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September 2019

We Review the  
Best of the Latest  
Books

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# September 2019

## Table of Contents

### [Arts & Photography / Guides](#)

[Drone Photography Basics: Your Guide to the Camera in the Sky by Justin Moore \(Amherst Media\)](#)

### [Business & Investing / Management & Leadership](#)

[The Emotionally Intelligent Leader, reprint edition by Daniel Goleman \(Harvard Business Review Press\)](#)

### [Business & Investing / Management & Leadership](#)

[Lean for Banks: Improving Quality, Productivity, and Morale in Financial Offices, 1st edition by Bohdan W. Oppenheim & Marek Felbur \(Productivity Press: CRC Press\)](#)

### [Children's / Ages 5-7 / Grade: K-2](#)

[Experiment #256 written & illustrated by Marty Kelley \(Sleeping Bear Press\)](#)

### [Education & Teaching / International / Aid / Policy](#)

[International Aid to Education: Power Dynamics in an Era of Partnership by Francine Menashy, with a foreword by Steven J. Klees \(International Perspectives on Educational Reform Series: Teachers College Press\)](#)

### [Health & Fitness / Sports / Guides](#)

[Train Like a Bodybuilder: Get Lean. Get Big. Get Strong. by Erin Stern \(Alpha: DK\)](#)

### [History / Feminism / Biographies & Memoirs](#)

[Promise of a Dream: Remembering the Sixties by Sheila Rowbotham \(Verso\)](#)

### [History / U.S. / Revolutionary War / Art](#)

[Don Troiani's Campaign to Saratoga – 1777: The Turning Point of the Revolutionary War in Paintings, Artifacts, and Historical Narrative by Eric H. Schnitzer & Don Troiani \(Stackpole Books\)](#)

### [Home & Garden / Gardening / Cooking, Food & Wine / DIY](#)

[DIY Mushroom Cultivation: Growing Mushrooms at Home for Food, Medicine, and Soil by Willoughby Arevalo, illustrated by Carmen Elisabeth \(Homegrown City Life, Book 6: New Society Publishers\)](#)

[Literature & Fiction / Classics / Horror](#)

[The Strange Case of Dr. Jekyll and Mr. Hyde by Robert Louis Stevenson, illustrated by Tina Berning \(Classics Reimagined Series: Rockport Publishers: Quarto Publishing Group\)](#)

[Literature & Fiction / Thrillers](#)

[Three Hours by Anders Roslund & Borge Hellström \(A Ewert Grens Thriller: Quercus\)](#)

[Politics / Environment](#)

[This Land: How Cowboys, Capitalism, and Corruption are Ruining the American West by Christopher Ketcham \(Viking\)](#)

[Religion & Spirituality / Christianity / History](#)

[A Larger Hope?: From Christian Beginnings to Julian of Norwich by Ilaria L. E. Ramelli, with a foreword by Richard Bauckham \(Cascade Books\)](#)

[Religion & Spirituality / Psychology / Tarot](#)

[Tarot and the Archetypal Journey: The Jungian Path from Darkness to Light by Sallie Nichols, foreword by Mary K. Greer \(Weiser Books\)](#)

[Science / Anthropology / Higher Education](#)

[Through the Lens of Cultural Anthropology by Laura Tubelle de Gonzáles \(University of Toronto Press\)](#)

[Sociology / Psychology / Racism / Self-Help](#)

[The Racial Healing Handbook: Practical Activities to Help You Challenge Privilege, Confront Systemic Racism, and Engage in Collective Healing by Anneliese A. Singh PhD LPC, with a foreword by Tim Wise and an afterword by Derald Wing Sue \(The Social Justice Handbook Series: New Harbinger Publications, Inc.\)](#)

[Sports & Entertainment / Baseball / Biographies & Memoirs](#)

[For the Good of the Game: The Inside Story of the Surprising and Dramatic Transformation of Major League Baseball by Bud Selig, with Phil Rogers \(William Morrow\)](#)

[Bibliography](#)

[Arts & Photography / Guides](#)

**[Drone Photography Basics: Your Guide to the Camera in the Sky](#)** by Justin Moore (Amherst Media)

**[Drone Photography Basics](#)** provides valuable insights while also educating readers about drones, their abilities, and data set options. As an educator, avid drone user, and photographer, Justin's knowledge and experience make him a leader in the industry. His expert knowledge will help new adopters and

*seasoned drone operators alike. Justin's manned aircraft experience puts him in a prime position to share useful information on safety and best practices as well. – Romeo Durscher, from the preface*

Today's camera drones provide a unique ability for photographers to capture low altitude aerial perspectives that may never have been seen before. That's because, until now, the view of the earth from under 400 feet was just not possible given traditional aerial photography with manned aircraft.

[Drone Photography Basics](#) explores the exciting world of low-altitude aerial photography that is made possible by drones. Readers capture the aerial perspective while exploring the world of drone photography. They learn to operate a drone and create professional aerial photographs.

Author Justin Moore pursued professional photography in 1999 and for two decades has taught photography in San Antonio through a community education program. After a life-long fascination with aviation, Moore earned his wings as an instrument-rated Private Pilot at historic Stinson Field. Moore's passion for drones (or small UAS – Unmanned Aerial Systems) gave him an opportunity to become an industry expert with speaking engagements at Interdrone, several PPA conventions, and national webinars. Moore worked closely with PPA to develop a

photography certification for drone photographers and in April 2017 became the nation's first Certified Drone Photographer.

In [Drone Photography Basics](#), Moore teaches readers how to choose a drone, what features to look for in a drone camera, how to take great aerial photos, and how to safely navigate the skies while capturing a range of natural and man-made subjects.

With this book, readers:

- Discover the best drone models for their intended subjects, plus helpful accessories.
- Customize their drone to deliver the best-possible results in flight and in capture.
- Learn about rules and regulations – as well as best practices – when they take to the sky.

*I learned about Justin almost a decade ago... Then he picked up these flying cameras and produced wonderful art in 3D space, capturing nature, events and his family from a very different perspective. Over the years I have seen Justin develop his skills, explore new ways and opportunities to create and share art, and along the way inspire others to capture moments, memories and beauty. This book represents not only Justin's views, but his talent, his unique eye and*

*perspective, and how he is utilizing technology to bring a camera to new heights. – Romeo Durscher of DJI (Leading drone manufacturer with over 70% of the market share)*

*Justin is a professional with real passion for his work. His drone imagery and videos have helped us showcase our conservation efforts and add polish to our reports and presentations. I highly recommend [Drone Photography Basics!](#) – Julia Murphy, Cibola Nature Center*

*Justin helped our nature center share our mission at a level we had not been able to before. Between working with us on conservation efforts and helping us share our environmental education, he was professional, and the quality [of his work] is spectacular. – Sara Beesley, executive director, Mitchell Lake Audubon Center*

[Drone Photography Basics](#) inspires readers, improves their photography, and helps make them safe, competent drone photographers. It helps new drone pilots understand how to take full advantage of today's modern drone

camera systems. And it also helps existing drone pilots without a photography background learn the skills they need to compete in a rapidly growing industry. <>

Business & Investing / Management & Leadership

[The Emotionally Intelligent Leader, reprint edition](#) by Daniel Goleman (Harvard Business Review Press)

Bestselling author Daniel Goleman first brought the concept of emotional intelligence (EI) to the forefront of business through his articles in *Harvard Business Review*, establishing EI as an indispensable trait for leaders. Goleman is Co-Director of the Consortium for Research on Emotional Intelligence in Organizations at Rutgers University.

Three of Goleman's most widely read and respected articles, "What Makes a Leader?" "The Focused Leader," and "Leadership That Gets Results," are presented in [The Emotionally Intelligent Leader](#) together for the first time. These three classics show the direct ties between EI, focus, and measurable business results.

In "What Makes a Leader?" Goleman introduces his research that found that truly effective leaders are distinguished by a high degree of EI. The chief components of emotional intelligence – self-awareness, self-regulation, motivation, empathy, and social skill – can be strengthened through persistence, practice, and feedback from colleagues and other leaders. This

article shows how to develop the self-management and relationship skills that form the basis of emotionally intelligent leadership.

Learning to focus one's attention is increasingly important, as each person is distracted by technology both at work and at home. In "The Focused Leader," Coleman explains why focus is crucial to great leadership. Every leader needs to cultivate a triad of awareness – an inward focus, a focus on others, and an outward focus. Focusing inward and focusing on others helps leaders cultivate emotional intelligence. Focusing outward can improve their ability to devise strategy, innovate, and manage organizations.

In "Leadership That Gets Results," Coleman explains that many managers mistakenly assume that leadership style is a function of personality rather than strategic choice.

Leaders must ask which style best addresses the demands of a particular situation. Goleman describes six leadership styles derived from different emotional intelligence competencies – coercive, authoritative, affiliative, democratic, pacesetter, and coaching – and shows how each works best in particular situations and affects the organizational climate in a different way.

The business environment is continually changing, and leaders must respond in kind. Hour to hour, day to day, week to week, executives must play their leadership styles like pros – using the

right one at the right time and in the right measure. The pay-off is in the results. Readers can become better leaders by improving their emotional intelligence with [The Emotionally Intelligent Leader](#). Whether they are concerned with developing their own emotional intelligence or recognizing and strengthening EI in others, Goleman's timeless research will prove practical and useful as they become the most effective leaders they can be.

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Business & Investing / Management & Leadership

[Lean for Banks: Improving Quality, Productivity, and Morale in Financial Offices](#), 1<sup>st</sup> edition by Bohdan W.

Oppenheim & Marek Felbur  
(Productivity Press: CRC Press)

Most banking institutions suffer from numerous inefficiencies, such as poor planning; inadequate coordination and communication; ineffective processes, tools, and workflow; and excessive bureaucracy. [Lean for Banks](#) describes in easy language how to use Lean and Six Sigma management practices to significantly improve the efficiency of bank operations.

The book was written by Bohdan W. Oppenheim and Marek Jan Felbur. Oppenheim has been a professor of systems engineering at Loyola Marymount University in Los Angeles since 1983. He is a recognized global leader in Lean systems engineering. Felbur has served since 2002 as director for corporate banking at BRE Bank S.A.

Felbur was the CEO of Polimex-Cekop Development and a director and CEO of Media International Belgrade.

[Lean for Banks](#) shows how to use Lean and Six Sigma management practices to improve the normal daily work in a bank, typically executed in the so-called 'back offices.' This work involves about 90 percent of bank employees and generates 90 percent of costs. [Lean for Banks](#) explains how to organize bank operations better, increase work productivity and quality by working smarter and not harder, make fewer mistakes and decrease rework, and elevate jobs from mundane and repetitive to creative and pleasantly challenging. Most importantly, it shows how to increase the satisfaction of bank customers and in turn enhance bank competitiveness and market share.

[Lean for Banks](#) is an entry-level text on Lean and should give readers enough understanding to prepare them for active participation in Lean deployment activities. [Lean for Banks](#) is intended for all levels of bank employees: back-office workers, first-level supervisors, middle- and higher-level managers, and corporate executives. It is also intended for all levels of students at schools that teach banking skills – short courses intended for tellers, college courses in advanced banking operations, and continuing education for bank managers and line employees.

According to the authors, one of the most pervasive myths in the banking industry is that higher quality requires

higher costs. This may be true in the superficial sense of marble floors in front offices, but is totally wrong in terms of the cost of operations. Lean demonstrates that a high quality of operations is actually the least expensive improvement. Lean avoids the high costs of mistakes, errors, defects, rework, delays, frustrations, and subsequent crises, and focuses instead on making operations better and better.

Employees love Lean because Lean is people-centered. Everyone in a Lean organization is motivated to solve problems rather than hiding them in the traditional workplace culture of fear, naming, blaming, and shaming. Employees see sense in the work allocated by managers and trust that the managers make good decisions. In turn, the managers earn trust and respect by training and mentoring employees, inspiring them to reach their full potential.

The banking industry seems to be one of the last Lean frontiers, delayed no doubt due to the severe 2007–2011 crisis and subsequent massive layoffs in the industry. However, pioneering banks are rapidly implementing Lean. [Lean for Banks](#) describes the banks and financial institutions that have more or less mature Lean deployments. They all report significant, often dramatic, improvements in productivity and quality.

Chapter 2 contrasts an ideal bank with a dysfunctional bank. The authors' interviews with bankers in the United

States and Europe revealed that practically all banks suffer from many, if not all, of the maladies of the dysfunctional bank.

[Lean for Banks](#) is extremely thorough and authoritative in its summary of what Lean is and why it matters today. Moreover, it draws from convincing material to apply Lean to the banking industry. On top of that, the writers have some fun with the material. – John Shook, CEO, Lean Enterprise Institute, Cambridge, MA.

[Lean for Banks](#) is an operating model we all dream of in this period of regulatory tsunami. This book is a great help in implementing a high quality approach toward the permanent improvement of bank procedures and processes. It is a must for the traditional 'heavy' banking sector in order to survive growing competition. Blind cost cutting has only limited impact on a bank's performance in the long run. Lean can increase long-term competitiveness. I recommend this book to

all managers restructuring banks as a source of Lean tools and methodology. – Dr. hab. Krzysztof Kalicki, President and CEO, Deutsche Bank Polska S.A.

During the crisis many banks were forced to restructure their operations in order to improve efficiency and reduce costs at the same time. Cost cutting gives quick results but does not always solve the problem of quality and performance in the longer perspective. This book shows how Lean Thinking and the Six Sigma paradigm can help to smartly improve bank operations and create additional value for the organization, employees and shareholders. – Li Xiaobo, General Manager of Industrial and Commercial Bank of China (ICBC), Europe, S.A.

[Lean for Banks](#) demonstrates that an exciting journey toward the ideal is possible in banking.

Children's / Ages 5-7 / Grade: K-2

[Experiment #256](#) written & illustrated by Marty Kelley (Sleeping Bear Press)

In [Experiment #256](#) Ian is a budding inventor who is wild about science experiments. For his latest (number 256 –

if young readers are counting – and Ian is) he's building a jet pack for his dog, Wilbur.

What could go wrong? The leftover parts shouldn't be anything to worry about, right?

Author Marty Kelley is an author and illustrator of children's books but has, in the past, been a second-grade teacher, a baker, a cartoonist, a newspaper art director, and (among other things) a drummer in a heavy metal band.

As Ian gets to work on his new project, he realizes that what may seem like a good idea on paper, is a lot more difficult to execute. What might happen if he forgets to add a few components, for example the brakes?

When Wilbur dons his new pack and blasts off, he leaves a swath of chaos in his wake and nobody is happy – Wilbur least of all.

Young Ian quickly realizes he has his hands full as he tries to keep up with airborne Wilbur.

What's a budding inventor to do?

Move on to experiment #257, of course.

[Experiment #256](#) is a STEM-focused book encouraging young scientists to experiment and make mistakes along the way. The title is perfect for libraries or school lessons involving makers spaces. Written in the format of experimental notes, [Experiment #256](#) will have kids laughing and begging to make their

own jet packs (just hide the pets first!)  
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Education & Teaching / International / Aid / Policy

**[International Aid to Education: Power Dynamics in an Era of Partnership](#)** by Francine Menashy, with a foreword by Steven J. Klees (**International Perspectives on Educational Reform Series**: Teachers College Press)

*The use of partnerships for international aid and development has become ubiquitous, and their value has been too-little questioned. For education, Francine Menashy's book remedies this with a detailed, probing analysis of such partnerships in theory and practice. – From the foreword by Steven J. Klees, University of Maryland*

Partnerships are now pervasive in global education and development, but are they creating equitable, cooperative, and positive relationships? Through case studies of prominent multi-stakeholder partnerships – including the Education Cannot Wait Fund and Global Partnership for Education – as well as a comprehensive analysis of the global education network, [International Aid to Education](#) exposes clear power imbalances that persist in the international aid environment.

The author is Francine Menashy, an associate professor in the Department of Leadership in Education who teaches in the Urban Education, Leadership, and Policy Studies doctoral program at the University of Massachusetts Boston.

Menashy reveals how actors and organizations from high-income countries continue to wield disproportionate influence, while the private sector holds a growing degree of authority in public policy circles. In light of such evidence, [International Aid to Education](#) questions if partnerships truly ameliorate power asymmetries, or if they instead reproduce the precise inequities they are meant to eliminate.

The book:

- Provides in-depth case studies of two of the most prominent multi-stakeholder education organizations, including key informant interviews that provide insider perspectives and critiques.
- Applies innovative methodologies to understand power and influence, including a network analysis of hundreds of organizations engaged in the global education sector.
- Tackles pressing and evolving themes, such as increased private sector engagement and power asymmetries in international development.

Menashy in [International Aid to Education](#) says that she has researched international aid to education for over a decade, including analyses of several global governance organizations, their policies on aid, policymaking processes, and the outcomes of such processes. In

each study, regardless of her methodological approach, or even the research questions posed, four recurrent themes emerged. First, the aid-to-education environment has changed rather dramatically over recent years and continues to evolve at a rapid pace. This new aid arena is increasingly complex and currently includes greater numbers of more diverse actors than ever before. Second, and relatedly, the private sector, in particular corporate actors affiliated with businesses and philanthropies, is increasingly visible in global education advocacy and decision-making spaces, and an assumed contributor to policy-related discussions on education in the Global South. These two trends connect to a third, overarching theme emerging from Menashy's past work: an increase in rhetoric about partnership and the growth of partnership-based organizations and initiatives in education and international development. Finally, in each study that she has conducted on global education and aid, the issue of North/South power dynamics has arisen, even in cases where she was not investigating power or influence. In interviews especially, in relaying opinions and anecdotes, respondents described the roles of actors from the Global North and South as readily falling into long-established and expected hierarchical positions, with those from the North clearly retaining power. Respondents' descriptions of power dynamics consistently presented stark contrasts to her understanding of rhetoric from

organizations in their documents and media. [International Aid to Education](#) braids these interrelated themes and explores the current state of partnership-based environments, including how we got here and possible paths forward. Recipients of aid should be placed at the center of decision-making on policies and processes that directly affect them, not simply because contextualized development practices are more effective, but because to exclude southern actors, or to only allow symbolic or surface-level participation, amounts to paternalistic echoes of colonial practices.

[International Aid to Education](#) is an urgent read for anyone working in international development. Menashy problematizes the embrace of partnerships, constructively examining the content and nature of collaborations in educational development and aid. Her work points to ways in which all of us working in research, policy, and practice can rethink our own roles in perpetuating power imbalances and inequities. – Sarah Dryden-Peterson, Harvard Graduate School of Education  
Francine Menashy's new book provides a fresh and innovative take on power and politics within multi-

stakeholder partnerships in international development. Focusing on two recent partnerships that aim to support education in some of the world's most difficult contexts – the Global Partnership for Education and Education Cannot Wait – this book explores the uneasy evolution of power dynamics between private authority and official actors in international aid. It makes a strong new contribution to the study of global governance and education policy. – Karen Mundy, chief technical officer, Global Partnership for Education

[International Aid to Education](#) questions the unproblematized embracing of partnership in global education policy through analytically uncovering power dynamics and hierarchies within partnership structures. Menashy exposes some fundamental flaws in what has come to be a prevalent trend in international development practice. With a growing number of partnerships aiming to reconstitute the international aid architecture by shifting power dynamics, this text exposes the ways in which partnerships have instead preserved the hierarchies they seek to eliminate. Menashy presents ways that the international aid community might reconceptualize partnerships. <>

**[Train Like a Bodybuilder: Get Lean. Get Big. Get Strong.](#)** by Erin Stern (Alpha: DK)

This book asks: are the same old training routines falling short of delivering the physique readers want? Its prescription is: to look like a bodybuilder, train like a bodybuilder.

[Train Like a Bodybuilder](#) is a full color, step-by-step guide to training like a professional bodybuilder, with over 60 step-by-step exercises, 10 structured workouts, expert guidance on nutrition, and training techniques.

Building a natural body that is strong and lean takes effort and know-how. Natural bodybuilder Erin Stern knows what it takes to build a body the right way. Stern is a professional bodybuilder and two-time Ms. Figure Olympia. She has won 14 IFBB (International Federation of Bodybuilding and Fitness) titles, including the 2012 Arnold Classic Europe, and has been featured on over 20 fitness and bodybuilding magazine covers.

Readers can use the same natural bodybuilding techniques Stern uses to build lean, strong muscle, and create the ripped physique they have always wanted. Stern takes readers through her techniques and teaches everything they need to know, including how to plan workouts, how to bulk up or cut fat for the ultimate definition, how to use nutrition to maximize the benefits of their hard work in the gym, and how to take advantage of the essential mind-muscle

connection in order to get the results they are seeking.

[Train Like a Bodybuilder](#) provides:

- 65 exercises and 100+ variations for training every major muscle group, with detailed instructions and step-by-step photography for every exercise.
- Precision daily and weekly training programs for building muscle, cutting fat, and achieving that strong, sculpted look that bodybuilders want.
- Expert insight and guidance for using training strategies, focused nutrition, and natural training techniques to get stronger and more defined.

According to [Train Like a Bodybuilder](#), the benefits of lifting weights go beyond just adding muscle. Focused training not only can change bodies, it can change lives. When bodybuilders train their brains with strength training, it's rewired for the better; balance improves, they gain strength, and they sleep better. As they gain physical strength, they will become stronger in all aspects of their lives. If they are stressed, weights will be an impactful outlet. If they need a break from the outside world, weights will provide respite. If they need to find purpose, transforming themselves with weights will help illuminate the path.

The training programs, tips, and meal planning strategies in [Train Like a Bodybuilder](#) will enable success for people of all skill levels. Readers learn how to set objective goals, how to visualize goals, and how to connect the mind and muscles to optimize each

training day. The meal plan strategies outline the important meals for the day and tell them how to eat for each one of the main training goals. Nine training plans ranging from four days per week to six days per week are designed to target specific muscle groups and fit any schedule. Readers learn how to incorporate big compound lifts, nontraditional cardio, and nutrient timing into their training to make fast physique improvements, while spending less time in the gym doing it. The tips and techniques are sustainable, too, so they can continue to enjoy training and eating even after they complete a training program.

**[Train Like a Bodybuilder](#)** can take readers' training to the next level. Whether bodybuilders are just getting started or are looking to take their training to the next level, the book has what they need to get a strong, ripped physique. <>

History / Feminism / Biographies & Memoirs

**[Promise of a Dream: Remembering the Sixties](#)** by Sheila Rowbotham (Verso)

*Sixties radicalism has become retrospectively incomprehensible because the framework of assumption has been so thoroughly eclipsed and because the record has been so often filtered through sneers or a bluff historical patronage. These derisory stances cannot*

*adequately explain why thousands of us marched in protest against nuclear weapons or the American government's bombing in Vietnam. They have been unable to either comprehend our motives or communicate what we feared or opposed.* – from the book

**[Promise of a Dream](#)** is a moving recollection of a time when young women were breaking all the rules about sex, politics and their place in the world. Sheila Rowbotham, best known for *A Century of Women, Threads through Time* and *Hidden from History*, turns her hand to memoir.

Rowbotham is Honorary Research Fellow in Sociology in the School of Social Sciences within the Faculty of Humanities at Manchester University and Visiting Fellow in the School of Sociology, Politics and International Studies at the University of Bristol. She is also a Fellow of the Royal Society of Arts.

**[Promise of a Dream](#)** reconstructs a time when young women were breaking every rule. At the beginning of the 1960s, Rowbotham was a rebellious sixteen-year-old at a Methodist boarding school in the northeast of England, reading Sartre and dreaming of Paris. Thriving in the exhilaration and enthusiasm of the sixties, she departs the decade a seasoned political activist on the revolutionary paper *Black Dwarf*. She reflects wryly on the mix of

diffidence and suspicion that made her demur when Jean-Luc Godard wanted to film her naked for *British Sounds*.

[Promise of a Dream](#) charts the formation of an internationally influential historian and writer on feminist and socialist ideas, whose early books were seminal to the development of second-wave feminism and play a vital role in the enduring concept of the personal as political.

Alternately reviled and idealized, the sixties remain the controversial decade one is expected to see as all good or all bad. By wrenching aspects of experience out of context, this dichotomy inevitably distorts and so this is a book that refuses to be either 'for' or 'against'.

Rowbotham in the introduction to [Promise of a Dream](#) says that by writing her own story of the sixties, she wanted to evoke what it felt like at the time, situate responses and relate her subjective take on events to a wider social picture. Of course a personal narrative is by definition partial, but it can also introduce unexpected slants by looking at what occurred from a point of view which has not previously been taken. The return to a specific source can move the angle of vision, skew the existing record and lay a new trail.

Rowbotham says that it is not then simply a matter of memories having been swallowed; hopes have been appropriated, aspirations twisted. In these circumstances, claiming space to

remember not only defies an overtly guarded set of political assumptions but also touches the sources of desire. By describing how she thought as she thought and did what she did in personal terms, she hopes to bring some of the dreams of the sixties back into view. This is partly because the historian in her is concerned to record and partly because she still believes in their relevance for the future. Retrieval has become an act of rebellion.

*A record of an era,  
winding one girl's coming-  
of-age story through the  
drama of political  
evolution ... She has  
captured that amazing  
sense of possibility that  
grew with each year, the  
confidence that not only  
was the promised dream  
within reach, it was also  
upon us. – Mary Maher,  
Irish Times*

*This is a document  
historians dream of ... it  
captures the spirit of the  
1960s – its fun and crazy  
idealism – in the life of one  
spirited young woman. –  
Joan Bakewell, Sunday  
Times*

*Unerringly perceptive and  
funny ... if you want to  
know what the sixties were  
like, read this book. – Julie  
Christie*

*The book works best in  
conveying the excitement  
generated by ideas, not*

*just straightforwardly political ones but those about art and the wider definition of liberation ... I wasn't there, but I'm happy that Rowbotham was, and that she remembers it with such clarity. – Literary Review*

*A rich, painful picture emerges of women searching for both words and spaces to articulate the insights of feminism. – The Women's Review of Books*

*The accounts of the successes, failures, joys and pains of young adulthood have the qualities to be found in the best creative writing. It is a book to be read for the quality of its writing and the honesty and humor of its presentation, as much as for the history it reveals. – Dorothy Thompson, Times Higher Education Supplement*

**[Promise of a Dream](#)** is a witty, amusing account of Rowbotham's younger self, and a sparkling and poignant portrait of the exhilaration and enthusiasm of the sixties. <>

History / U.S. / Revolutionary War / Art

**[Don Troiani's Campaign to Saratoga – 1777: The Turning Point of the Revolutionary War in Paintings, Artifacts,](#)**

**and Historical Narrative** by Eric H. Schnitzer & Don Troiani (Stackpole Books)

*The combination of interpretation through art and text and documentation through footnotes and artifacts solidifies this volume's place in the historiography of the campaign that defines the Revolutionary War. – from the foreword by Matthew Keagle, curator, Fort Ticonderoga*

The Battles of Saratoga are cited as the turning point in the Revolutionary War. Beginning when the armies prepared to face off in June 1777 through the surrender of the British Army in October, the battles of the Northern Campaign were significant to the outcome of the War and the fight for independence. As a result of the Saratoga battles, the patriots gained confidence, the French entered the war, and the British plan to win the war was put to an end. Master historical painter Don Troiani and historian Eric Schnitzer combine their talents in this new book on Saratoga, the Revolutionary War campaign, **[Don Troiani's Campaign to Saratoga – 1777](#)**. This illustrated history features many new artworks, previously unpublished eyewitness accounts, photographs of important artifacts, and a solid, detailed historical narrative including background on the campaigns leading up to Saratoga.

Troiani is well known for his accurate historical and military paintings, scenes of great characters and grand action that have defined America's military heritage. An expert researcher with an extensive library and impressive private artifact study collections of Civil War, War of 1812, Revolutionary War, and World War II uniforms, equipage, insignia, and weapons, Troiani has served as a consultant on films and television programs. Schnitzer has been an interpreter and historian at Saratoga National Historical Park for more than 20 years. He is founder and commander of the re-created 62<sup>nd</sup> Regiment of Foot.

Keagle in the foreword says that in very few generations a book appears that speaks profoundly to the past and the future. [Don Troiani's Campaign to Saratoga – 1777](#) is one of those volumes. Its subject is the legendary northern campaign of 1777, arguably the first assertion of the viability of the United States during the Revolutionary War. While the campaign has been a subject of intense interest for over two centuries, Troiani and Schnitzer have approached it with a precision, humility, and mastery that are rare. By engaging the myths, legends, and drama of the campaign they have ably reconstructed the past and established a standard for future students of this campaign.

While focused on the campaign of 1777, from the Continental and British-allied perspectives, Schnitzer's extensive research has made him one of the foremost resources in the field. He scrutinizes and interprets even small

details, those that contribute to a nuanced understanding of historical events and actors with sympathy, understanding, and accuracy.

It is fitting, then, that these two have paired to deliver a volume that functions equally as history and art. The campaign of 1777 in the north is not unfamiliar territory. As one of the most discrete military campaigns of the Revolution, one with a discernable beginning and end, with profound consequences, it has long attracted the attention of artists, scholars, and the general public. Too often, however, such attention has repeated fallacies and outright fictions that have been passed down for generations as truths. Schnitzer's deeply researched text, incorporating sources from all the combatants, provides a powerful and corrective account of the campaign in rich and exacting detail.

Complementing Schnitzer's rigorous and approachable content, Troiani has with his brush reconstructed these moments and individuals. His scenes and figures allow one's imagination to activate the text. Augmenting all of this is the collaborators' decision to enhance [Don Troiani's Campaign to Saratoga – 1777](#) with photographs of the original artifacts from this campaign. Drawn from collections on both sides of the Atlantic, these serve for Troiani's art, like Schnitzer's footnotes, as the material documentation for the historical scenes. The combination of interpretation through art and text and documentation through footnotes and

artifacts solidifies this volume's place in the historiography of the campaign that defines the Revolutionary War. <>

Home & Garden / Gardening /  
Cooking, Food & Wine / DIY

**[DIY Mushroom Cultivation: Growing Mushrooms at Home for Food, Medicine, and Soil](#)** by Willoughby Arevalo, illustrated by Carmen Elisabeth (Homegrown City Life, Book 6: New Society Publishers)

With applications in permaculture, urban farming, cooking, natural medicine, and the arts, interest in home-scale mushroom cultivation is exploding. Yet many beginners remain daunted by the perceived complexity of working with fungi.

**[DIY Mushroom Cultivation](#)** by Willoughby Arevalo is the remedy, presenting proven, reliable, low-cost techniques for home-scale cultivation that eliminate the need for a clean-air lab space to grow various mushrooms and their mycelium.

Arevalo is a mycologist, artist, kitchen wizard, father, and educator who is a member of the Vancouver Mycological Society. He works on an organic vegetable farm while growing mushrooms at his home. Illustrator Carmen Elisabeth is an artist based in Oakland, California.

Full-color photos and step-by-step instructions accompany a foundation of mushroom biology and ecology to support a holistic understanding of the practice. Growing techniques are

applicable year-round, for any space from house to apartment, and for any climate, budget, or goal. Techniques include:

- Setting up a home growing space.
- Inexpensive, simple DIY equipment.
- Culture creation from mushroom tissue or spores.
- Growing and using liquid cultures and grain spawn.
- Growing mushrooms on waste streams.
- Indoor fruiting.
- Outdoor mushroom gardens and logs.
- Harvesting, processing, tinctures, and cooking.

**[DIY Mushroom Cultivation](#)**

*is a valuable resource for anyone wanting to begin or advance their mushroom cultivation practice. Offering clear and comprehensive instructions for low-tech growing for a range of budgets, interests and scales, this book offers practical inspiration and a sense that: "hey, I can do this!" Willoughby has a refreshingly warm way of communicating about the art and science of mushroom cultivation, which welcomes the reader into a community of delight and appreciation of the fungi and the many ways we can work with them to*

support human and ecological health and well-being. – Danielle Stevenson, owner, DIY Fungi

With hands of an artist, eyes of an ecologist, and the heart of a deeply connected human, Willoughby brings the practical and joyful together through the science and wonder of mycology. This volume on mushroom cultivation is an invitation to read and share in community to grow not only mushrooms, but our true earthly relationships. – Nance Klehm, Director of Social Ecologies, and author, *The Ground Rules* and *The Soil Keepers: Conversations with Practitioners on the Ground Beneath Our Feet*

Willoughby's unique combination of talent, passion, and experience growing and cooking mushrooms has produced this beautiful and informative contribution. Well done, Mycology Maestro! – Robert Rogers, author, *The Fungal Pharmacy*

... This delightful book gets all that started in clear

language and beautiful illustrations, at home scale and low budget, one new mushroom grower at a time. – Albert Bates, owner, Mushroom People, North America's oldest mushroom tools supply company, and author, *The Biochar Solution*

### **DIY Mushroom Cultivation**

by Willoughby Arevalo is a great book for those looking to dig deeper into the powerful world of mushroom cultivation and appreciation. Willoughby's knowledge, passion, and sincere love for fungi makes this book a wonderful, accessible, and informative read. The book provides a solid foundation for inspiring and empowering individuals and communities to grow mushrooms for food, healing, and remediation.

– Leila Darwish, author, *Earth Repair: A Grassroots Guide to Healing Toxic and Damaged Landscapes*

Fun to read and easy to digest, this guide is both practical and inspirational. There are few people in our modern society that have the kind of deep

connection with the fungal realm as Willoughby Arevalo – the mushrooms actually speak through him. Both experienced and novice mushroom growers will enjoy the adventure and grow their skills. – Maya Elson, mycologist and Santa Cruz Program Director, Wild Child Free School

Whether readers hunt mushrooms or dream about growing them but feel constrained by a small living space, [DIY Mushroom Cultivation](#) is an ideal guide for getting started in the fascinating and delicious world of fungiculture. <>

Literature & Fiction / Classics / Horror

[The Strange Case of Dr. Jekyll and Mr. Hyde](#) by Robert Louis Stevenson, illustrated by Tina Berning (**Classics Reimagined Series**: Rockport Publishers: Quarto Publishing Group)

[The Strange Case of Dr. Jekyll and Mr. Hyde](#) is a new hardcover edition in the **Classics Reimagined** series.

*All human beings, as we meet them, are commingled out of good and evil: and Edward Hyde, alone, in the ranks of mankind, was pure evil.*  
– Robert Louis Stevenson,  
*The Strange Case of Dr. Jekyll and Mr. Hyde*

Retold with modern illustration and design from award-winning

illustrator Tina Berning, readers enjoy Robert Louis Stevenson's gripping exploration of the duality of human nature in [The Strange Case of Dr. Jekyll and Mr. Hyde](#). The haunting, colorful interpretation of this classic gothic tale follows London lawyer Gabriel John Utterson as he investigates strange occurrences between his old friend, Dr. Henry Jekyll, and the evil Edward Hyde. Stevenson (1850–1894) was a Scottish writer of both fiction and nonfiction who had poor health for much of his life. He did achieve great literary success in his own lifetime with the publications of the children's adventure novels *Treasure Island* and *Kidnapped* and the horror novella [The Strange Case of Dr. Jekyll and Mr. Hyde](#). His works have been adapted for television, film, and radio; have inspired songs, books, and parodies; and have been referenced in countless other works of fiction. Born, raised, and educated in Edinburgh, Scotland, Stevenson traveled extensively through France, the United States, and Australia before settling in Samoa, where he died at the age of 44. Berning is a Berlin-based artist and illustrator whose focus is figurative drawing. Her award-winning work has been published and exhibited internationally, and is featured in numerous anthologies.

Dr. Jekyll and Mr. Hyde is a subject readers will assume they know by heart. But unlike the 51 movie adaptations, Stevenson refuses any description in his novella. He depicts Mr. Hyde as indescribable, his infamous deeds not to put into words. The monster, the dramas,

\_\_\_\_\_ by Anders Roslund & Borge Hellström (**A Ewert Grens Thriller:** Quercus)

**Three Hours** is the explosive third novel in the Ewert Grens-Piet Hoffmann trilogy, which began with *The New York Times* bestseller **Three Seconds**.

In **Three Hours** Piet Hoffmann has again got himself in too deep, infiltrating a West African trafficking ring. He thinks he has two weeks to extricate himself, but will learn that his life, and that of countless defenseless people, now hangs on his actions during three desperate hours.

Award-winning journalist Anders Roslund and ex-criminal Börge Hellström (1957-2017) are Sweden's most acclaimed contemporary fiction duo. Roslund is the founder and former head of *Kulturnyheterna (Culture News)* on Swedish television, and for many years worked as a news reporter – specializing in criminal and social issues – and as an Editor-in-chief at Rapport and Aktuellt, Sweden's two foremost news programs. Hellström was an ex-convict who brought a unique insight into the brutal reality of criminal life. He worked with the rehabilitation of young offenders and drug addicts, and was one of the founders of the crime prevention organization KRIS (Criminals Return Into Society).

Their DCI Ewert Grens novels have won the Glass Key Award, the Best Swedish Crime Novel award, the C1NA international Dagger, appeared on the *New York Times* bestseller list, been translated into 31 different languages, and their worldwide sales are approaching 3 million copies.

**Stockholm, Sweden.** DCI Ewert Grens receives an emergency call to a morgue whose inventory is showing one dead man too many. This impossible conundrum leads him to Varta harbor, where he discovers the dead bodies of seventy-three refugees, suffocated in a container – nameless victims of human trafficking.

**Niamey, Niger.** Grens arrives in a West African city he's never heard of, in search of a man he never thought he

would see again. A piece of evidence in the container tomb held the fingerprint of Piet Hoffmann: the ex-convict and former-government informer, and Grens's nemesis-turned-ally.

Hoffmann is infiltrating the brutal trafficking ring responsible for the container corpses; cruel operators who see and treat the refugees not as humans, or even animals, but as cargo weight.

He has a foolproof two-week plan to bring them to heel, extricate himself, and return to his wife and sons in Sweden. But Grens's investigation will decrease Hoffmann's window of opportunity. And increase the danger. Hoffmann's life, and that of his family, as well as countless defenseless and vulnerable people, will now be decided by his actions during three desperate, high-octane hours.

*Not only is [Three Hours](#) a thrilling novel with a strong plot, it is an old school Scandinavian thriller that turns a critical eye to the refugee issue and the new cynicism in society. – Vrij Nederland, Netherlands*  
*Roslund has done some thorough research. In this suspenseful novel, he not only tells us how smugglers operate, but how men and women in key positions in various aid organizations and in*

*politics actively facilitate the trafficking of refugees for blood money....*

*Roslund has given his main characters fascinating backgrounds.... In the prologue, Roslund tells us how he got to know Hellström and why they eventually started writing crime novels as a duo. The reason had much to do with social criticism, according to Roslund, the very core of the Swedish crime novel, and with reviving these strong stories. And [Three Hours](#) is a striking example of this. – De Standaard, Netherlands*

*An eccentric, alienated, socially inept hero worthy of comparison with Swedish mystery master Henning Mankell's Inspector Kurt Wallander – Wall Street Journal*

*Roslund/Hellström are among the very best crime novelists around – Maj Sjöwall*

*Extraordinarily compelling – Daily Mail*

*A thrill-a-minute cat and mouse game... A grimly amoral tale. – Marilyn Stasio, The New York Times Book Review*

*Blistering... Roslund and Hellström force [readers] to consider who in this denunciation of governmental policies and practices are the victims and who are the criminals.*  
– Publishers Weekly, starred review

*Roslund and Hellström accomplish what many thrillers do not do – create an intriguing main character who, despite his actions, is entirely human, and his flaws bleed onto the page.* – Cemetery Dance Magazine

Roslund and Hellström combine inside knowledge of the brutal reality of criminal life with searing social criticism in complex, intelligent plots which puts them at the forefront of modern Scandinavian crime writing. [Three Hours](#) is a prime example. <>

Politics / Environment

**[This Land: How Cowboys, Capitalism, and Corruption are Ruining the American West](#)** by Christopher Ketcham (Viking)

The public lands of the western United States comprise some 450 million acres of grassland, steppe land, canyons, forests, and mountains. It is an American commons, and it is under assault as never before.

Journalist Christopher Ketcham has been documenting the confluence of

commercial exploitation and governmental misconduct in this region for over a decade. His revelatory book [This Land](#) takes readers on a journey across these last wild places, to see how capitalism is killing the great commons.

Ketcham has written for dozens of publications, including *Harper's*, *National Geographic*, and *The New Republic*. He has reported from the American West for more than a decade.

Over the last ten years, Ketcham says that as he has journeyed around the vast public lands of the intercontinental American west, he has found much of the region degraded by private industry operating at public expense. Livestock grazing, logging, oil and gas drilling, mass industrial tourism – activities that taken together are ruining habitat for wild flora and fauna, and compromising the ecological integrity and long-term future of the great commons.

Ketcham begins in Utah, revealing the environmental destruction caused by unregulated public lands livestock grazing, and exposing rampant malfeasance in the federal land management agencies, who have been compromised by the profit-driven livestock and energy interests they are supposed to regulate. He then turns to the broad effects of those corrupt politics on wildlife. He tracks the Department of Interior's failure to implement and enforce the Endangered Species Act – including its stark betrayal of protections for the

grizzly bear and the sage grouse – and investigates the destructive behavior of U.S. Wildlife Services in their shocking mass slaughter of animals that threaten the livestock industry. Along the way, Ketcham talks with ecologists, biologists, botanists, former government employees, whistleblowers, grassroots environmentalists and other citizens who are fighting to protect the public domain for future generations.

**[This Land](#)** ends with Ketcham's vision of ecological restoration for the American West: freeing the trampled, denuded ecosystems from the effects of grazing, enforcing the laws already in place to defend biodiversity, allowing the native species of the West to recover under a fully implemented Endangered Species Act, and establishing vast stretches of public land where there will be no development at all, not even for recreation.

Among the many striking revelations in **[This Land](#)**:

- The unreported but widespread manipulation and corruption of federal land management agencies by the industries they're supposed to regulate.
- The rise of collaborative Big Green groups, hiding behind a facade of environmental stewardship while collaborating with industry to strip resources and destroy public lands.
- The unimaginable scope of environmental destruction caused by unregulated grazing of privately owned livestock on public lands throughout the West.

Ketcham writes with urgency and indignation, in a passionate, outraged voice that channels Edward Abbey's ***Desert Solitaire*** and the land ethos of Aldo Leopold, as he exposes rampant corruption, mismanagement, and fraud in the land management of the American West.

*A rollicking and unsparring look at the threats to our public lands ... part reportage, part history, part backcountry travelogue, the book is full of righteous anger and reverence for wild spaces ... brings the fighting spirit and conservation vision of great writers like Edward Abbey, Rachel Carson, and Bernard DeVoto into the 21st century. – Outside*  
*A searing account of the use and abuse of America's public lands ... an eye-opener in the tradition of Rachel Carson's Silent Spring. – The Denver Post*  
**[This Land](#)** *is a striking cry of anguish ... Chronicling a history of subjugation beginning 200 years ago, the book offers infuriating evidence of a broken system leading to a broken ecosystem. – Salt Lake City Weekly*  
*As potent in its way as **Silent Spring**. This book will*

open your eyes to the greed and abuse destroying our public lands. Better yet, it will make you angry. – T. C. Boyle, author of *Outside Looking In*

[A]n impressive book debut ... Echoing writers such as Bernard DeVoto, Edward Abbey, and Aldo Leopold, Ketcham underscores the crucial importance of diverse, wild ecosystems and urges 'a campaign for public lands that is vital, fierce, impassioned, occasionally dangerous, without hypocrisy, that stands against the tyranny of money.' Angry, eloquent, and urgent – required reading for anyone who cares about the Earth. – Kirkus, starred review

Powerful ... passionate ... Ketcham's roster of villains is long ... he balances vehemence with sharp-eyed reportage, fascinating explanations of ecological intricacies, and rapturous evocations of wild places. – Publishers Weekly

Brutally honest accounts about politicians are rarely welcomed by their subjects. Christopher Ketcham's book about

contemporary conflicts over public lands in the western United States is such a book. If I were an official of the U.S. Bureau of Land Management, the U.S. Department of Agriculture, or if I were associated with the livestock industry in the West, I'm sure that I would pay many hundreds of thousands of dollars to have it suppressed. – Michael Soulé, professor emeritus of environmental studies, University of California, Santa Cruz

A full-force, book-length investigation of the forces destroying protections for public lands and wildlife, not just in the West but throughout the entire country. Illuminating and disturbing. – EcoWatch, "The 13 Best Environmental Books of July"

**[This Land](#)** provides a hard-hitting look at the battle now raging over the fate of the public lands in the American West – and a plea for the protection of these last wild places so that our legacy will be there for future generations. It is a colorful muckraking journey – part Edward Abbey, part Upton Sinclair – exposing the rot in American politics. <>

Religion & Spirituality / Christianity / History

**[A Larger Hope?: From Christian Beginnings to Julian of Norwich](#)** by Ilaria L. E. Ramelli, with a foreword by Richard Bauckham (Cascade Books)

*At a time when the popularity of belief in universal salvation seems to be increasing, this book will be an important resource both for learning about the form that belief actually took in a major theological tradition of the early centuries and for engaging with the arguments of the key theologians who taught it.*

– Richard Bauckham, Emeritus Professor of New Testament Studies, University of St Andrews, Senior Scholar, Ridley Hall, Cambridge – from the foreword

In the minds of some, universal salvation is a heretical idea that was imported into Christianity from pagan philosophies by Origen (c.185-253/4). Ilaria L.E. Ramelli in [A Larger Hope?](#) argues that this picture is completely mistaken. She maintains that Christian theologians were the first people to proclaim that all will be saved and that their reasons for doing so were rooted in their faith in Christ. She demonstrates that, in fact, the idea of the final restoration of all creation (*apokatastasis*) was grounded upon the teachings of the Bible and the church's beliefs about Jesus' total triumph over sin, death, and evil through

his incarnation, crucifixion, resurrection, and ascension.

Ramelli is Full Professor of Theology and K. Britt Chair in Christology at the Graduate School of Theology, SHMS (Thomas Aquinas University 'Angelicum'), senior visiting professor at major universities, and elected Senior Research Fellow at Durham University (for the second time), at Erfurt University, Max Weber Center (within a Research Award from the Humboldt Foundation), and Fowler Hamilton Fellow at the University of Oxford.

Ramelli in [A Larger Hope?](#) traces the Christian roots of Origen's teaching on *apokatastasis*. She argues that he was drawing on texts from Scripture and from various Christians who preceded him, theologians such as Bardaisan, Irenaeus, and Clement. She outlines Origen's often-misunderstood theology in some detail and then follows the legacy of his Christian universalism through the centuries that followed. Readers are treated to explorations of Origenian universal salvation in a host of Christian disciples, including Athanasius, Didymus the Blind, the Cappadocian fathers, Evagrius, Maximus the Confessor, John Scotus Eriugena, and Julian of Norwich.

According to the preface, [A Larger Hope?](#) addresses a general learned readership, pastors, students (graduates and undergraduates), and other interested Christians. Many scholars have referenced this monograph and endorsed its conclusions. It will be

followed by two other scholarly monographs: one on non-Christian and pre-Christian philosophical concepts of *apokatastasis*, from ancient philosophy to late antique Platonism (Proclus, Damascius), and another on the political, theological, pastoral, ecclesiastical, social, historical, and even linguistic causes for the rejection of the doctrine of *apokatastasis* or universal restoration, in late antiquity, by the 'Church of the Empire' – mainly under the influence of Justinian in the East and of Augustine in the West.

*This large yet lucid volume is not only a recapitulation, in somewhat more popular terms, of the author's monumental study of apokatastasis, or universal restoration, in early Christian thought; it carries the story forward to the middle ages, adds material on annihilationism, and digests the author's previous work on the meaning of the word aionios into an appendix – all with an unmatched command of primary sources and scholarly literature. – Mark Edwards, Professor of Theology, University of Oxford*

*Is universalism an aberration in Christian theology? Definitely not, according to this*

*remarkable assemblage of material... This book is strongly recommended for effectively trouncing the misconception that philosophy or heresy was primarily responsible for the universalist view – rather it was a widespread way of reading Scripture. – Frances Young, Emeritus Professor of Theology, University of Birmingham, UK*

*Ramelli's larger project on the status of universalism in the history of Christian thought has already altered the scholarly landscape in many absolutely crucial respects; this indispensable book adds a great many vital dimensions to that project, and adumbrates still more revelations in volumes to come. We are all very much in her debt. – David Bentley Hart, Professor, Notre Dame Institute for Advanced Study, Indiana*

*May we hope for the salvation of all? In this compelling work, Ramelli demonstrates with careful scholarship and immense learning that there is indeed a tradition – sometimes hidden,*

*sometimes manifest,  
rooted in the Scriptures  
and the conviction that all  
being is created by God –  
that embraces this larger  
hope that all beings will  
find their destiny in God. –*

Andrew Louth, Emeritus  
Professor of Patristic and  
Byzantine Studies, Durham  
University

[A Larger Hope?](#) is the first of a projected series of three books on the doctrine of universal salvation. In the second volume, ***A Larger Hope? From the Reformation to the Nineteenth Century***, Robin Parry, with some contributions from Ramelli, plans to pick up the story in its mainly Protestant streams. The third volume, to be co-authored, will trace the significant developments in the shape and fortunes of the idea in the twentieth and twenty-first centuries. These three books, taken together, will provide a helpful and reliable resource for those wishing to explore universalism, an often-forgotten stream in the history of the Christian tradition. <>

Religion & Spirituality / Psychology /  
Tarot

**[Tarot and the Archetypal Journey: The Jungian Path from Darkness to Light](#)** by Sallie Nichols, foreword by Mary K. Greer (Weiser Books)

[Tarot and the Archetypal Journey](#) is an innovative work presenting a piercing interpretation of the tarot in terms of Jungian psychology. Through analogies to the humanities, mythology, and the

graphic arts, the significance of the cards is related to personal growth and what Jung termed 'individuation.' The Major Arcana becomes a map of life, and the hero's journey becomes something that everyone can relate to their personal lives.

Sallie Nichols (1908-1982) taught Symbolism of the Tarot for trainees at the C.G. Jung Institute, Los Angeles, and lectured frequently on this subject under Jungian auspices in San Francisco, San Diego, Orange and Los Angeles. In a series of seminars entitled *A Tarot Trip into Jung's Psychology* presented at the Theosophical Center in Hollywood and elsewhere, she introduced both the Tarot and Jung's concept of the archetypes to audiences relatively unfamiliar with either subject. A longtime student of Jung's psychology, Nichols had the good fortune to study at the C.G. Jung Institute, Zurich, while Jung was still alive and active. Mary K. Greer is a Grandmaster of the American Tarot Association and teaches workshops and classes on Tarot and astrology.

In this **new edition** of the classic work on Tarot and Jungian symbolism, **[Tarot and the Archetypal Journey](#)**, Nichols demonstrates how to approach any Tarot deck via the archetypes and Jung's methods of word association, active imagination, and dialogue. Nichols explores symbolic meanings relevant to everyone and lessons regarding the human condition, psychological states, and attitudes that can lead to genuine personal insight.

First published nearly forty years ago as ***Jung and Tarot***, this edition includes an in-depth new foreword by Greer.

Greer says that Nichols, in her profound investigation of Tarot, and her illuminated exegesis of its pattern as an authentic attempt at enlargement of the possibilities of human perceptions has performed an immense service for analytical psychology. Her book enriches and helps readers to understand the awesome responsibilities laid upon them by consciousness. Moreover she has done something in her book which people who profess to recognize the great work done by Jung, often fail to do. His spirit, inevitably in an age so imperiled as ours (an intuitive soul exhorted him), was a spirit desperately in a hurry. As a result almost everything he accomplished needs enlargement. And Nichols in ***Tarot and the Archetypal Journey*** has done Jungian psychology and all those who try to serve it an immense service by the way in which she has enlarged the story and readers' understanding of the role of an important non-rational source of consciousness.

*Knowledge of your archetypes is as vital to your well-being as knowledge of your health. We are governed by our symbols and myths. They speak to us in our dreams as well as in every part of our daily lives. The insightful text on the tarot is an ideal tool to help you relate to*

*the voice of your archetypes as subtle patterns of power, well beyond old associations with fortune telling. – Caroline Myss, author of Anatomy of the Spirit and Sacred Contracts*

*Sallie Nichols' superb classic retitled ***Tarot and the Archetypal Journey***, with a new and fascinating introduction by Mary Greer, is an absolute must for all enthusiasts of tarot and Jung. It is full of rich, imaginative descriptions of Jungian archetypes and reveals their unique relationship to the tarot images. This book is a true journey of wisdom and wonder and I am delighted a new generation of readers will be able to enjoy and learn from it. – Juliet Sharman-Burke, author of The Beginner's Guide to the Tarot and The Mythic Tarot*

*Sallie Nichols has returned the Tarot to modern dignity. Being completely scientific in her approach to this old card game, she reveals its depth, its symbolic meaning, and its wisdom. Her comprehensive knowledge of the Tarot*

*and Jung's psychology make this a rewarding and delightful book. – James Kirsch, M.D., Senior Analyst and Founding Member of the C.G. Jung Institute, Los Angeles, author of Shakespeare's Royal Self Two great traditions are wedded in this work: the irrepressible and magical Tarot and Jung's archetypal psychology. This wedding, long overdue, is achieved not only through the wit and wisdom of Sallie Nichols, but through her obvious love and care for the images of Tarot. The result is a superb and significant volume that will become food for critical minds and a most welcome elixir for souls thirsting for draughts of substance. Anyone with the remotest interest or fascination with the power of the image to move the psyche will find in Sallie Nichols' book, just that: a journey into that realm where the image, the psyche and the soul find their source and their goal. – Russell A. Lockhart, Ph.D., Jungian analyst and Book Commentary Editor of Psychological Perspectives*

An innovative book, Nichols in [Tarot and the Archetypal Journey](#) clarifies and

explains Jungian ideas not in an arid academic fashion, but as an act of knowing derived from her own experience of Tarot and its strangely translucent lights. As a result her book not only lives but quickens life in whomever it touches. <>

Science / Anthropology / Higher Education

[Through the Lens of Cultural Anthropology](#) by Laura Tubelle de González (University of Toronto Press)

Addressing important and timely topics, including global climate change and the #MeToo movement, [Through the Lens of Cultural Anthropology](#) is a textbook designed to engage students in the world surrounding them. The book offers a sustained focus on language, food, and sustainability in an inclusive format that is sensitive to issues of gender, sexuality, and race.

Integrating personal stories from her own fieldwork, Laura Tubelle de González brings her passion for transformative learning to students in a way that is both timely and thought-provoking. De González is a professor of anthropology at San Diego Miramar College in Southern California.

[Through the Lens of Cultural Anthropology](#) is an adaptation of the four-fields anthropology textbook, ***Through the Lens of Anthropology: An Introduction to Human Evolution and Culture*** (2016), that De González and Bob Muckle wrote. The book further develops the cultural and linguistic

sections of the previous text with additional chapters and room to flesh out ideas that existed there in a shorter form. Several chapters on new topics have also been added.

### **Through the Lens of Cultural**

**Anthropology** focuses on the key themes of food, language, and sustainability. The importance of language to human culture is discussed in detail in Chapter 4. Issues of language are highlighted in a box feature ("Talking About") in every chapter. An anthropological approach to food and culture is woven throughout the text, with Chapter 5 devoted to food-getting practices. It is also, like language, included in a box feature ("Food Matters") in each chapter. Examples focusing on sustainability of the economy, society, and the environment are provided throughout the text, with Chapter 12 devoted to sustainability.

De González says she is primarily a visual learner. For that reason, she has tried to include a diverse series of graphics in this book. She has included some of her favorite graphic panels in hope that students will also connect with them. She also says she is primarily a teacher of anthropology. Her years of teaching have allowed her to present the ideas in this book in what she hopes is a clear and engaging way. The text includes a number of personal stories relating to the topics being discussed.

De González says that one of the phrases that has always stuck with her is the idea that anthropology "makes the

familiar strange, and the strange familiar." If, through this process of deconstructing what people think they know, they can all develop just a little more empathy for others, then anthropology can make the world a better place. **Through the Lens of Cultural Anthropology** is full of examples that illustrate aspects of social, cultural, or political inequality because she believes that knowledge leads to compassion, and compassion is essential to being human. She agrees with Sarah Shulist when she argues that anthropologists must be 'aggressively human,' meaning that they must advocate for and with others and openly renounce anthropological work that exploits, dehumanizes, or undermines the ability of Indigenous or other groups to speak for themselves.

### **Through the Lens of Cultural**

**Anthropology** is similar to ***Through the Lens of Anthropology*** in the following ways: the prominent themes of food and sustainability; a global perspective with considerable focus on North American culture, with fairly equal treatment of Canada and the United States; much of the same content, updated to both meet the needs of expanded chapter numbers but slightly reduced chapter size; and the same pedagogical features opening and closing the chapters. De González says she has included updated discussions of current issues, and placed a special emphasis on inclusivity of the gender spectrum throughout the book's discussions and examples.

### Through the Lens of Cultural

Anthropology differs from *Through the Lens of Anthropology* in that it contains only the chapters from the cultural sections, that is, Chapters 8-14. De González says she has added several chapters in order to make the text useful for a standard quarter- or semester-length course. Entirely new chapters include "Introduction to Cultural Anthropology," "Race and Ethnicity," and "Illness and Healing." The "Illness and Healing" chapter takes the place of the former Art and Healing chapter, and it focuses entirely on the field of medical anthropology and its understandings about culture and health. She has also divided and expanded certain chapters, such as "Food," "Economic Resources," "Marriage and Family," and "Gender and Sexuality." A focus on language and culture has also been added to each chapter, due to the importance of language, and the desire of some instructors to supplement their linguistic anthropology material.

Each chapter includes a list of Chapter Objectives, Review Questions, and Discussion Questions and highlights glossary words in bold. Students can use the objectives and questions to guide their reading and be sure they have focused on the main issues of the chapter. In addition, the University of Toronto Press provides a full set of supplemental materials for instructors adopting the text. These ancillaries include an instructors' manual, PowerPoint slides, and a test bank.

### Through the Lens of

Cultural Anthropology is a terrific introductory anthropology textbook – and one that I intend to adopt. The lively, engaging, and current tone reflects González's substantial experience working with students at this level. González's presence throughout the book is helpful and fun. Students will read this book with an interest in its contemporary topics, an appreciation for its careful presentation, and an enthusiasm for its style! – Thomas McIlwraith, University of Guelph

### Through the Lens of

Cultural Anthropology is an excellent resource for introductory courses. It offers a comprehensive overview of the field in an engaging, highly readable style. Compelling examples and an emphasis on food and sustainability make the immediate relevance of anthropology clear. It's wonderful to see a textbook that reflects such thoughtful understanding of the needs of both students and instructors, and I highly recommend it. – Angela C. Jenks,

University of California,  
Irvine

Fresh, contemporary, beautifully illustrated with over sixty full-color images, including comics and maps, [Through the Lens of Cultural Anthropology](#) brings concepts to life in a way sure to resonate with undergraduate readers. Supplemented by a full suite of instructor and student supports, it is likely all students will be able to see themselves reflected in this text. <>

Sociology / Psychology / Racism / Self-Help

**[The Racial Healing Handbook: Practical Activities to Help You Challenge Privilege, Confront Systemic Racism, and Engage in Collective Healing](#)** by Anneliese A. Singh PhD LPC, with a foreword by Tim Wise and an afterword by Derald Wing Sue (**The Social Justice Handbook Series**: New Harbinger Publications, Inc.)

Healing from racism is a journey that often involves reliving trauma and experiencing feelings of shame, guilt, and anxiety. This journey can be a bumpy ride, and before people can heal, they need to gain an understanding of the role history plays in racial/ethnic myths and stereotypes. To heal from racism, readers must re-educate themselves and unlearn the processes of racism. [The Racial Healing Handbook](#) can help guide them.

Author Anneliese A. Singh, PhD, LPC, is a professor and associate dean of

diversity, equity, and inclusion in the college of education at the University of Georgia. Singh is cofounder of the Georgia Safe Schools Coalition. She founded the Trans Resilience Project. Foreword writer Tim Wise is among the nation's most prominent antiracist essayists and educators. Afterword writer Derald Wing Sue, PhD, is professor of psychology and education in the department of counseling and clinical psychology at Teachers College and the School of Social Work, Columbia University.

[The Racial Healing Handbook](#) offers practical tools to help readers navigate daily and past experiences of racism, challenge internalized negative messages and privileges, and handle feelings of stress and shame. Readers also learn to develop a profound racial consciousness and conscientiousness, and heal from grief and trauma. And they discover the building blocks to creating a community of healing in a world still filled with racial microaggressions and discrimination.

[The Racial Healing Handbook](#) is not just about ending racial harm – it is about racial liberation. This journey promises the possibility of moving through pain and grief to experience the hope, resilience, and freedom that help people not only self-actualize but also makes the world a better place.

There is no denying the fact that the world is steeped in racism. This guide will help readers unlearn the racist messages society has instilled in them

and cultivate the skills needed to move beyond biases and toward collective healing.

[The Racial Healing Handbook](#) offers tools to help readers explore the history of racism, challenge stereotypes, and manage the stress and remorse that result from living in an unequal world. Readers learn to understand their own racial identity and examine the ways racism affects all aspects of life – from work to family to relationships. Finally, readers discover how they can fight for racial justice, be an ally, and forge the building blocks needed to create a community of healing.

There are several basic premises of this workbook, the first of which is that the world is steeped in racism. In the system of racism, White and light-skinned folks are granted unearned privileges or advantages by society just because of their race. Privileging one group of human beings over another in this way is obviously not fair.

A second premise of [The Racial Healing Handbook](#) is that because everybody grows up in a society steeped in racism, everyone learns explicit and implicit stereotyped messages in families, schools, and communities about who people of color and White people are. They end up learning these racialized stereotypes and acting on them consciously and unconsciously without much opportunity to unpack or critique them.

When people internalize and come to believe stereotyped ideas of who other

people are and who they are, it becomes challenging to understand how extensively all people are influenced by the context of white supremacy. People of color have their opportunities and lives limited by the barriers they face and the way their experiences and identities are marginalized. And White people find themselves participating in a system in which they gain advantages that, as individuals, they may not have earned. This can lead to feelings of unease and guilt as they see people of color who don't have those advantages or when they witness overt racism. But so much of racism, especially in the current moment, is systemic – embedded into the structure of life, including schools, governments, legal system, and social programs.

So, according to [The Racial Healing Handbook](#), while racism does exist, as a society people don't tend to have regular conversations about it, aside from social media posts and occasional town hall meetings, which is partly why it is hard to figure out what racism is, when it is happening, and what to do about it. On the one hand, readers may be able to identify racism when it is happening, like when a family member, friend, or colleague makes a racist comment or joke. On the other hand, they might not know how to respond or interrupt this person, leaving them with a range of feelings, such as guilt, anger, fear, and sadness.

Racism can be truly overwhelming in interpersonal interactions. But, as

extensive and overwhelming as racism can be, there is a third premise of [The Racial Healing Handbook](#): that people can begin healing from racism through changing their individual actions and interpersonal interactions. The good news is that healing from racism is a process of proactive individual actions and strategies they can practice throughout their lifetime. And the even better news is that as readers begin to heal from racism, they can learn to give folks in their personal and professional circles the opportunity to heal from racism too.

*... Anneliese Singh's workbook is a practical guide to actively engaging and participating in social justice on a personal and societal level. Singh draws on best practices, research, and advocacy to create pathways to restore hope in humanity and to create the self-efficacy needed to be a change agent. What a gift!* – Edward Delgado-Romero, PhD, associate dean for faculty and staff services, professor and licensed psychologist, College of Education, University of Georgia

*... Anneliese Singh has given us a desperately needed gift in this racial healing workbook. For*

*those who are social justice activists, or just people who want to understand themselves as racial beings, Singh's workbook is a psychological guide and spiritual salve for facilitating our own racial healing. It is destined to become a classic!* – Kevin Cokley, PhD, Oscar and Annie Mauzy Regents Professor for educational research and development, professor in the department of educational psychology and African and African diaspora studies

*This is the book you've been waiting for, even if you didn't know you were waiting for it! Anneliese Singh makes a racial healing path accessible, practical, and comprehensive for anyone willing to pursue it. This handbook is personal, straightforward, honest, inviting, and honors the system of racism in all its complexity. It is the rare kind of book I can recommend to my family, my friends, my colleagues, my clients, and to myself. An important contribution to our individual and collective paths toward*

*liberation!* – Jen Willsea, MTS, Atlanta-based social justice and anti-racism facilitator, consultant, and coach

*Race and healing? Not words you often see together! Yet Anneliese Singh has brought her gifts together as a healer, a scholar, a clinician, and an activist to weave a heartfelt and liberating book of hope. Whether you're White, a person of color, or multiracial, Singh invites us all – through personal stories, reflection exercises, self-assessments, and an impressive integration of history and the social sciences – to engage in the lifelong practice of racial transformation for ourselves and our communities. This is a gift and a balm for the racial wounds we all carry!* – Alvin N. Alvarez, PhD, professor in the department of counseling and dean of the college of health and social sciences at San Francisco State University

*Anneliese A. Singh's [The Racial Healing Handbook](#) is a must-have resource for all educators and mental*

*health workers, and for anyone interested in creating a more racially just world. Singh masterfully weaves together theory, empirical research, and narrative to inform her discussion of the key elements for racial healing for people of color and White individuals. Singh's strength is her ability to translate research into developmentally appropriate, practical activities that will stimulate deep reflection and action. As such, she offers a nice balance of cognitive, emotional, and behavioral exploration. I can't wait to use the handbook and practical exercises in my classes and my work with community members.* – Helen A. Neville, PhD, professor in the department of educational psychology and African American studies at the University of Illinois at Urbana-Champaign

**[The Racial Healing Handbook](#)** is a powerful and practical guide to help readers navigate racism, challenge privilege, manage stress and trauma, and begin to heal. It breaks new ground by giving readers tools that will help them as a person of color or as a White person to heal from the harm of racism

they have faced or done and encourage others to heal from racism in the same way. <>

Sports & Entertainment / Baseball / Biographies & Memoirs

**[For the Good of the Game: The Inside Story of the Surprising and Dramatic Transformation of Major League Baseball](#)** by Bud Selig, with Phil Rogers (William Morrow)

*Bud's love for baseball and his gift for storytelling shines through every page of this tender and lively memoir which comes full circle when he is elected to the Hall of Fame. His description of the tension he endured while waiting for the call is pure Bud Selig – unpretentious, emotional, authentic. – from the foreword by Doris Kearns Goodwin*

The longtime Commissioner of Major League Baseball in [For the Good of the Game](#) provides an unprecedented look inside professional baseball today, focusing on how he helped bring the game into the modern age and revealing his interactions with players, managers, fellow owners, and fans nationwide.

Bud Selig, the former owner of the Milwaukee Brewers, was the ninth commissioner of Major League Baseball for more than twenty years. A lifelong baseball fan and long-term baseball executive, known for his numerous

contributions to America's Pastime, including reform of drug testing policies and labor relations, Selig has been tenured for more than two decades. Phil Rogers is a baseball writer.

More than a century old, the game of baseball is resistant to change. But baseball needs to evolve – to compete with other professional sports, stay relevant, and remain America's Pastime, it must adapt. Perhaps no one knows this better than Selig who ushered in some of the most important, and controversial, changes in the game's history – modernizing a sport that had remained unchanged since the 1960s.

In [For the Good of the Game](#), Selig goes inside the most difficult decisions and moments of his career, looking at how he worked to balance baseball's storied history with the pressures of the twenty-first century to ensure its future. Part baseball story, part business saga, and part memoir, [For the Good of the Game](#) chronicles Selig's career, takes fans inside locker rooms and board rooms, and offers an intimate account of the frequently messy process involved in transforming an American institution. Featuring an all-star lineup of the biggest names from the last forty years of baseball, Selig recalls the vital games, private moments, and tense conversations he's shared with Hall of Fame players and managers and the contentious calls he's made. He also speaks candidly about hot-button issues like the steroid scandal that threatened to destroy the game, telling his side of the story in full for the first time.

As he looks back and forward, Selig outlines the stakes for baseball's continued transformation – and why the changes he helped usher in must only be the beginning. A fan to the core, Selig recounts how twin forces cemented his belief in the unifying power of baseball, guiding him through his most contentious moments and allowing him to make his hardest calls with an eye on the future of the sport.

The book is illustrated with sixteen pages of photographs.

*Entertaining and important, [For the Good of the Game](#) is filled with details and up-close insights into the business, the competition, and the innovation challenges and successes of Major League Baseball, offering a depth of understanding that fans rarely get. – Tony La Russa*  
*Bud Selig's career in baseball demonstrates the power of persistence. From the highest levels of our great game, he has always remained a loyal fan first. Bud's insights on a life in our National Pastime are unlike any other. – Hall of Famer Joe Torre, MLB's chief baseball officer and four-time world champion manager of the New York Yankees*  
*Bud and I have been the best of friends for more*

*than sixty years. I am so proud of Bud for writing the book. It shows why he is in the Baseball Hall of Fame. – Hank Aaron*  
*I've never met an owner, or a commissioner, who loves the game, and cares for it, more than Bud Selig. In this book he reveals how he modernized baseball's economics and repaired the game when steroids threatened it, with fascinating details and admirable perspective. – Tim Kurkjian, ESPN baseball analyst*  
*This in-the-trenches memoir provides us with Bud's full take on the controversies, regrets, and many significant achievements that marked the tenure of one of sports most consequential commissioners. – Bob Costas*  
*Charming, informative and even entertaining, Selig's book is about the best memoir you can hope to read from a powerful professional sports insider. Much of that is due to the deep love and respect that Selig carries for the game of baseball. – NPR*  
*Selig's testimony is a necessary addition to*

*baseball history. –  
Washington Post  
Baseball fans will  
appreciate Selig's  
coverage of the key issues  
that arose during his  
tenure, the financial  
resurgence of baseball,  
and the spread of the  
game around the world. –  
Kirkus Reviews*

**For the Good of the Game** is an enlightening and surprising book. With his trademark honesty and bluntness, Selig's story provides an unprecedented look at how baseball faced its demons. It is an invigorating portrait of the intersections within baseball – from the players to the owners to the teams themselves – and what it takes to make the toughest decisions. <>

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