

Books from Lattes with Librarians, April 16 2021

Something's Wrong! A Bear, a Hare, and Some Underwear by Jory John. (Picture book)

Jeff the bear has definitely forgotten something. He ate his breakfast, he watered his plant, he combed his fur...what could it be? Why does he feel so oddly off? So he asks his friend Anders the rabbit what could possibly be wrong. It couldn't have anything to do with the fact that he's wearing underwear...over his fur...could it?

The Happily Ever After: A Memoir of an Unlikely Romance Novelist by Avi Steinberg

Is romance dead? Is that why there are so many vampires in today's romance novels? When Avi Steinberg's love life took a grim turn, he did what he always does: He consulted his old books, the usual cast of Great (Very Serious, Usually Male) Authors. And he immediately realized that these books were part of the problem. Instead, he began to read romances, the books he--like so many of us--have been conditioned to dismiss as "trashy." What he discovered was a genre that was tremendously diverse and daring, along with a vast network of innovative writers who were keeping the novel as alive as ever. His own relationship problems, he realized, came down to a failure of his imagination. And so he set out on a quest to write and publish a romance novel and to find real-life love.

A hybrid of memoir, travelogue, and critical essay, *The Happily Ever After* chronicles an adventure in a brave new world of literature. Steinberg offers a report from the trenches of romance, moving between major industry conferences and writing groups at the local bar as he works and reworks his romance novel idea. He reveals the inside scoop from a major romance publishing house, crisscrosses the country meeting mysterious ghostwriters and Fabio's great unsung rival, and offers a running take on the fascinating history of romance writing, the genre that invented, and continues to reinvent, the modern novel. Along the way he meets many readers, each of whom sheds light on why we are so fascinated by--and phobic of--romance fiction and what the vitality and fractiousness of our biggest genre says about us.

Dare to Know by James Kennedy

Dark Matter meets Annihilation in this mind-bending and emotional speculative thriller set in a world where the exact moment of your death can be predicted—for a price.

Our narrator is the most talented salesperson at *Dare to Know*, an enigmatic company that has developed the technology to predict anyone's death down to the second. Divorced, estranged from his sons, and broke, he's driven to violate the cardinal rule of the business by forecasting his own death day. The problem: his prediction says he died twenty-three minutes ago. The only person who can confirm its accuracy is Julia, the woman he loved and lost during his rise up the ranks of *Dare to Know*. As he travels across the country to see her, he's forced to confront his past, the choices he's made, and the terrifying truth about the company he works for.

Wildly ambitious and highly immersive, this mind-bending thriller explores the destructive power of knowledge and collapses the boundaries between reality, myth, and conspiracy as it races toward its stunning conclusion.

Exercised: Why Something We Never Evolved to Do is Healthy and Rewarding by Daniel Lieberman

If exercise is healthy (so good for you!), why do many people dislike or avoid it? These engaging stories and explanations will revolutionize the way you think about exercising—not to mention sitting, sleeping, sprinting, weight lifting, playing, fighting, walking, jogging, and even dancing.

In this myth-busting book, Daniel Lieberman, professor of human evolutionary biology at Harvard University and a pioneering researcher on the evolution of human physical activity, tells the story of how we never evolved to exercise—to do voluntary physical activity for the sake of health. Using his own research and experiences throughout the world, Lieberman recounts without jargon how and why humans evolved to walk, run, dig, and do other necessary and rewarding physical activities while avoiding needless exertion.

Drawing on insights from evolutionary biology and anthropology, Lieberman suggests how we can make exercise more enjoyable, rather than shaming and blaming people for avoiding it. He also tackles the question of whether you can exercise too much, even as he explains why exercise can reduce our vulnerability to the diseases mostly likely to make us sick and kill us.

A Cat's Tale: A Journey Through Feline History by Baba the Cat as dictated to Paul Koudounaris

The first comprehensive history of felines--from the laps of pagan gods to present-day status as meme stars--as revealed by a very learned tabby with a knack for hunting down facts

Since the dawn of civilization, felines have prowled alongside mankind as they expanded their territory and spread the myth of human greatness. And today, cats are peddled on social media as silly creatures here to amuse humans with their antics. But this is an absurd, self-centered fantasy. The true history of felines is one of heroism, love, tragedy, sacrifice, and gravitas. Not entirely convinced? Well, get ready, because Baba the Cat is here to set the record straight.

Spanning almost every continent and thousands--yes, thousands--of years, Baba's complex story of feline survival presents readers with a diverse cast of cats long forgotten: from her prehistoric feline ancestors and the ancient Egyptian cat goddess Bastet to the daring mariners at the height of oceanic discovery, key intellectuals in the Enlightenment period, revered heroes from World Wars I and II, and the infamous American tabbies. Baba, a talented model in addition to a scholar, goes beyond surface-level scratches, pairing her freshly unearthed research with a series of stunning costume portraits to bring history to life.

A paws-on journey through the feline hall of fame, with in-depth research and four-legged testaments that will make you rethink who defines history, *A Cat's Tale* is a one-of-a-kind chronicle that introduces readers to the illustrious ancestors of their closest companions and shows, once and for all, that cats know *exactly* what they're doing.

Friendshipping: The Art of Finding Friends, Being Friends, and Keeping Friends by Jenn Bane and Trin Garritano

With eight billion people in the world, why is it so hard to meet and make new friends?

Navigating the world of adult friendships can be a real challenge when everyone is busy, overwhelmed, or too often too far away. Here to help are Jenn Bane and Trin Garritano, the duo behind the cult favorite podcast *Friendshipping*. Insightful, empathetic, and just a touch irreverent, Jenn and Trin give readers the tools they need to make new friends and revitalize the quality of existing friendships. The book covers it all:

- Meeting new people
- Mastering the art of small talk
- Deciphering the levels of friendship in the workplace
- Making the first friend move, plus how to give a non-creepy compliment

You'll also learn why it's important to use the same IRL etiquette when making friends online; how to decide if a friendship is toxic and know when it's time to move on; and most important, how to be a better friend, to yourself and others.

Dandelion by Gabbie Hanna

***New York Times* bestselling author Gabbie Hanna delivers everything from curious musings to gut-wrenching confessionals in her long-awaited sophomore collection of illustrated poetry.**

This edition includes a collection of uncomfortably honest personal essays about Gabbie's childhood and relationships.

In this visually thrilling installment of the inner-workings of Gabbie's mind, we're taken on a journey of self-loathing, self-reflection, and ultimately, self-acceptance through deeply metaphorical imagery, chilling twists on child-like rhymes, and popular turns of phrase turned on their heads. Through raw, provocative tidbits, *Dandelion* explores what it means to struggle with a declining mental health in a world where mental health is both stigmatized and trivialized. The poems range from topics of rage and despair to downright silliness, so if you don't know whether to laugh or cry, just laugh until you cry.