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*We Review the
Best of the Latest
Books*

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Anthropology / History / Culture

[A Cultural History of Twin Beds](#) by Hilary Hinds, with series editors Rosie Cox & Victor Buchli (**Home Series:** Bloomsbury Academic)

[A Cultural History of Twin Beds](#) challenges ingrained assumptions about intimacy, sexuality, domesticity and hygiene by tracing the rise and fall of twin beds as a popular sleeping arrangement for married couples between 1870 and 1970.

Modern preconceptions of the twin bed revolve around their use by couples who have no desire to sleep in the same bed space. Yet, for the best part of a century, twin beds were not only seen as acceptable but were championed as the sign of a modern and forward-thinking couple. But what lay behind this innovation? And why did so many married couples ultimately abandon the twin bed?

In [A Cultural History of Twin Beds](#), Hilary Hinds presents a fascinating insight into the combination of beliefs and practices that made twin beds an ideal sleeping solution. Hinds is Professor of Literary Culture at Lancaster University, UK. This book is open access and is funded by the Wellcome Trust.

This new **Home** series responds to the growing interest in the home as an area of research and teaching. Highly interdisciplinary, titles feature contributions from across the social sciences. The Series Editors are Victor Buchli and Rosie Cox.

Today, twin beds usually conjure images from interwar and immediate post-war culture: Hollywood films constrained by the restrictive Hays Code censorship, or early American television shows such as *I Love Lucy*, but the twin beds phenomenon shows that these beds were in vogue even before the First World War. Twin beds not only figured in the bedrooms of married people for decades but did so with a striking consistency of aura.

[A Cultural History of Twin Beds](#) investigates the characteristics of twin beds: their transatlantic currency, their persistent presence in twentieth-century bedrooms, their capacity to convey both their own ordinariness but also the stylishness of the couples who choose them. It charts their century-long history, examining their origins in the late nineteenth century, their place in twentieth-century design cultures, their significance in

debates about just what secured a happy marriage and their gradual fall from grace between the 1950s and 1970s.

Twin beds were more than just a sleeping arrangement. They were a way to stay healthy, a chance to mark out their occupants as thoroughly modern and a means to stake a claim to a particular understanding of contemporary marriage. Uncovering their cultural history required engaging closely with the three distinct domains – hygiene, modernity and marriage – in which twin beds were recommended and chosen, and it is these which govern [A Cultural History of Twin Beds](#)'s structure and between which its narrative lines are plotted. Twin beds sit at the center of this triangulated field, upheld by the many correspondences between these three points. They were generated and sustained by a complex series of intersections between, for example, the ways that ideas about hygiene helped define modernity, but also by how the new century's commitment to modernity brought with it a desire to reform marriage. Conversely, social and political pressure on nineteenth-century ideals of marriage themselves helped to define just what it meant to be 'modern'.

The discourses of hygiene, modernity and marriage, therefore, do not have a clearly progressive or chronological relation to each other, but overlap and inform each other throughout the twin-bedded century, looking forward and backward to each other. This means that while [A Cultural History of Twin Beds](#) follows a broadly chronological structure, beginning with the origin of twin beds in discourses of hygiene, proceeding through the design cultures of the new century and ending with an examination of the seeds of their demise in changing ideas of marriage, it is not ultimately bound by chronology. One of [A Cultural History of Twin Beds](#)'s contentions is that the consistency of twin beds' cultural associations across the late nineteenth century and the first half of the twentieth is more striking than any fluctuations in their reputation. Twin beds' staying power was considerable, their moment a long and relatively stable one.

Preparing the ground for the thematic organization of the three main sections of the book is an initial freestanding chapter. There, the broad arc of their history from the last third of the nineteenth century to the last third of the twentieth is sketched out. Some persistent questions about twin beds are addressed: when were twin beds most popular? Did they ever have a numerical advantage over doubles? With this short chronology in place, [A Cultural History of Twin Beds](#) pursues its main tripartite thesis: namely, that twin beds were born of concerns about health and hygiene, nursed by a commitment to being modern, and ultimately dispatched by changing ideas about just what constituted a properly intimate and companionable marriage.

Part One, 'Hygiene', finds the origins of twin-bedded sleep in 19th-century anxieties about health. It begins with an examination of then-current ideas about the origins of disease and its transmission and shows how twin beds were linked to the recommendation that domestic hygiene be in the vanguard against the insidious

menaces posed by the household environment. Twin beds were introduced as one element in a rigorous regime of hygienic vigilance. Next, the discussion considers the place of popular 'fringe' medical ideas in the adoption of twin beds. While members of the medical establishment recommended twin beds as a weapon in the war against infectious disease, practitioners of what would now be called 'alternative' health practices understood the body's life-sustaining energies to be threatened by regularly sharing a bed with a spouse. Consequently, they recommended twin beds as a way to preserve the sanctity of the couple while safeguarding the vitality of each. Part One concludes with a coda preparing the ground for the next section, examining the continuing popularity of twin beds in the new century.

Part Two, 'Modernity', considers the ways in which twin beds became standard-bearers of the 'modern', a condition to be achieved by a thoroughgoing repudiation of what had gone before: the 'Victorian'. In the bedroom, this meant a turn away from the characteristic contours of the massive Victorian four-poster double bed in favor of the disaggregated form of twin bedsteads. The reach of this avowedly modern way of sleeping was extensive, found in cheap popular models through to the high modernism of international avant-garde design. Part Two again concludes with a coda, suggesting how the formal qualities of twin beds embodied a set of ideas about just what characterized a modern marriage.

Part Three focuses on the subject which may have been expected to dominate [A Cultural History of Twin Beds](#) overall: the ways in which twin beds were mobilized – or sometimes repudiated – in the service of changing ideas about marriage in the new century. 'Marriage' opens with the indomitable Marie Stopes, the twentieth-century birth-control campaigner who also wrote many best-selling marital advice books. Stopes declared herself a vehement opponent of twin beds, calling them 'one of the enemies of true marriage', a state premised on the natural (and of course heterosexual) complementarity of the pair. While Stopes presented her outspoken ideas about how couples should sleep as groundbreaking, they actually had much in common with late nineteenth-century marital advice. Continence and its allied state, abstinence, continued to have an enduring presence in twentieth-century marriage, in part as a means of birth control, even after the moment when reliable barrier contraceptives might have rendered them obsolete. Such practices engendered their own marital cultures and in these twin beds played their part. Finally, to gauge the tenor and texture of such cultures, the book considers the literary verdict on twin beds: how does writing from the high-water mark of twin-bedded sleep – the interwar and immediate post-war period – portray them? What constraints, opportunities and permissions did they bring to the literary marriages whose bedrooms they furnished?

[A Cultural History of Twin Beds](#) explores what kinds of anxieties and aspirations might have led to the introduction of this physical space between fellow sleepers, but it also

examines what possibilities and problems were, in turn, produced by it. The book asks why, for the best part of a hundred years, so many couples chose a sleeping arrangement that both brought them together and kept them apart.

Elegantly written and thoroughly researched, Hilary Hinds' fascinating book demonstrates the shifting role played by the twin bed in the histories of hygiene, consumer culture, sexuality and marriage. Hind reveals the twin bed to be a forgotten actor in late 19th- and 20th-century efforts to reimagine and reform domestic relations. – Garrett A. Sullivan Jr., Pennsylvania State University

Twins or double? Tucked away behind the neutral hotel-room options, Hilary Hinds uncovers a compellingly curious 20th-century cultural history. A fascinating story of changing domestic and marital values. – Rachel Bowlby, University College London, University of London and author of *Everyday Stories* and *Talking Walking*

This fascinating cultural history offers fresh perspectives on public health, domestic hygiene, marital sexuality and even modernity itself. – Laura Doan, University of Manchester

Using nuanced close readings of marriage guidance and medical advice books, furnishing catalogues, novels, films and newspapers, [A Cultural History of Twin Beds](#) offers a fascinating, accessible and rigorous account of the curious history of twin beds. This is vital reading for those with an interest in cultural history, sociology, anthropology and psychology. Relevant to undergraduate and postgraduate students as well as researchers, the series consolidates the home as a field of study. <>

Arts / Music / Biographies & Memoirs

[Summertime: George Gershwin's Life in Music](#) by Richard Crawford (W.W. Norton & Company)

[Summertime](#) tells the story of the life of a beloved American composer reflected through his music, writings, and letters – George Gershwin (1898-1937). His days on earth were limited to the summertime of life, but the spirit and inventive vitality of the music he left behind lives on.

Drawing extensively from letters and contemporaneous accounts, acclaimed music historian Richard Crawford traces the arc of Gershwin's remarkable life, blending colorful anecdotes with a discussion of Gershwin's unforgettable oeuvre.

Crawford is a professor emeritus at the University of Michigan, a member of the American Academy of Arts and Sciences, and a past president of the American Musicological Society.

As told in [Summertime](#), New York City native and gifted pianist Gershwin blossomed as an accompanist before his talent as a songwriter opened the way to Broadway, where he fashioned his own brand of American music. He composed a long run of musical comedies, many with his brother Ira as lyricist, but his aspirations reached beyond commercial success.

A lifetime learner, Gershwin was able to appeal to listeners on both sides of the purported popular-classical divide. In 1924 – when he was just twenty-five – he bridged that gap with his first instrumental composition, *Rhapsody in Blue*, an instant classic premiered by Paul Whiteman's jazz orchestra, as the anchor of a concert entitled "An Experiment in Modern Music." From that time forward his work as a composer, pianist, and citizen of the Jazz Age made him in some circles a leader on America's musical scene. The late 1920s found him extending the range of the shows he scored to include the United Kingdom, and he published several articles to reveal his thinking about a range of musical matters. Moreover, having polished his skills as an orchestrator, he pushed boundaries again in 1935 with the groundbreaking folk opera, *Porgy and Bess* – his magnum opus.

As told in [Summertime](#), Gershwin's talent and warmth made him a presence in New York's musical and social circles (and linked him romantically with pianist-composer Kay Swift). In 1936 he and Ira moved west to write songs for Hollywood. Their work was cut short, however, when George developed a brain tumor and died at thirty-eight. The book has 8 pages of photographs.

Richard Crawford's book on Gershwin's life and music, elegant and authoritative, is an irresistible match: one of the great historians of American music writing about one of the greatest American composers. Every chapter is filled with deep knowledge and insight, written with charm and captivating prose. – Thomas Brothers, author of Help! The Beatles, Duke Ellington, and The Magic of Collaboration

The 'in' in [Summertime](#)'s subtitle promises both a context and a method: to place Gershwin's life in the wider world of music-making, and to reveal that life in terms of the very music Gershwin made. Balancing massively rich research with detailed yet always lucid analysis and a master's knack for storytelling, Crawford superbly fulfills these promises, and then some. With [Summertime](#) he makes both Gershwin and his music come alive afresh. – Larry Stempel, author of Showtime: A History of the Broadway Musical Theater, professor of music and American Studies, Fordham University

An engaging focus on the music, scrupulously covering all the musical comedies in detail as well as the classical compositions and film work. [Crawford] effectively interweaves what was happening in Gershwin's

personal life into the story of the songs and shows, rather than the other way around.... A worthy tribute to Gershwin's phenomenal creativity over only two decades. – Booklist

An engaging chronicle of a brilliant musician.... A warm homage to a central figure in American music and theater. – Kirkus

Thoroughly researched, engaging, [Summertime](#) pays homage to a talented composer whose life was far too short. <>

Audio / Sports / Education / Gender

[You Throw Like a Girl: The Blind Spot of Masculinity](#) – Audible Audiobook, 1 MP3-CD, running time 7.5 hours – Unabridged by Don McPherson, narrated by Leon Nixon (Tantor Media, Inc.)

[You Throw Like a Girl: The Blind Spot of Masculinity](#) – Hardcover by Don McPherson (Edge of Sports)

In [You Throw Like a Girl](#), former Syracuse University quarterback Don McPherson examines how the narrow definition of masculinity adversely impacts women and creates many 'blind spots' that hinder the healthy development of men. Dissecting the strict set of beliefs and behaviors that underpin our understanding of masculinity, he contends that we don't raise boys to be men, we raise them not to be women.

McPherson, who went on to play professionally in the NFL and Canada, began his work on gender-based violence prevention in 1994 at Northeastern University's Center for the Study of Sport in Society. He has served on the boards of the Ms. Foundation for Women, the NCAA Sexual Assault Task Force, and the NCAA Board of Governors Commission to Combat Campus Sexual Violence. Narrator Leon Nixon is a professional actor, playwright, and filmmaker performing in short films, web series, and on stage in dramatic and comedic roles.

Using examples from his own life, including his storied football career, McPherson passionately argues that viewing violence against women as a 'women's issue' doesn't just ignore men's culpability but conflates the toxicity of men's violence with being male. In [You Throw Like a Girl](#), McPherson leads readers beyond the blind spots and toward solutions, analyzing how they can engage men in a sustained dialogue, with a new set of terms that are aspirational and more accurately representative of the emotional wholeness of men.

This is a call to action that has the potential to provoke conversation and change, and is a unique crossover of sports memoir and astute social commentary. From success as a football player to his mission as a feminist and educator, McPherson has spent decades sharing his story and

advocating for a new definition of manhood. This timely and coherent study of gender roles is highly recommended. – *Library Journal*, starred review

McPherson's insight and unique perspective as a Black athlete and activist trying to reduce men's violence against women are likely to find a receptive audience across genders. Drawing from personal and real-life experiences, McPherson explores issues of privilege and sexism. He reminds us that while voices of women must be heard, it will remain a one-sided 'women's issue' unless men are engaged, too. With sports as a relatable backdrop, this book makes an important contribution to broadening our understanding of toxic expressions of masculinity. – *Booklist*

McPherson wants readers to begin to understand that traditional masculinity is a burden to boys and men, and to help change the narrative handed down to them... This is a valuable contribution to the new choir of traditionally masculine men reevaluating themselves on their own terms. – *Publishers Weekly*

[**You Throw Like a Girl**](#) is one of the most important books ever written by a former elite male athlete. Don McPherson's willingness to look inward and share his insights and experiences on and off the field represents an invaluable contribution to the growing literature about the ways in which limited definitions of 'manhood' cause immeasurable harm to women and men alike. – Jackson Katz, author of *The Macho Paradox: Why Some Men Hurt Women and How All Men Can Help*

I have had the good fortune of interviewing and working with Don McPherson many times over the years. His voice and candor in talking about his own journey and the necessary changes we need to raise healthy and whole men and boys is so compelling and powerful. This thoughtful and inspiring book is an important contribution to this timely conversation. I am grateful for Don McPherson's voice, as a feminist and activist for ending violence against women, and as an advocate for reimagining masculinity. – Marianne Schnall, journalist, founder of *Feminist.com* and *WhatWillItTake.com*, author of *What Will It Take to Make a Woman President?*

Don McPherson wrestles with one of the most important questions of our time and one that we have to face head-on in today's world: what does it mean to be a man? He talks of courage, love, fatherhood, and growing up. Men don't face this question in a thoughtful way and the result is that

we are coming up short. Don's book helps us to take that journey to real masculinity, not the stereotypical and sometimes dangerous version we see on social media and in film. – Mike Rawlings, mayor of Dallas, Texas

In [You Throw Like a Girl](#), Don McPherson explores more than his own place in the masculine testosterone-driven world of football. He takes the societal norms and boundaries placed on so many men and asks the simple but inevitable question, why? He tackles the critical issues of sports, privilege, and gender that have come to define generations of athletes and transcend sports, in an effort to show us all a better way. – Jon Frankel, correspondent, HBO's Real Sports

Don McPherson has spent his adult life working to change the perception that girls and women are 'less than men'... Don is not afraid to discuss the tough issues related to masculinity and sexism. He challenges men to join the fight for gender equality by being ever-growing allies to women. This is a must read. – Richard Lapchick, director of the Institute for Diversity and Ethics in Sport

McPherson, whose educational programs and lectures have reached over one million people in more than three hundred colleges and communities, will reach even more with this compelling and powerful offering, [You Throw Like a Girl](#). <>

Children's / Ages 6-9 / Grade Level: 1-4 / Non-Fiction

[Miep and the Most Famous Diary: The Woman Who Rescued Anne Frank's Diary](#) by Meeg Pincus, illustrated by Jordi Solano (Sleeping Bear Press)

The story of Anne Frank and her diary is one of the world's most important and well-known, but less is known about the woman who sheltered Anne and her family for years and, ultimately, rescued Anne's diary from Nazi clutches. Miep Gies was a woman who rose to bravery when humanity needed it and risked everything for her neighbors. It is because of Miep we know Anne Frank – and now, [Miep and the Most Famous Diary](#) is Miep's story.

Author Meeg Pincus loves to inspire kids by sharing stories of real-life 'solutionaries' who help people, animals, and the planet. She's a lifelong writer and has been a newspaper reporter, book editor, and essayist – but writing children's books is her favorite. It was as a newspaper reporter over 20 years ago that Meeg had the honor of meeting Miep Gies in person. Illustrator Jordi Solano was born in Barcelona, and although he still lives there, he'd like to visit and stay in almost every other real or imaginary country.

Miep was an employee of Anne's father, Otto. She sheltered the Franks, and others, in the attic hideaway. After the Frank family was arrested, Miep found Anne's diary and

kept it safely hidden until after the war when she returned it to the only surviving Frank family member, Otto. This is a story of extraordinary courage, unimaginable circumstances and overcoming obstacles to ensure that Anne's story lived on.

[Miep and the Most Famous Diary](#) is a non-fiction picture book; it can be used to supplement lessons on **The Diary of Anne Frank**, open discussions on bravery and doing the right thing, as well as a resource about World War II. The book includes an author's note and timeline.

A beautifully realized homage. Pincus narrates the terrible facts accurately, not understating them but not allowing the horrors to overwhelm the intensely heroic accomplishment of this kind, courageous woman, employing quotes from Miep's own writing. Solano's full- and double-page spreads are done in shades of brown and sepia that perfectly capture the somber mood. Endpapers copy the original cover design of Anne's diary. – Kirkus Reviews, starred review

In this gentle yet honest book that promises to be a respected contribution to children's historical literature, Meeg Pincus and Jordi Solano beautifully celebrate human decency and courage. In a time when we ask children to resist negativity and instead respect one another as people, the story of Miep Gies helping others and rescuing Anne Frank's famous diary truly resonates; even more, it helps restore our faith in the human spirit. – Elisa Rapaport, PhD, Anne Frank Center for Mutual Respect

In [Miep and the Most Famous Diary](#), Pincus writes a stirring account of Miep's extraordinary courage, compassion, and determination to do what was right in the face of evil. <>

Education & Training / Automotive Repair / Manual

[Lab Manual for Gilles' Automotive Service: Inspection, Maintenance, Repair, 6th edition](#) by Chuck Rockwood & Tim Gilles (Cengage Learning)

[Lab Manual for Gilles' Automotive Service, 6th edition](#), is a two-part Lab Manual containing activity sheets to help students master core concepts in the textbook. Lab Preparation Worksheets emphasize the practical, real-life skills they will need to service today's automobiles, while correlations to ASE Education Foundation task lists will help them track their progress toward certification.

Author Tim Gilles is professor emeritus in the Automotive Technology Department at Santa Barbara City College, has been an automotive teacher for 38 years, has authored or coauthored several textbooks, and has been active in professional associations for many years. He has served as president and a board member of the

California Automotive Teachers (CAT), a board member and election committee chair of the North American Council of Automotive Teachers (NACAT), a member of the California Community College Chancellor's Trade and Industry Advisory Committee, and Education Committee chair for the Santa Barbara Chapter of the Independent Automotive Professionals Association.

Lab Manual for Gilles' Automotive Service: Inspection, Maintenance, Repair, 6th edition, is designed to help students build automotive maintenance and light repair skills. It contains two parts: Part I is made up of Activity Sheets to reinforce the students' automotive vocabulary, and help them identify common automotive tools and equipment, and understand the various systems required for vehicle service and light repair. The Activity Sheet exercises include tool and parts identification, matching exercises, and fill-in sheets. They reinforce students' understanding of the operation of the automobile and its systems.

Part II includes a wide variety of hands-on Lab Preparation Worksheets that emphasize practical, real-life skills needed to service today's automobiles. Worksheets are presented in order of increasing difficulty, and students should complete one task before progressing to the next one. Each project or lab assignment is built upon the next in a logical sequence in much the same manner as lab science instructional programs are constructed. The Worksheets also include references to the ASE Education Foundation's MLR, AST, and MST task lists for programs that wish to track students' progress against these criteria. Worksheets include specific instructions for completing the lab assignment.

A list of the most important components and materials needed to complete the lab assignment is included. So is a step-by-step description of the work to be performed in the lab assignment. Notes are inserted where helpful hints will facilitate the completion of the lab assignment. The lab manual is fully illustrated to facilitate learning and enhance lab discussion.

An outline of **Lab Manual for Gilles' Automotive Service** includes:

- Preface
- Part I: Activity Sheets
- Section One – Tie Automobile Industry
- Section Two – Shop Procedures, Safety, Tools, and Equipment
- Section Three – Vehicle Inspection (Lubrication/Safety Check)
- Section Four – Engine Operation and Service
- Section Five – Cooling System, Hoses, and Plumbing
- Section Six – Electrical System Theory and Service
- Section Seven – Heating and Air Conditioning
- Section Eight – Engine Performance Diagnosis, Theory and Service
- Section Nine – Automotive Engine Service and Repair
- Section Ten – Brakes and Tires

Section Eleven – Suspension, Steering, and Alignment
Section Twelve – Drivetrain
Part II: Lab Worksheets for ASE Maintenance and Light Repair
Introduction
Service Area 1 – Oil Change Service
Service Area 2 – Underhood Inspection
Service Area 3 – Under Vehicle Service
Service Area 4 – Tire and Wheel Service
Service Area 5 – Service Information
Service Area 6 – Belts, Hoses, Fuel, and Cooling System Service
Service Area 7 – Electrical Services
Service Area 8 – Engine Performance and Maintenance Service
Service Area 9 – Chassis Service
Service Area 10 – Miscellaneous
Appendix
ASE Education Foundation Automobile Accreditation Maintenance and Light
Repair (MLR) Task List
Repair Orders
Certified Car Care Service Forms

[**Lab Manual for Gilles' Automotive Service**](#) helps students understand the operation of the automobile and its systems, learn the vocabulary, master the concepts in the textbook, build maintenance and repair skills, and track their progress toward certification. <>

Fashion & Design / Education & Training / Guides

[**Fashion and Textile Design with Photoshop and Illustrator: Professional Creative Practice**](#) by Robert Hume (**Required Reading Range Series, Book 41**: Fairchild Books: Bloomsbury Publishing Plc)

[**Fashion and Textile Design with Photoshop and Illustrator**](#) is a step-by-step guide to two essential tools for textile and fashion designers. Adobe Photoshop and Illustrator have eclipsed many specialist textile and fashion systems due to their intuitive design, versatile function, and constant evolution.

Author Robert Hume is a design professional and has taught both in industry and in higher education, principally at Norwich University of the Arts and at Central Saint Martins, London. Case studies originate from Tord Boontje, Nadine Bucher, C&A Designers, Printfresh Studio, Wallace Sewell, Turnbull Designs, and Juliette van Rhyn.

Hume in [**Fashion and Textile Design with Photoshop and Illustrator**](#) guides readers from novice to expert through eighteen carefully crafted projects. Readers start by mastering layers and custom brushes, and learn about stripes and weaves before moving on to repeats and colorways, and simple geometry. Next, transformations, filters and effects become tools for personal creativity and readers explore varied

approaches to drawing garments. Finally, they learn about key layout and presentation techniques in both programs.

There is also advice on sharing, communication and output, and help with diagnosing and correcting common problems. Files for many of the projects are available on the website. In addition, seven case studies showcase the work and creative thinking of innovative professional designers. These designers reflect on the appeal of Illustrator and Photoshop and offer insight and inspiration to help readers develop their own fun and inventive designs.

Readers may not be inclined to diligently work their way through every section of [Fashion and Textile Design with Photoshop and Illustrator](#) from start to finish. The projects are devised so that readers can dip into them and learn the particular skills they need. Hume recommends that they do work through all the sections in sequence. The beginner can miss some fundamental tools in Photoshop and Illustrator when their significance may not be apparent. Quite a few Photoshop users have plugged away without learning the pen tool, for example, which reduces the opportunities available with the application.

Creating work from scratch in the applications is so important to developing fluency and expressing oneself freely. Because creating from scratch is so important, working with scanned-in artwork is relegated to later on in the course of projects. Photoshop and Illustrator are wonderful tools to be used in any combination and in any order with other tools and processes, but experience has shown that too much reliance on material grabbed from elsewhere can become a straitjacket to creativity. By delaying the use of scans and working through the earlier projects, readers will find that it can be easy to generate material from scratch in a direct and rapid way. Both applications are rich in resources for new ways of drawing, painting, and designing.

The emphasis of [Fashion and Textile Design with Photoshop and Illustrator](#) is solidly on developing creativity and professional ability in parallel. The three levels loosely follow the course structure of a degree course with projects increasing in complexity and ambition. By the end readers will have developed skills in Photoshop and Illustrator that are equivalent to those of a professional designer.

The complexity of Photoshop and Illustrator can be intimidating at first: the novice learning on the same 'industrial strength' application as those used intensively by professionals the world over. However the applications are well suited to the creative user and the fundamentals – those elements that gave the applications their advantages and attractions in the earliest incarnations – are very flexible and easy to use. [Fashion and Textile Design with Photoshop and Illustrator](#) gets readers rapidly to grips with those fundamentals.

An in-depth and highly informative book for creative individuals who want to start their journey with Photoshop and Illustrator, allowing them to embrace digital media in a confident and ambitious way. With lots of support and detailed step-by-step guidance, combined with inspiring case studies from a range of designers and practitioners, this is an essential new text. – Georgina Hooper, Course leader for Fashion and Textiles, Chichester College, UK

If readers are new to Photoshop and Illustrator, [Fashion and Textile Design with Photoshop and Illustrator](#) is ideal for them because it takes them through the key processes for working in Photoshop and Illustrator up to a professional level. If they are already experienced with Photoshop and Illustrator, then this book offers the opportunity to learn additional techniques and possible alternatives to their current methods. The projects rapidly give readers confidence in the tools and processes required for real-world digital design for fashion and textiles. <>

History / Foreign Aid / Canada

[A Samaritan State Revisited: Historical Perspectives on Canadian Foreign Aid, 1st edition](#) edited by Greg Donaghy & David Webster (**Beyond Boundaries: Canadian Defence and Strategic Studies Series**: University of Calgary Press)

[A Samaritan State Revisited](#) brings together a refreshing group of emerging and leading scholars to reflect on the history of Canada's overseas development aid. Addressing the broad ideological and institutional origins of Canada's official development assistance and specific themes in its evolution and professionalization after 1960, this collection is the first to explore Canada's history with foreign aid with this level of interrogative detail.

Extending from the 1950s to the present and covering Canadian aid to all regions of the Global South, from South and Southeast Asia to Latin America and Africa, these essays embrace a variety of approaches and methodologies ranging from traditional, archival-based research to textual and image analysis, oral history, and administrative studies.

The editors of [A Samaritan State Revisited](#) are Greg Donaghy and David Webster. Donaghy is head of the Historical Section, Global Affairs Canada and co-Editor of *From Kinshasa to Kandahar: Canada and Fragile States in Historical Perspective*. Webster is an associate professor of History at Bishop's University and the author of *Flowers in the Wall: Truth and Reconciliation in Timor-Leste, Indonesia, and Melanesia*. The book has 14 contributors.

Over the past two decades, Canadian international history has slipped its traditional North Atlantic moorings. The history of Canadian foreign aid, or official development assistance (ODA), however, remains a laggard. Canada's aid history was a

complicated business, shaped by a broad range of forces, both internal and external. That history is only beginning to be written. [A Samaritan State Revisited](#) seeks to enrich that story, while bringing Canada into global conversations on the history of development.

In the fall of 2016, Global Affairs Canada and the history departments of Carleton and Bishop's universities hosted a symposium on the history of Canadian foreign aid. This volume is the result.

In revisiting the concept of Canada as a 'Samaritan state,' this volume's contributors see Canadian government policy goals as much more important than pure altruism in shaping Canadian ODA. Most authors in [A Samaritan State Revisited](#) conclude that federal government perceptions of Canadian interests were the major influence on Canadian aid policy and practice. Talk of aid as altruism came later, aimed partly at building public support for aid by painting Canada as a 'Samaritan' in the eyes of Canadians and the world.

Policy papers, administrative reforms, and operational adjustments abounded and multiplied as the aid program grew from infancy into adulthood, at a time when, its early planners had hoped, it should be entering retirement. But aid shows no sign of ending. One of this book's questions is how clear and coherent these changing aims and strategies have been.

Canada's early aid program was a complicated business, shaped, as the first three chapters in [A Samaritan State Revisited](#) demonstrate, by a range of unexplored internal and external factors. The focus of **Jill Campbell-Miller's** opening chapter on aid to India is not Ottawa but New Delhi. Campbell-Miller sees foreign aid as global dialogue. **Greg Donaghy's** chapter traces how bureaucratic structures created to deliver Canadian capital and technical assistance left a lasting imprint on the shape of Canadian ODA. It amends the traditional view that the aid program was poorly conceived and chaotically managed. In a sense, the 'organizational essence' that underpinned Canadian aid until the late 1980s was rooted in the imperfect bureaucracy of the 1950s.

Equally important, and often overlooked in the literature, Canada's aid program was formed through dialogue with the global community. [A Samaritan State Revisited's](#) third chapter, by **David Webster**, explores the UN career of Hugh Keenleyside to underscore this point. When he joined the UN's technical assistance work in 1950, he brought his faith in social democracy – government intervention, and economic modernization to bear on the UN's expanded aid program as it established its character in the 1950s. Keenleyside's high-profile presence in New York legitimized UN aid operations in Ottawa, encouraging a Canadian aid program with a strong financial and political

commitment to a global development model distinct from the one pursued by Washington.

By the late 1950s, a growing volume of Ottawa's aid was directed through the United Nations, the World Bank, and other multilateral organizations. President John F. Kennedy's administration established the United States Agency for International Development (USAID) in November 1961, embraced modernization theory, and urged US allies to follow suit by expanding and professionalizing their own programs." In May 1968, egged on by its reformist director-general, Maurice Strong, Liberal prime minister Pierre Trudeau transformed the EAO into CIDA. Under Strong and his successor Paul Gerin-Lajoie, CIDA became almost a state within a state. Like the United Nations Development Programme (UNDP) and the Swedish International Development Agency (SIDA), both founded in 1965, it offered room for thinking about development differently.

Yet aid often still aimed to serve the national interest. **Ryan Touhey's** chapter on Pakistan in [A Samaritan State Revisited](#), India's near neighbor and bitter rival, pointedly asks what that aid meant for Canada. His grim answer: not much. To support Pakistani development and win political influence in Karachi, Ottawa spent some \$230 million dollars on aid to Pakistan by 1965, making Canada the country's second largest donor. Only in 1971, following a war in South Asia that upset the geopolitical landscape, did Ottawa finally act, sharply reducing its stake in Pakistan.

Canadian aid often aimed to open doors for Canadian trade and investment, too. An example is provided in **Stefano Tijerina's** study of Canadian aid to Colombia from the 1950s to 1970s. Tijerina is influenced by Emily Rosenberg's notion of the 'promotional state'. Though Latin America was not a historic Canadian priority, as competition within the region's modernizing economy grew stronger, Tijerina argues, Ottawa acted to preserve space for Canadian business to maneuver in the region.

Tijerina's view is partly echoed in **Asa McKercher's** chapter on Pierre Trudeau's efforts to engage Latin America after his election in April 1968. Skeptical of Canada's postwar internationalism, Trudeau wanted policy rooted in Canada's economic interests. In a chapter that focuses on aid to authoritarian Chile and revolutionary Cuba, McKercher explores the growing impact of Canadian civil society actors motivated by human rights concerns in shaping aid policies and allocations.

Kevin Brushett delves more deeply into CIDA's public engagement work in the 1970s, an era he romanticizes as a 'new golden age.' His subject is Lewis Perinbam, a legendary 'guerrilla bureaucrat,' who ran CIDA's outreach programs for two decades. Brushett's cosmopolitan Perinbam embodies the humane internationalist ideal. Elevated to CIDA vice-president, Perinbam proved innovative and effective in overcoming the

inherent tensions between a government aid agency committed to the existing liberal economic order and more critical NGOs.

Domestic civic engagement, national identity, and public imagery were all part of Canada's development project right from the start. In Chapter 8, **Ted Cogan** sets the stage for a discussion of aid's symbolic character with an overview of the Canadian public's engagement with aid from 1950 to 1980, an era of sustained if episodic expansion. Popular support for aid waxed and waned with the country's economic fortunes, despite the increasingly sophisticated apparatus adopted by CIDA in the 1970s to enlist Canadian voters in its fight for development. "Expansion," Cogan concludes, "proved easier than consolidation."

Sonya de Laat's approach is more theoretical and more critical. Her chapter explores the evolution of CIDA's world-class photographic library, which began in the 1960s as an ad hoc collection of images used mostly to brief new employees on the agency's work and living conditions in the unfamiliar Global South. CIDA employed a careful combination of negative and positive images, she argues, to cast Canada as 'a caring and helpful nation. 'Samaritan' images were central to government aid messaging.

William Winegard's strong support for Canadian foreign aid reflected the public reaction to the Ethiopian famine during the early 1980s. As **Nassisse Solomon** argues in her chapter on Canada's response to the African food crisis, the mid-1980s represent a singular moment in Canadian aid history. Like de Laat, Solomon explores aid imagery, especially the horrific images that emerged from famine-stricken Ethiopia in the fall of 1984 until the hard facts in the Horn of Africa dampened popular enthusiasm.

In the closing chapters of [A Samaritan State Revisited](#), three veteran political scientists address in more detail these recent evolutions. **Laura Macdonald** ties Canadian aid to Ottawa's changing foreign policy priorities. As historic diffidence toward the region gave way to curiosity and interest in the 1960s, economic considerations, she argues, were clearly the most predominant and consistent influences on aid levels and policy.

CIDA's merger with the Department of Foreign Affairs and International Trade (DFAIT) is at the core of **David Black**'s discussion of aid to Africa in the 1990s. Poverty and close ties with Canada made sub-Saharan Africa CIDA's largest aid recipient. When Chretien's finance minister Paul Martin took the axe to its sub-Saharan African program in 1995, cutting it by 20.5 per cent over three years, he stripped CIDA of its vision for the future, leaving it defensive and risk averse. Unable to recover, CIDA was ripe for a takeover. In July 2013, Canadian aid operations were folded back into the Department of Foreign Affairs and International Trade.

Appropriately, the final chapter by **Stephen Brown** heads back to the future, revisiting Keith Spicer's Samaritan State in search of contemporary lessons. Two stand out. First, like Spicer and many more recent aid theorists, Brown is distrustful of aid's capacity to

promote democracy and stability. He goes even further, rejecting the power of aid's symbols and recipient country gratitude. Second, Brown embraces Spicer's preoccupation with policy coherence, insisting that there need be no contradiction between Canada's long-term interests in global order and the developing world's interest in poverty reduction.

Development fashions have shifted considerably in the decades covered by [A Samaritan State Revisited](#). Technical assistance gave way to megaprojects, which were eventually followed by waves of enthusiasm for the 'basic needs' approach, for gender and development, and for sustainable development, all the way to the more recent UN-led Sustainable Development Goals and Canada's new stress on 'feminist international development.' Yet the basic theories around social change, modernization, and economic growth underlying the global development project have remained, leaving much of the ideological leadership with Northern actors.

Most chapters in this collection are rooted in detailed archival research, the valuable essence of the historical method, and explore both the broad motives and particularistic characteristics of aid operations. Most uncover meaningful limits on the Canadian state's autonomy to pursue imperialist objectives, including Southern resistance and preferences, the ideological choices of individual bureaucratic and political policy makers, corporate priorities, and the important role of civil society in advancing alternative views to influence state strategies.

Together, the chapters in [A Samaritan State Revisited](#) offer a mixed view on the effectiveness and coherence of Canadian ODA over its seven-decade history.

Canadians see their country as generous and sympathetic, and Canadian governments have never ceased to be major players in global development debates. This book contributes to those debates. Canada emerges neither as heroic do-gooder nor as imperialist exploiter. Rather, it occupies a more ambiguous position that has both reflected and shaped global trends in development thought and practice.

Canada's international assistance has constituted a significant, yet underappreciated, facet of Canada's role and impact on the world stage. This book provides an illuminating account of how the aid relationship was initiated and evolved over the past seven decades, in Asia, Latin America and Africa. It is a welcome, and overdue, contribution to the historiography of Canada's foreign relations. – Roy Culpeper, Senior Fellow, School of International Development and Global Studies, University of Ottawa

In [A Samaritan State Revisited](#) a refreshing group of emerging and leading scholars weave together a unique synthesis of governmental and non-governmental

perspectives, providing a clear and readily accessible explanation of the forces that have shaped Canadian foreign aid policy. <>

Law / Do-It-Yourself

Trademark: Legal Care for Your Business & Product Name, 12th edition by Stephen Fishman J.D. (NOLO)

The key to business success in the 21st century is branding – creating a business persona that attracts and retains customers. Trademarks are the legal foundation for branding. Trademark law allows a business to get exclusive advantages within an industry and to pursue copycats. Readers learn to protect their business name and logo with **Trademark** written by Stephen Fishman.

Fishman, J.D., has dedicated his career as an attorney and author to writing useful, authoritative, and recognized guides on business, taxation, and intellectual property matters for small businesses, entrepreneurs, independent contractors, and freelancers.

Readers' business name, the names of their key products, and their logos, packaging, and slogans – all of these can function as trademarks that distinguish their business and its services and products. So it's important to choose one's marks carefully and protect them vigilantly.

In **Trademark, 12th edition**, readers find up-to-date information on how to select and protect a great trademark. They learn how to:

- Choose trademarks that distinguish themselves from competitors.
- Search for marks that might conflict with their own.
- Register their mark with the U.S. Patent and Trademark Office.
- Protect their marks from unauthorized use by others.
- Resolve trademark disputes outside the courtroom.
- Create an Internet presence and secure a domain name.

Trademark includes step-by-step instructions on how to register and maintain a trademark with the federal government.

Thoroughly updated, the **12th edition** includes the latest laws and court cases, including the U.S. Supreme Court's decision to allow registration of a 'disparaging' phrase.

Excellent step-by-step instructions for registering a mark, written in plain English with clear examples. – Library Journal

Searching for a winning business or product name? Or have a distinctive logo or slogan to protect with a trademark or service mark? You will find sound advice in this book. – San Francisco Examiner

Get tips to help you choose and protect a name, logo and other unique items that identify your company. – Houston Chronicle

Trademark, 12th edition is a complete guide for small businesses and startups on how to choose a business name, how to register for nationwide protection of a trademark, how to secure a domain name, and how to deal with infringing use by others. The book is a field leveler for a startup, contractor, or a small business owner who wants to expand. It provides easy-to-understand instructions for most common legal branding issues. <>

Literature & Fiction / Fantasy

Turning Darkness into Light by Marie Brennan (Tor Books)

Marie Brennan's **Turning Darkness into Light** is a fantasy of manners, the heir to the award-winning *Natural History of Dragons* series, and a stepping stone into an alternate Victorianesque landscape.

Brennan is the author of the *Onyx Court* series, the Doppelganger duology of *Warrior* and *Witch*, and the urban fantasy *Lies and Prophecy*, as well as more than thirty short stories. She habitually pillages her background in anthropology, archaeology, and folklore for fictional purposes. The first book in the *Lady Trent Memoirs* series, *A Natural History of Dragons*, was nominated for a World Fantasy Award for Best Novel, and the entire series has been nominated for a Hugo.

In **Turning Darkness into Light** as the renowned granddaughter of Isabella Camherst (Lady Trent, of the Draconic adventure memoirs) Audrey Camherst has always known she, too, would want to make her scholarly mark upon a chosen field of study.

When Lord Gleinheigh recruits Audrey to decipher a series of ancient tablets holding the secrets of the ancient Draconian civilization, she has no idea that her research will plunge her into an intricate conspiracy, one meant to incite rebellion and invoke war. Alongside childhood friend and fellow archeologist Kudshayn, Audrey must find proof of the conspiracy before it's too late.

Praise for Brennan and ***The Memoirs of Lady Trent Series***:

[A] journey full of imagination and intellectual passion that transports readers into a fully realized world, right alongside its forthright heroine. – RT Book Reviews, 4 ½ stars

Thoroughly absorbing ... refreshingly different and consistently intriguing. – Kirkus Reviews, starred review

Isabella, Lady Trent, narrates her astounding adventures from volume to volume, blending Victorian pastiche and alternate-world fantasy with a

distinctly pulp sensibility.... Now is the time to get acquainted. – NPR Brings dragons into the Victorian world, and flawlessly so. – The Washington Post

Fabulous and historic voyages, along with a wry wit that refuses to accept the standard notions of any era – past, present, or future. – Locus

If you've ever secretly wished dragons were real, this story is for you. Fans of Naomi Novik and Mary-Robinette Kowal will especially enjoy this book. – RT Book Reviews

As imaginative as it is grounded in folklore and archaeology, [Turning Darkness into Light](#) is a delightful fantasy of manners, a stepping stone into an alternate Victorianesque fantasy landscape. <>

Literature & Fiction / Poetry / Religion & Spirituality / Biographies & Memoirs

[The Mystery of It All: The Vocation of Poetry in the Twilight of Modernity](#) by Paul Mariani (Paraclete Press)

Celebrated Catholic poet Paul Mariani in 20 essays explores the poet's vocation in [The Mystery of It All](#). Mariani is University Professor of English at Boston College.

According to [The Mystery of It All](#), Mariani has spent the past fifty years trying to write a poetry which celebrates the vibrant sacramentality of life in the twilight of Modernity. Many of those years he spent writing the lives of Williams, Berryman, Lowell, Hart Crane, Stevens, and Hopkins, the Jesuit responsible for Mariani's becoming a poet in the first place.

Mariani establishes that they did not abandon or try to disparage faith but expressed it through the quotidian, looking for the sacred – the real – embedded in the ordinary. In one chapter after another, Mariani reveals how this disparate group of poets created figurations of the holy, enfleshing God and His creation through their imagination which affirmed faith in something larger than themselves even in their struggles with it. Drawing upon a lifetime immersed in studying theology, Mariani does not neglect the overarching influence of classical Christianity on these poets, showing how St. Francis influenced Hopkins or how St. Paul or Dante surface in so many of these poets' canons.

"It is difficult," Williams wrote, "to get the news from poems/ yet men die miserably every day/ for lack/ of what is found there." Still, he pleaded to be heard, which is what Mariani asks of readers, as he celebrates a poetry which speaks even more directly of what the good news is, in [The Mystery of It All](#).

Acclaimed as a biographer and poet, Paula Mariani is also revered as an exciting, learned, passionate teacher. There's no better place to get a

sense of those combined talents than in this wonderful collection of essays. – Ron Hansen, author of *Marlette in Ecstasy*

*Mariani remains our finest reader of Gerard Manley Hopkins, and his appreciation for that British Jesuit's genius is borne from the synthesis of skilled close-reading and consideration of a complex life. In this book, Mariani pivots from Hopkins to a bevy of modern Catholic poets, before concluding with an insightful look at the state of the Catholic intellectual tradition at American universities. An expansive book that offers both wisdom and hope. – Nick Ripatrazone, culture editor for Image Magazine, author of the novel, *This Darksome Burn*, and a collection of stories, *Ember Days**

*To read the never prosaic, always poetic, prose of Paul Mariani's [The Mystery of It All](#) is to feel called to action and then guided by a voice at once both lovingly personal and yet passionately prophetic, the voice of not just an intellectual but also a spiritual father. Readers, writers, teachers, and editors of literature informed by the Catholic intellectual tradition will find 'luminous shards' – some of the most beautiful passages from centuries of great works of literature – that Mariani reminds us have become 'fragments shored against... ruins' and wants us to 'piece together' into 'a complex, exciting, reworked, and re-vivifying mosaic,' remembering all the while to preserve 'that sense of awe and wonder' in the presence of the 'incomprehensible certainty' of the Mystery that 'continues to beckon and burn. – Mary Ann B. Miller, founding editor, *Presence: A Journal of Catholic Poetry**

[The Mystery of It All](#) strikes me as a profound tour de force, combining the passions of a great and generous literary mind with the self-interrogations of a pilgrim.... – Scott Cairns, poet and author

*... In his opening and closing chapters, Mariani writes his own autobiography, his *Apologia Pro Vita Sua*, beginning with his early fascination with classical humanism to his five decades of teaching, writing, and lecturing on the necessity of promoting Christian poetry and poetics, especially in Catholic higher education. [The Mystery of It All](#) is nothing short of Mariani's *Summa Theologica*, a must read for anyone who claims to be knowledgeable about modern poetry and its inescapable roots in, and its indebtedness to, the spiritual. – Philip C. Kolin, Distinguished Professor of English, Emeritus, University of Southern Mississippi*

Over the course of his writing career, Paul Mariani has been a singular creator and advocate of the Catholic imagination. In [The Mystery of It All](#)

Mariani gathers recent essays and talks that touch upon the span of his life work, and the current that runs through all of it. At its heart is the mystery of mysteries, what is beyond language, and yet what he has been honoring and attending to his entire life. Hopkins, the muse of this book, calls it 'the grandeur of God' that shines in all things: 'electrical, alive, ever present, like a living river of crisp, fresh air.' Mariani is a witness to this higher love, our paraclete, our companion. Come to the table, break the bread of words with him. – Philip Metres, author, Shrapnel Maps, The Sound of Listening, and Sand Opera

In [The Mystery of It All](#), brilliant scholar and poet Paul Mariani brings a lifetime of learning to bear on the subject that has preoccupied him for most of his days.... Each of the book's twenty essays constitutes a rich offering, a vigorous engagement of faith and reason in pursuit of elusive truth, studded with passages of poetry (including the poet's own) that stun the reader into rapt admiration. Mariani's lifelong love of language pervades the volume, as this modern-day Virgil guides the pilgrim/reader along this journey through the great tradition of western literature as seen through the lens of the Judeo-Christian imagination. Mariani's journey becomes our journey, his story our story, one he tells with grace, beauty, and passion. – Angela Alaimo O'Donnell, author of Still Pilgrim and The Province of Joy: Praying with Flannery O'Connor

[The Mystery of It All](#) is a life-spanning collection of Mariani's prose explorations of what it means to be a person of wonder and imagination. <>

Literature & Fiction / Thriller

[The Extinction Agenda](#) by Michael Laurence (St Martin's Press)

An FBI agent fights to stop a conspiracy to unleash a deadly virus on the world in this new thriller, [The Extinction Agenda](#).

Combining a global conspiracy, vivid world-building, and a tenacious protagonist, [The Extinction Agenda](#) is a series launch from author Michael Laurence. Laurence studied biology and creative writing at the University of Colorado and holds multiple advanced certifications in medical imaging. Before becoming a full-time author, he worked as an x-ray/CT/MRI technologist and clinical instructor.

FBI Special Agent James Mason has been searching for the man who killed his partner and his wife.. Mason had wanted revenge – instead, he gets sucked into preventing a century old plot to destroy mankind.

The discovery of a deadly virus being smuggled across the border pits Mason and his strike force against an unknown adversary hell-bent on humanity's destruction. In a desperate effort to contain the pathogen, they launch a predawn raid, only to find that their enemy knows they're coming – and it's not about to be taken alive. An explosion rips through the building, killing the majority of Mason's team, including his partner and mentor.

In [The Extinction Agenda](#) Mason is tormented by guilt. He returns to his home division, but he can't seem to let go of the tragedy. He remembers seeing something inside the building before it went up in flames, something that convinces him that not only is the virus still out there, it's merely the first stage of an even more nefarious plan. Obsessed with unraveling the plot, he launches his own investigation and uncovers a shadow organization on the brink of enacting its genocidal agenda, one carried out by a sinister mass murderer who's been photographed at the epicenter of seemingly every historical pandemic – without appearing to age.

With the help of his longtime friends – Gunnar Backstrom, a corporate espionage gun for hire, and Ramses Donovan, a sin merchant of questionable morality – Mason's hunt for his wife's killer leads him from a dark union at the dawn of the 20th century to a network of Nazi collaborators. Fueled by anger and driven by the promise of vengeance, he must overcome a monster preparing to unleash his virulent wrath upon an unsuspecting world if he's to have any hope of exposing a deep-state entity, an entity known only as –The Thirteen.

Can Mason's small team bring down a seemingly unbeatable shadow empire that's rooted in every facet of society, or does its influence run too deep?

*An exciting page-turner that will keep a fan awake long past bedtime. –
New York Journal of Books*

The mixture of science, history, and conspiracy echoes the work of James Rollins and Steve Berry. The pacing never lets up. – Booklist

Think The X-Files by way of Michael Connelly... a refreshing switch from the usual, tried-and-true run-and-gun, non-stop action formula thrillers of this type tend to go for. Instead, [The Extinction Agenda](#) relies more on intelligently twisted machinations and a smart conspiracy that slowly unravels over the evolution of Mason's investigation. – High Fever Books

The character of James Mason joins all the other bad asses out there like Bond, Jason Bourne, Jack Ryan and Jack Reacher.... The story is full of twists and turns and is non-stop action. I for one cannot wait for the next chapter with Mason and company. – Red Carpet Crash

Michael Lawrence's [The Extinction Agenda](#) blew me away. Not only is the story riveting and engrossing, but imagine Jack Reacher falling into a plot written by Dan Brown, and you might get some hint at the rollercoaster of a ride found in this book. Don't miss the start of what I hope will be a long series featuring Special Agent James Mason. – James Rollins, New York Times bestselling author

Michael Lawrence's blistering debut, [The Extinction Agenda](#), is an exciting, bold, and dynamic thriller! The stakes are impossibly high, the action and suspense is non-stop, and the characters are vibrant and memorable. Michael Lawrence is a new name to watch in the genre. – Mark Greaney #1 New York Times bestselling author of *Mission Critical*

Michael Lawrence explodes into the world of weird science thrillers with [The Extinction Agenda](#). Devious, dangerous and full of twists. Highly recommended! – Jonathan Maberry, New York Times bestselling author

Michael Lawrence not only writes the sort of books I want to read, he writes the sort of books I want to write. They're incredible – in scope, in development, in pacing. Characters you love and love to hate, scenes that are so vivid, so real, you'll feel as though you're right there with Mason and his team! – Nick Thacker, USA Today bestselling author

An engrossing and thrilling read! – Michael Marshall, New York Times bestselling author of *The Straw Men*

Federal investigators, SWAT teams, mysterious entities, and catastrophic biological agents on the loose – [The Extinction Agenda](#) has it all! A roller coaster of nail-biting suspense, breathless action and dark intrigue, Michael Lawrence has crafted a gem of a thrill ride! – Richard Chizmar, New York Times bestselling author (with Stephen King) of *Gwendy's Button Box*

If Michael Crichton and Tom Clancy had collaborated on a globe-trotting thriller about a shadowy conspiracy the book would look like this. I can't wait to read more of James Mason's adventures, and I believe this series will have a long, entertaining run. – David Bell, USA Today bestselling author of *Somebody's Daughter*

[The Extinction Agenda](#) is a propulsive, exhilarating thriller that will leave readers wanting more – exactly as it is intended to do. <>

Outdoors & Nature / Biographies & Memoirs

[Highballer: True Tales from a Treeplanting Life](#) by Greg Nolan (Harbour Publishing)

As told in [Highballer](#), in 1983, at nineteen, Greg Nolan was hired (reluctantly) by his older sister's boyfriend – a treeplanting contractor based in Northern British Columbia. His crewmates didn't know what to think of the wide-eyed kid whose mom drove him the 750 kilometers to hook up with his first job. But within a week, Nolan was hitting the thousand-trees-a-day mark, well on the way to gaining the unofficial rank of 'highballer' assigned only to elite treeplanters. By the end of his first rookie season, he gained the status of top producer among a crew of extraordinary young men and women. Over the course of his twenty-seven-year career, he planted over two-and-a-half-million trees. Planting large numbers of trees, Nolan excelled at. Surviving in some of the more remote, isolated and technically challenging regions in BC and Alberta, that was trickier, often requiring resourcefulness... and luck.

Nolan worked in the silviculture sector for twenty-seven years in various capacities – treeplanter, quality control, foreman, project manager and finally as a contractor serving as co-owner and operator of Rainforest Silviculture Services Ltd.

Some of the stories in [Highballer](#) are surprising: Nolan was stalked by a large black bear on his first contract near Purden Lake, BC. He all but lost his mind supervising his first project deep in the wilds of Northern Alberta. He was nearly mauled by grizzlies while tenting out in the wilds of Bute Inlet. Nolan survived hurricanes, landslides, hostile loggers, Woodstock-like tent camps, whirlwind romances, the madness of the subculture and life-threatening situations of nearly every conceivable kind. Despite many escapes, Nolan was not immune to tragedy and he grappled with guilt over his own indirect role in a multiple-fatality vehicle accident, throwing him into a deep depression. Only by returning to the challenge of planting trees in remote wilderness settings, did he manage to find peace.

For Nolan, the job offered far more than mere financial reward; it opened the door to a world that very few people, especially those in urban centers, ever get the chance to experience. As he writes in [Highballer](#), "Shit tends to happen, with the craziest of frequency, when you place yourself in the path of a tribe of roaming treeplanters. The adventure never seems to play out the same way twice. You come together in the middle of some of the most remote and pristine wilderness on the planet, and once there... you live, work and experience things that will entertain your thoughts and haunt your memories for the rest of your days."

Greg Nolan brings to this spirited account of the Wild West days of treeplanting the same drive and thoughtfulness that made him a top planter – he truly is one of the storied highballers of a unique Canadian subculture. This book is pure pleasure to read. – Tom Henry, author

Nolan is a natural storyteller; hair-raising, cocky and a blast to read, [Highballer](#) is an exuberant record of a time in the silviculture arena when the industry was largely

unregulated, working in remote and challenging regions in British Columbia and Alberta. <>

Philosophy / Perception / Psychospiritual

Developing Supersensible Perception: Knowledge of the Higher Worlds through Entheogens, Prayer, and Nondual Awareness by Shelli Renée Joye, with a foreword by Robert McDermott (Inner Traditions)

Developing Supersensible Perception is a detailed guide to awakening readers' powers of supersensory perception. The book:

- Details methods and techniques for the acquisition of supersensory powers distilled from Rudolf Steiner's 400 published volumes and from Patañjali's Yoga Sutra.
- Explores acquisition of these powers at birth (genetic) and through entheogens, mantra and prayer, effort and exercise, and nondual meditation.
- Includes a map of consciousness based on the work of neuroscientist Karl Pribram and physicist David Bohm.

According to philosopher Rudolf Steiner (1861-1925), there exists within every human being the potential for developing supersensory powers and, with these powers activated, the ability to awaken the higher self and attain knowledge of non-physical higher worlds. Steiner himself worked diligently throughout his life to develop his faculties of 'supersensible perception' and, scattered throughout his many works, he describes methods by which to activate and operate these supersensory-cognitive systems. Distilling techniques from Steiner's more than 400 published volumes, Shelli Renée Joye in **Developing Supersensible Perception**, presents a practical, modern approach to acquiring, cultivating, and maintaining supersensible perception and developing higher consciousness. The five approaches she studies include acquisition by birth (genetic), entheogens, mantra and prayer, effort and exercise, and Samadhi – equated by many with nondual awareness. Adding another dimension to Steiner's methods, Joye shows how these steps are powerfully aligned with 4th-century South Indian sage Patañjali's teachings in the Yoga Sutra.

Joye, Ph.D., attended Rice University on a physics scholarship and graduated with a degree in Electrical Engineering. After graduation, she worked with John Lilly on interspecies communication and pursued contemplative practice with Chögyam Trungpa Rinpoche. She completed her doctorate in Philosophy, Cosmology, and Consciousness at the California Institute of Integral Studies.

Joye in **Developing Supersensible Perception** explores how to develop what readers have acquired through imaginative, active, or intuitive thinking, as well as how to learn through inner guidance and how to transform knowledge gained from books into spiritual advancement. She also shares her own extraordinary experiences of supersensory networks of consciousness. Connecting Steiner's ideas to modern

advances in quantum physics, psychedelic science, and consciousness studies, Joye shows how everyone is capable of developing supersensible perception and expanding their awareness to connect with cosmic consciousness.

... a clearly written comparison of Western (Steiner) and Eastern (Patañjali) approaches to developing 'supersensory powers,' an ability said to allow one to perceive domains far beyond the ordinary, including the esoteric realms called the astral and the etheric. Shelli Joye shows that surprisingly these two mystics were describing the same underlying methods. But what is unique about this book is the appendix in which Joye applies modern scientific concepts to help explain what 'supersensory' might mean. An intriguing work, well worth reading. – Dean Radin, Ph.D., chief scientist at the Institute of Noetic Sciences (IONS) and author of *Real Magazine*
If we are indeed nonlocal beings with dormant unrealized potentials, then we all have the ability to be extraordinary. Read [Developing](#)

[Supersensible Perception](#) to learn more. – Deepak Chopra, M.D., author of *Buddha: A Story of Enlightenment* and coauthor of *You Are the Universe*
Joye gives us the gift of a rare and remarkably clear explanation of Rudolf Steiner's thoughts on higher worlds of consciousness. To this she brings her own experience as both a physicist and philosopher to yield a thoroughly contemporary understanding of Steiner's insights. – Allan Combs, Ph.D., director of the Center for Consciousness Studies at the California Institute of Integral Studies

Shelli Joye inspires us to awaken into deepest truth, where we can travel beyond everyday states of awareness to explore and develop supersensory perception. As 'psychonauts' we can learn to think actively, touching the very foundation of reality and ultimately giving birth to our highest, noblest selves. Highly recommend! – Cynthia Sue Larson, MBA, D.D., founder of RealityShifters and author of *Quantum Jumps*

This is not a book for the closed-minded! Shelli Joye's creative weaving of Steiner's insights – with threads drawn from yoga philosophy, quantum physics, electrical engineering, psychedelics, and alien encounters – is an invitation to walk, or dance, on the wild side of psychospiritual speculation. – Sean Kelly, Ph.D., author of *Coming Home: The Birth and Transformation of the Planetary Era*

Shelli Joye takes the reader on a journey through the evolution of consciousness as described by Steiner, right to the frontier of sense-free thinking. She guides us with love, insight, and consummate intelligence into the heart of the mystery. An extraordinary book that achieves the seemingly impossible by articulating that which lies beyond the thinking mind. – Stephen Julich, Ph.D., program manager of the East-West Psychology Department at the California Institute of Integral Studies

... a wonderful synthesis of science and spirituality. The ideas in this book are challenging and elusive. The math is daunting. But it's burgeoning with understanding and insight. If you want to grapple with the 'hard problem,' here's a great place to start. And it might even help you develop a bit of perception beyond the ordinary. It's inspired me to pursue Rudolf Steiner's recommendations. – Toby Johnson, Ph.D., author of Finding Your Own True Myth

[Developing Supersensible Perception](#) is a remarkable account of consciousness as developed by two great thinkers, Steiner and Patañjali reminding readers that it is possible to approach the supersensory in an expanded scientific way. <>

Religion & Spirituality / Christianity / Social Service / U.S.

[I Was Hungry: Cultivating Common Ground to End an American Crisis](#) by Jeremy K. Everett, with a foreword by David Beckmann (Brazos)

Hunger is one of the most significant issues in America. One in eight Americans struggles with hunger, and more than thirteen million children live in food-insecure homes. Christians are called to address the suffering of the hungry and poor: "For I was hungry, and you gave me food ..." (Matthew 25:35). However, the problems of hunger and poverty are too large and too complex for any one person to resolve individually.

[I Was Hungry](#) offers not only an assessment of the current crisis but also a strategy for addressing it. Jeremy Everett, a noted advocate for the hungry and poor, calls Christians to work intentionally across ideological divides to build trust with one another and impoverished communities and effectively end America's hunger crisis.

Everett was appointed by US Congress to the National Commission on Hunger. He is the founder and executive director of the Texas Hunger Initiative, an organization that partners with the United States Department of Agriculture, Texas state agencies, the corporate sector, and thousands of faith- and community-based organizations to develop and implement strategies to alleviate hunger through policy, education, research, and community organizing. He has spent over two decades ministering to the poor, and frequently speaks on poverty, hunger, community development, and social entrepreneurship.

Everett in [I Was Hungry](#) details the organization's history and tells stories of its work with communities from West Texas to Washington, DC, helping Christians of all political persuasions understand how they can work together to truly make a difference.

Jesus taught us that how we treat the least among us is how we treat him. 'It was me,' Jesus says very directly. Everett, a respected advocate for the hungry, does what few do well: he connects faith to public policy. – Jim Wallis, New York Times bestselling author of America's Original Sin;

president of Sojourners; editor in chief of *Sojourners* magazine

Nothing beats the influence of a great story, and Everett has a powerful one to tell. His insights into the issues of poverty and hunger, his journey to the founding of the Texas Hunger Initiative, and his combination of humility and faithfulness make him a captivating author. – Ambassador Tony P. Hall

A call to action for one of the most pressing issues facing our nation. In one of the most polarizing eras in our history, Everett points us toward unity for the common good. May it be so! – Frank Wolf, former member of the US House of Representatives

This is a must-read, and my hope is that we all allow it to speak to us, to challenge us – despite our many different walks of life, political persuasions, and perspectives – to participate together in 'bending our universe towards justice.' – Heather Reynolds, Wilson Sheehan Lab for Economic Opportunities, University of Notre Dame

This book is Everett at his best. Part prophetic call to action, part how-to manual – with plenty of encouragement as we face the challenges ahead – it is deeply theological, profoundly practical, and intensely hopeful. – Victor J. Hinojosa, Honors Program, Baylor University

If it feels like the solutions to hunger and poverty have always seemed to elude, it won't feel that way after you've read this book. It is a blueprint for a more inclusive, prosperous, and compassionate America. – Billy Shore, founder and executive chair of Share Our Strength

Everett's book will appeal to Christians looking to give back to their community, as well as any reader interested in the plight of America's poor. – Publishers Weekly

[**I Was Hungry**](#) provides a practical mix of assessment, inspiration and how-to know-how to inspire Christians to feed the poor. <>

Science / Natural History / Brain

[**The Deep History of Ourselves: The Four-Billion-Year Story of How We Got Conscious Brains**](#) by Joseph LeDoux (Viking)

A neuroscientist offers a history of the evolution of the brain from unicellular organisms to the complexity of animals and human beings today. Renowned neuroscientist Joseph LeDoux in [**The Deep History of Ourselves**](#) digs into the natural history of life on earth to provide a new perspective on the similarities between us and our ancestors in deep time.

LeDoux is the Henry and Lucy Moses Professor of Science and Professor of Neural Science, Psychology, Psychiatry, and Child and Adolescent Psychiatry at New York University. He directs the Emotional Brain Institute at NYU and at The Nathan Kline

Institute for Psychiatric Research and is Deputy Director of the Max Planck-NYU Center for Language, Music, and Emotion.

In [The Deep History of Ourselves](#), LeDoux argues that the key to understanding human behavior lies in viewing evolution through the prism of the first living organisms. By tracking the chain of the evolutionary timeline he shows how even the earliest single-cell organisms had to solve the same problems we and our cells have to solve each day. Along the way, LeDoux explores our place in nature, how the evolution of nervous systems enhanced the ability of organisms to survive and thrive, and how the emergence of what humans understand as consciousness made our greatest and most horrendous achievements as a species possible.

[The Deep History of Ourselves](#) examines the most unique thing about us – our brains. Brains enable us to think, to feel joy and sorrow, to communicate through speech, to reflect on the moments of our lives, to anticipate, plan for, and worry about our imagined futures. Although these abilities are, in his view, comparatively new, they have deep roots at the beginning of life. LeDoux tells the story of the path that life took in evolving from bacteria to humans.

Rather than asking whether human-like mental states are present in other organisms, [The Deep History of Ourselves](#) explores what aspects of other organisms, even ancient ones, contribute to our behaviors and minds. LeDoux takes readers on a step-by-step journey from the beginning of life and reveals how, with the incremental addition of new features over the long course of evolutionary history, nervous systems and then brains evolved, and how behavior changed as a result.

While we differ enormously from our single cell microbial ancestors, deep down traces of them and every one of our other ancestors survive in us and contribute to our behavior, to a far greater degree than we generally acknowledge. But our differences with other organisms, including other animals, are important, and LeDoux has a radical theory about what those are and how they came about in early humans.

Readers have good reason to ponder LeDoux's concluding challenge. [A] refreshingly lucid treatment of profound questions. – Booklist, starred review

Plenty of popular authors describe the history of life, but LeDoux wants readers to remember as well as enjoy, so he divides his book into short, pithy chapters, each explaining a single evolutionary advance.... Like all good educators, the author begins simply.... [An] expert history of human behavior beginning at the beginning. – Kirkus Reviews

Joseph LeDoux is the major scientist leading the current important effort to delineate the brain mechanisms of emotional states. In his most recent book, [The Deep History of Ourselves](#), LeDoux attempts to connect the

survival capacity of single-celled micro-organisms to the unique human capacity for survival. This capacity is importantly mediated by our ability to think, feel, and to contemplate not only our own past and future but the past and future of humankind. This is an extraordinary book. Indeed, as LeDoux points out, it is a deep history of ourselves. – Eric R. Kandel, Kavli Professor and University Professor, Columbia University; Senior Investigator, Howard Hughes Medical Institute

LeDoux begins his new book with the biology of simple life forms but ends it, at the peak of biological complexity, with a closely argued defense of human feeling and consciousness as higher order cognitive processes. One does not need to agree with all of his positions – and I, for one, agree with many – to admire the quality of his achievement and to congratulate him on it. – Antonio Damasio, Dornsife Professor of Neuroscience, University of Southern California

Joseph LeDoux has provided a remarkable, personalized synthesis of zoology, neuroscience, psychology and philosophy.... An amazing, mind-expanding read. – Trevor Robbins, University of Cambridge

This is a fascinating book with a grand vision of the evolution of life, from its molecular origins to what it is like to be conscious. Joseph LeDoux takes an unconventional look at some key ideas, including new and revealing insights on how our brains work. – Marian Stamp Dawkins, Professor of Animal Behaviour, University of Oxford

An enthralling, highly informative journey from the origins of life itself to the emergence of creatures with sophisticated mental lives. An indispensable perspective on how we humans come to possess intelligence, consciousness, and emotion. From biology to mentality, this book is a tour de force. – Susan Schneider, NASA Chair, Library of Congress

Joseph LeDoux has written an extraordinary book full of insight, enlightening the many ways that we humans, and along the way, other animals, came to be the way we are. Wonderfully readable by a lay audience, full of useful information even for other neuroscientists. – Daniel Levitin, PhD, FRSC, author of *This Is Your Brain on Music* and *The Organized Mind*

Putting ourselves in context is always a wise idea; putting ourselves in the context of 4 billion years of history is a perspective-altering tour-de-force. Short, appealing essays ask 'what is consciousness?', 'what is emotion?', and, most of all, 'who am I?' The answers will surprise you. – Hazel Rose Markus, author of *Clash! How to Thrive in a Multicultural World*

A page-turning investigation of complete terrestrial evolution from one of the most respected neurobiologists in the field, [The Deep History of Ourselves](#) sheds new light on

how nervous systems evolved in animals, how the brain developed, and what it means to be human. <>

Sports & Entertainment / Film

[The Shawshank Redemption Revealed: How One Story Keeps Hope Alive](#) by Mark Dawidziak (Lyons Press)

[The Shawshank Redemption Revealed](#) is a 25th anniversary history and celebration of *The Shawshank Redemption*, one of the most cherished American films of the late 20th century and one of the finest movies made from a Stephen King story. The movie not only boasts a great story, it has a great backstory, starting with the dollar deal that eventually led King and co-stars Tim Robbins and Morgan Freeman to put their trust in a largely untested director making his first feature film. Although the film received mostly positive reviews on its release in September 1994, the box office was disappointing and it failed to win many awards. But as Andy tells Red in the film, “no good thing ever dies.” The movie found new life, reaching an ever-growing audience on cable and home video (through word of mouth, it became one of the top-rented movies of 1995). Each year, *The Shawshank Redemption* rises in polls asking film fans to name their favorite movies. It has become nothing less than this generation's *The Grapes of Wrath*, an inspiring story about keeping hope alive in bleak times and under the most horrendous conditions.

Author Mark Dawidziak, also a playwright, has been the television critic at the *Cleveland Plain Dealer* since July 1999. During his sixteen years at the *Akron Beacon Journal*, he held such posts as TV columnist, movie critic, and critic-at-large.

Celebrating the twenty-fifth anniversary of the film, Dawidziak in **[The Shawshank Redemption Revealed](#)** shares the incredible backstory and legacy that led to one of the highest-rated films in history. A nearly unbelievable ‘dollar deal’ is what eventually convinced Stephen King to give permission to the young Frank Darabont (who would go on to write the screenplays for *The Green Mile*, *The Mist*, and *The Walking Dead*) to film one of the stories from his collection *Different Seasons*.

... This book examines, and adds to, the magic spell cast by King in print, and Darabont on film, celebrating hope and perseverance by paying attention to myriad small details and individual characters and contributions. The fascinating and unlikely success story of The Shawshank Redemption is captured perfectly within these pages, as is its very spirit. With this engagingly crafted, meticulously researched book, Dawidziak carves out some welcome new territory: a virtual last stop on the Shawshank Trail. – David Bianculli, critic and guest host for NPR's Fresh Air ... a well-researched and lovingly written comprehensive compilation of all things 'Shawshank.' A must-have for the passionate fans of this revered

film... even this cast member who thought he knew a lot. – Bob Gunton, actor from *The Shawshank Redemption*

I've been an admirer of the writings of Mark Dawidziak for many years. His books concern themselves with little guys who secretly (or not so secretly), harbor big ideas; seemingly common folk who see life just a little bit differently from the rest of us, but who know that the world is round – even if the world itself isn't yet quite up to admitting to it.

[The Shawshank Redemption Revealed](#) may well be his masterpiece. Here Dawidziak finds heart and humanity, and yes, redemption, both in the beloved film itself, and in its dramatic and against-the-odds afterlife. I passionately recommend this one for the movie's many and fervent fans, of course, but it's also a keeper for all of us cynics and romantics and realists, who, like Dawidziak, know the shape of the world, and who have a soft spot for lost causes, especially when, happily, they are sometimes not really so lost after all. – Steven Bingen, historian/archivist, author of *Easy Rider: Fifty Years Searching for America*

Mark Dawidziak's deep dive into one of the world's favorite films is amazingly detailed and complete... and surprisingly entertaining. Inside stories and technical details abound, but mostly it is a look at the vastness of the creative process in creating a unique and remarkable film. – Mick Garris, director of the miniseries versions of Stephen King's *The Stand*, *The Shining* and *Bag of Bones*, as well as the films Stephen King's *Sleepwalkers* and *Desperation*

Really nice work ... warm and heartfelt, I can't tell you how much I appreciate it. The hallmark of a good book for me is if I'm learning things I didn't know, and, in this case, I'm learning things about my own movie. I keep stumbling on tidbits where I go, 'Oh, really?' That's how well-researched and well-written and engaging it is. – Frank Darabont, director and screenwriter of *The Shawshank Redemption*

I don't think those of us who took part in the filming of *The Shawshank Redemption* back in 1993, had any idea that the movie we were making would go on to become one of the most beloved films of our generation. This book, [The Shawshank Redemption Revealed](#), with all its rich detail and fantastic collection of firsthand accounts, gives a rare, never before seen look at the birth of this classic film. If you're a fan of the movie, this is a fascinating read. Enjoy. – William Sadler, actor from *The Shawshank Redemption*

I devoured this book. Earning its place among the very best works ever written about the world's favorite movie, Mark's comprehensive, conversational new gem wraps every revelation in warmth and wit. Told with brevity, depth, and reverence, his upbeat, breezy blend of history,

insights, and anecdotes enlightens and delights. If you like to see people smile and nod with great joy for hours on end, give this book to everyone you know who loves The Shawshank Redemption. It's super fun for super fans. – Thomas B Clark Jr., Shawshank Specialist, The Ohio State Reformatory

Featuring interviews with Tim Robbins, Morgan Freeman, Stephen King, Frank Darabont, and the Ohio Film Commission, and never-before-seen photography, [The Shawshank Redemption Revealed](#) is sure to delight Shawshank fans old and new. <>

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