities and Our Futures](#)

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