



SirReadaLot.org | 1289 Fordham Blvd, Suite 500 | Chapel Hill
NC 27514 | USA

ph 9199292249 | fx 9199321508 | www.sirreadalot.org

[May 2020](#)

*We Review the
Best of the Latest
Books*

ISSN 1934-6557

May 2020

Table of Contents

[Business & Investing / Engineering / Industrial Processes](#)

[Advanced Coal Preparation and Beyond: CO2 Capture and Utilization, 1st edition by S. Komar Kawatra \(CRC Press\)](#)

[Business & Investing / Healthcare / Administration](#)

[Workplace Clinics and Employer Managed Healthcare: A Catalyst for Cost Savings and Improved Productivity, 1st edition by A. Michael LaPenna, with a foreword by Ford Brewer \(Productivity Press: CRC Press\)](#)

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

[The Context Marketing Revolution: How to Motivate Buyers in the Age of Infinite Media by Mathew Sweezey \(Harvard Business Review Press\)](#)

[Children's Books / Ages 3-5 / Preschool-Kindergarten / Family](#)

[Daddy Loves You! by Helen Foster James, illustrated by Petra Brown \(Loves You Series: Sleeping Bear Press\)](#)

[Economics / Culture / Business / Administration / Public Policy](#)

[Handbook of Cultural Economics, 3rd edition edited by Ruth Towse & Trilce Navarrete Hernández \(Edward Elgar Publishing\)](#)

[Home & Garden / Building](#)

[How to Build Your Own Tiny House by Roger Marshall \(The Taunton Press\)](#)

[Home & Garden / Gardening](#)

[The New Gardener's Handbook: Grow a Beautiful & Bountiful Garden by Daryl Beyers \(Timber Press\)](#)

[Literary Criticism / Food](#)

[Farm to Form: Modernist Literature and Ecologies of Food in the British Empire by Jessica Martell \(Cultural Ecologies of Food Series, Vol. 1: University of Nevada Press\)](#)

[Politics / Law](#)

[Crisis on the Border: An Eyewitness Account of Illegal Aliens, Violent Crime, and Cartels by Matt C. Pinsker \(Regnery Publishing\)](#)

[Religion & Spirituality / Buddhism](#)

[Deity, Mantra, and Wisdom by Jigme Lingpa, Patrul Rinpoche, & Getse Mahāpaṇḍita, translated by the Dharmachakra Translation Committee \(Snow Lion\)](#)

[Religion & Spirituality / Christianity](#)

[The Fate of the Man of God from Judah: A Literary and Theological Reading of 1 Kings 13 by Man Hee Yoon, with a foreword by Christopher Seitz \(Pickwick Publications\)](#)

[Religion & Spirituality / Christianity / New Testament](#)

[The Story Retold: A Biblical-Theological Introduction to the New Testament by G. K. Beale & Benjamin L. Gladd \(IVP Academic\)](#)

[Religion & Spirituality / Theology / Old Testament / Social Justice](#)

[Justice for the Poor? Social Justice in the Old Testament in Concept and Practice by Walter J. Houston \(Cascade Books\)](#)

[Science / Ecology / Marine](#)

[Coastal and Deep Ocean Pollution, 1st edition edited by Andrés Hugo Arias & Sandra Elizabeth Botté \(CRC Press\)](#)

[Self-Help / Philosophy / Environment / Psychology / Lifestyle](#)

[Elegant Simplicity: The Art of Living Well by Satish Kumar \(New Society Publishers\)](#)

[Self-Help / Psychology / Workbook](#)

[The Anxiety Skills Workbook: Simple CBT and Mindfulness Strategies for Overcoming Anxiety, Fear, and Worry by Stefan G. Hofmann, with a foreword by Judith S. Beck \(New Harbinger\)](#)

Business & Investing / Engineering / Industrial Processes

[Advanced Coal Preparation and Beyond: CO₂ Capture and Utilization, 1st edition](#) by S. Komar Kawatra (CRC Press)

Updating content from the author's 2001 book, [Advanced Coal Preparation and Beyond](#) focuses on carbon dioxide (CO₂) sequestration and utilization. It includes information on the theory and practical approaches to CO₂ capture and recent advances in the use of sequestered CO₂.

Author S. Komar Kawatra is a Professor of Chemical Engineering at Michigan Technological University (Michigan Tech). His research focuses on the optimization of mineral processing operations and reusing industrial wastes.

Avoiding carbon dioxide and other pollutants requires either forgetting about the 250 billion tons of coal reserves the United States possesses or capturing and utilizing the pollutants in a profitable and environmentally responsible fashion. [Advanced Coal Preparation and Beyond](#) covers postcombustion and precombustion capture approaches for coal, and postcombustion capture can be generalized to many other fuels. Recent practical implementations at full-scale power facilities around the world are discussed. The book covers sequestering CO₂ via underground, oceanic, biological, and other long-term CO₂ storage methods. It also includes recent advances in utilizing CO₂ for enhanced oil recovery and advances in storage with depleted oil and gas reservoirs and deep saline aquifers.

[Advanced Coal Preparation and Beyond](#) also examines specific applications of pure CO₂ and covers chemical conversion of CO₂ to useful compounds. It answers questions like "Can we create methanol from coal?" or "Can we create ethanol from coal?" It is found that methanol and ethanol cannot be sustainably produced from coal power alone. However, oxalic acid can be created at a much lower energy cost than methanol or ethanol. Oxalic acid can be used to extract rare earths, which are not currently produced anywhere in the United States, but are typically concentrated in coal ash.

The precursor to this book, *Coal Desulfurization: High Efficiency Preparation Methods*, was written when controlling the sulfur content of coal was very important. The scene has since changed: today the primary concern with coal has become controlling

carbon dioxide (CO₂) emissions. Now technologies are in development to transform CO₂ into valuable compounds. If these technologies can be refined to the extent that they can be cost effective, then coal becomes a valuable carbon source in addition to a source of energy. The amount of CO₂ available from coal is staggering and capturing and utilizing this CO₂ presents a tremendous opportunity.

The ideal scenario would be to remove the pollutants from coal and use them to create additional profit by selling them or valuable derivatives. Although CO₂ is the most ubiquitous pollutant, it has also been found that rare earths can be concentrated in the coal ashes. The rare earths are critical to many aspects of everyday life and the defense and security of nations and economies.

The main emphasis is on physical separation processes for desulfurization, but [Advanced Coal Preparation and Beyond](#) also covers a diverse range of topics relevant to coal processing including dust suppression, CO₂ utilization opportunities, rare earth recovery opportunities, and chemical and biological processing methods. It also includes details of processes and techniques that were subsequently abandoned, with the hope that this will help engineers and researchers avoid repeating past mistakes.

Aimed at researchers and industry professionals in chemical, environmental, and energy engineering, [Advanced Coal Preparation and Beyond](#) provides insight and inspiration into capturing CO₂ not merely as a response to regulatory pressure and climate change but as an inherently profitable and valuable venture. The primary audience for the book is practicing coal preparation engineers who need complete information about all the coal preparation technologies that are available to them now, or that may be available in the future. It will also be valuable for researchers who need details and comparative data for 'cutting-edge' technologies that are still under development. <>

Business & Investing / Healthcare / Administration

[Workplace Clinics and Employer Managed Healthcare: A Catalyst for Cost Savings and Improved Productivity, 1st edition](#) by A. Michael LaPenna, with a foreword by Ford Brewer (Productivity Press: CRC Press)

[Workplace Clinics and Employer Managed Healthcare](#) is not another diatribe on the national healthcare problem. Instead, it is a book about what is possible. Mike LaPenna shares with readers the actual experiences of those self-funded employers who are moving healthcare access on-site and directly managing all aspects of their own healthcare delivery system.

After a stint as a faculty member at a community college in Michigan, LaPenna became Executive Director for the Southwest Michigan Emergency Medical Services Agency, which developed and coordinated pre-hospital care and emergency services for an eight-county region. He has been a hospital administrator and he has managed healthcare programs that range from ambulatory care and outreach services to healthcare cooperatives and shared service corporations. His healthcare consulting firm, The LaPenna Group, was founded in 1986.

With the candor he is known for, LaPenna in [Workplace Clinics and Employer Managed Healthcare](#):

- Examines both the big issues and the nuts and bolts concerns that companies and their employees face.
- Demonstrates the importance of employee participation in the planning.
- Covers when and how to work with hospitals, pharmacies and other vendors.

Much is made about turning healthcare delivery into a system that incentivizes wellness rather than profits from illness. This is the one path that assures such an outcome. There are no manuals to help employers achieve this goal, only the lessons to be learned from those who have walked the path. This book shares those lessons with readers.

According to Ford Brewer in the foreword to [Workplace Clinics and Employer Managed Healthcare](#), what LaPenna has refined in book form is a template or a design for these customers and for the healthcare product. Any employer who wishes to take the journey from being a healthcare payer to the realm of action and implementation will need this book as a start. LaPenna's knowledge of the healthcare industry and of the way things work (versus the way they should work) is expansive, and his presentation of the material associated with how benefit plans and delivery systems interact is simple and straightforward.

If there is one key idea to take from this book, it is that the 'on-site clinic' is a catalyst that allows all other programming to 'work better' and to be more coordinated and internally complementary. Studying the employer site to embark upon some kind of healthcare service highlights all of those other aspects of the benefit program that relate to primary care and benefit design. Once this step is taken, the other factors tumble into view and the picture gets at once more complex, but, at the same time, the vision becomes simpler.

[Workplace Clinics and Employer Managed Healthcare](#) outlines the many aspects of how to think about an on-site program and how to implement one once the decision is made. These features alone recommend the book as a valuable reference, but there are other parts of the book that address important tangents and support programs that

complement the employer-sponsored on-site clinic. The underlying premise is that the employer must first start, as Toyota did, with planning and design.

This book provides a thoughtful and pragmatic perspective of the evolving role and importance of employer-sponsored worksite primary care clinics... Through his systematic approach, the author has provided an excellent primer for individuals who want to gain a clearer understanding of worksite clinic strategy and operations. – Bruce Sherman, MD, FCCP, FACOEM, Consulting Medical Director, Global Services, The Goodyear Tire & Rubber Company

In this book, Mike LaPenna has thoughtfully accumulated the key insights from his career supporting worksite wellness solutions for employers. There is no health-care topic timelier nor more important than the shift to value-based purchasing of on-site services. CFOs, CFOs and HR professionals will all benefit from a careful reading of Mike's book. – Dr. Raymond Zastrow, President, QuadMed, LLC

Every employer, large and small, needs to read this book. The fundamental issues regarding health benefits are dissected in a thoughtful way and new approaches and perspectives offered. Mike LaPenna has a lifetime of experience in healthcare and his analysis of the many alternatives every employer needs to consider is refreshing. Every benefit manager can find something of interest in this book. – Robert P. Harrison, PhD. President, Lake Michigan College

Mike LaPenna is one of the nation's leading experts on how onsite clinics can contribute to the health and productivity of employee workforces. – Larry S. Boress, President & CEO, Midwest Business Group on Health

Michael LaPenna gives us a 'how-to' book that can impact on one of the most complicated and controversial issues we face; health care delivery.... Mr. LaPenna shares his insight and experience in a way that can aid companies and providers interested in implementing workplace health care programs. On site delivery systems offer great promise to improve both quality and value. – Alan Lieber CEO, Overlook Hospital Atlantic Health Systems

I have had the opportunity to know and work with Mike LaPenna for the past five years. The services that he has been able to provide to us as a healthcare system working with our local business partners, is invaluable. Mike and his organization truly set a standard on being proactive when it comes to helping employers look at how to save money in health care costs while improving overall health of their work group. The responsiveness of the LaPenna Group is outstanding and we are grateful to them in allowing us a means to cementing our business relationships. – Judy Gavigan, Director of Sales, Wheaton Franciscan Healthcare

[Workplace Clinics and Employer Managed Healthcare](#) will give those who are embarking on the process of thinking about developing an on-site healthcare program a much needed road map. A smart book for intelligent, broad-based healthcare delivery, it delivers practical proven approaches to corporate healthcare, especially creating and supporting wellness. <>

Business & Investing / Management / Marketing

[The Context Marketing Revolution: How to Motivate Buyers in the Age of Infinite Media](#) by Mathew Sweezey (Harvard Business Review Press)

In a world of limitless media noise, how can businesses break through to customers? According to [The Context Marketing Revolution](#), it's context.

Mathew Sweezey, Salesforce marketing maven, says the country is in the midst of a massive media revolution. For the first time in history, ordinary people around the world have the ability to create, distribute, and consume content instantly, from anywhere, using connected devices. The massive increase in media 'noise' created by these consumers and devices creates an entirely new situation that makes conventional marketing models obsolete. And yet countless companies and marketing organizations continue to rely on traditional models, assuming that their 'campaigns' will sway customers.

Sweezey, a researcher, thinker, award-winning marketer, and writer, is Principal of Marketing Insights for Salesforce.

In [The Context Marketing Revolution](#), Sweezey outlines this new 'infinite media' environment and poses a profound question: In a transformed world where customers shape their own experience, what is the key to breaking through and motivating them to buy? It is context – the close linkage between an individual's immediate desires and the experiences a brand creates to fulfill them.

Drawing on new research and new insights into current consumer psychology, Sweezey in [The Context Marketing Revolution](#) defines the key elements of context.

Part one of the book, strips away outdated ideas of what marketing is 'supposed to be' and examines in detail the context marketing revolution and why they need it. Chapter 1 looks closely at the fundamental differences between how marketers once motivated customers and how they must motivate them in today's infinite media era.

Chapter 2 describes how the changed media environment has spawned both a new kind of consumer – one who transcends defined categories such as age demographics

and B2B versus B2C – and a new consumer decision-making process or journey, which requires a revolution in how marketers approach their brands and customers.

Part two of [The Context Marketing Revolution](#) focuses on the five elements of context that are key to the context marketing revolution. Chapter 3 provides an overview of context and how its five elements (the context framework) can guide marketers to create the kinds of experiences that are all-important for consumers today, and how those experiences work together to motivate customers in new ways. Then, each of chapters 4-8 examines one of the five elements of context that craft the customer experience. That is, experiences that are available (helping people achieve the value they seek in the moment); permissioned (coordinating with individuals to give them what they've asked for, on their terms); personal (going beyond how personal the experience is, to how personally readers can deliver it); authentic (combining voice, empathy, and channel congruence simultaneously); and purposeful (creating a deeper connection to the brand beyond the product).

Part three shows how to break through the noise to execute context marketing in the infinite era. It provides a revised rulebook that shows how high performers employ context-based marketing to build modern brands and dominate their marketplaces. Chapter 9 describes how marketers can shift from telegraphing static ad campaigns to crafting perpetually flowing customer journeys.

Chapter 10 looks at the concept of triggers, which are key moments that marketers can engage to connect or reconnect individuals to their customer journeys.

But how do readers scale such flowing rivers of customer experiences? Chapter 11 describes how contextual marketers must learn to leverage complex systems of data, technology, and automated programs to carry customers through their journeys, stage by stage.

They need a revolutionary way of working, which Sweezey describes in chapter 12: agile. High-performing marketing organizations today such as Twitter, Airbnb, and Facebook have embraced agile – a process of rapid testing of hypotheses – which allows them to produce the highest level of value per unit of time. Embracing agile enables readers to move toward an innovative model for doing business, which is the final step of the context marketing revolution, as detailed in chapter 13.

Finally, chapter 14 concludes the book with a call to action that will help marketers take the first step needed to start the revolution: getting executive buy-in. Proving to their top executives that contextual marketing is the only path forward toward growth will be key to its success, and the final chapter offers some insights on how to do that.

Sweezy advises readers to consider [The Context Marketing Revolution](#) their guidebook for the revolution – a revolution in what consumers demand, how they make decisions, and how brands fulfill those needs.

Thoughtful, up-to-date, and practical insight on how marketing really works today. – Seth Godin, author, *This Is Marketing*

If you're looking for a book with conversion-rate charts, lead funnels, and ROI tables, this isn't it. Sweezy gets back to what we should have been focusing on all along: human behavior, why consumers make the decisions they do, and why context matters more than ever. – Geoffrey Colon, Head of Brand Studio, Microsoft Advertising; author, *Disruptive Marketing*

The new market leaders won't be marketers or brands – they will be customers. Marketers who want to follow their customers' lead need to start with this book. – Doc Searls, author, *The Intention Economy*; coauthor, *The Cluetrain Manifesto*

If you recognize and accept that marketing has transformed, you are halfway there. This book will help you go the rest of the way by helping you decide what to do about it. Practical advice from a real-world practitioner. – Dharmesh Shah, cofounder and CTO, HubSpot

Sweezy provides a detailed playbook on how to do Modern Marketing, everything from how brand and advertising must change in the digital era to the deep integration of technology and data to enable you to scale. Buy a copy for every member of your marketing team to transform your relationship with customers. – Charlene Li, founder and Senior Analyst, Altimeter, a Prophet company; New York Times bestselling author, *The Disruption Mindset*

[The Context Marketing Revolution](#), a provocative and practical book, will change forever how readers think about the purpose and practice of marketing. <>

Children's Books / Ages 3-5 / Preschool-Kindergarten / Family

[Daddy Loves You!](#) by Helen Foster James, illustrated by Petra Brown (**Loves You Series**: Sleeping Bear Press)

Do your best. Be bold and kind.

Be all you want to be.

You'll be a superhero... especially to me. – from the book

From the author-illustrator team behind the best-selling **Loves You!** series comes the highly anticipated [Daddy Loves You!](#) just for Daddy and his newest little bunny. In

rhyiming text, Daddy bunny expresses his joy upon meeting this new family member, and his dreams of their future together.

Author Helen Foster James, author of many books, is a former teacher and coordinator of library media services. Illustrator Petra Brown is the author and illustrator of *When the Wind Blew*. She has been illustrating for publishers in the U.K. and abroad for over ten years.

Told in verse with signature bunny characters, [Daddy Loves You!](#) celebrates the unique relationship a father has with his child and the deep love they share.

Other titles in the **Loves You!** series include:

- *Auntie Loves You!*
- *Grandma Loves You!*
- *Grandma's Christmas Wish*
- *Grandpa Loves You!*
- *Mommy Loves You!*

In loving verse, this pair's adventures and tender moments will warm the heart. [Daddy Loves You!](#) is the perfect gift to share from generation to generation. <>

Economics / Culture / Business / Administration / Public Policy

[Handbook of Cultural Economics](#), **3rd edition** edited by Ruth Towse & Trilce Navarrete Hernández (Edward Elgar Publishing)

Cultural economics has become well established as a subject of interest for students and instructors of courses ranging from economics to arts administration as well as for policymakers and practitioners in the creative industries. Digitization has had a tremendous impact on many areas of the creative economy and the **third edition** of [Handbook of Cultural Economics](#) fully reflects it.

The book was edited by Ruth Towse, Professor of Economics of Creative Industries, CIPPM, Bournemouth University and CREATE Fellow in Cultural Economics, University of Glasgow and Trilce Navarrete Hernandez, Lecturer Erasmus School of History, Erasmus University Rotterdam. The book has 57 contributors.

The [Handbook of Cultural Economics](#) in its earlier iterations has been an acknowledged leading source for students, teachers and others interested in finding out about the subject. Cultural economics covers a wide range of topics and they are reflected in the many chapters. Each chapter is written by a specialist in the subject and offers both suggestions for further reading and cross-references to other related chapters in the book. It therefore combines accessibility with depth of knowledge. The book introduces readers to the various topics and testifies to the strength of economics in explaining the economic aspects of the world of the arts and creative industries. The **third edition** demonstrates the huge impact that digitization has had on production and consumption in the sector.

A new edition of the book is a time to take stock of changes in the content. What is now apparent that was already present but not yet fully absorbed into cultural economics in 2010 when the **second edition** was being assembled is the full impact of digitization in the creative industries, ranging from art markets to the performing arts, video games to museums. Its effects are found in participation, demand, business models and new modes of supply. Relatively few of the underlying goods have changed, but access and pricing have. These changes are, however, part of a wider change in the economic theory adopted to analyze them. What is now named *platform economics* has invaded the cultural sector with two implications for [Handbook of Cultural Economics](#): one is that many authors have embraced these changes in cultural economics; the other is that economists who may previously not have been especially interested in cultural economics now apply the theory to the creative industries. This expands the outlook of cultural economics and emphasizes its integration with mainstream economics.

This **3rd edition** has been edited jointly and reflects Towse and Hernández's shared interests in the effects of digitization and of its implications for copyright, cultural policy and management in the creative industries. Some industries have been more alert than others in adapting to the required changes, as the content of this volume demonstrates. As editors, Towse and Hernández encouraged authors of former chapters to take some of this into account when revising, and their choice of new authors reflects their perceptions of these issues.

As in previous editions, [Handbook of Cultural Economics](#), **3rd edition** is laid out encyclopedia style by alphabetic order of the rather cryptic titles the editors have imposed on the chapters. All chapters except three have been revised or are newly written: the exceptions are the 'classic' Chapters 1 and 58 on welfare economics by Baumol and Blaug, respectively, which have been carried over from the **second edition**, and Chapter 42 by Netzer, on non-profit organizations, which has been most generously revised by Bruce A. Seaman.

Over the past sixty or so years, cultural economics has established itself as a field of study that is relevant to arts organizations, creative industries, cultural policy and, increasingly, to economic policy for growth and development. This economy is now dominated by the digital revolution in the use of knowledge and information, and its distribution via the Internet; it is shaped by the need to foster creativity and to understand the production and consumption of creative goods and services. Cultural economics has long wrestled with topics to which ordinary economics did not seem fully applicable (for instance, understanding economic incentives for artists and other creators) and has accordingly developed an understanding of public policy issues concerning the development and support of the creative industries. Cultural economics now offers expertise in the analysis of markets for a wide range of creative products, ranging from art to digital television, which were reflected in the topics covered in the **second edition** of [Handbook of Cultural Economics](#). The **third edition** now takes matters a step further, with a good proportion of the chapters dealing with the economic theory and its application in the digital economy.

However, there are timeless topics in cultural economics. Research on the economic characteristics of production and consumption of the performing arts, museums and built heritage on topics such as demand, elasticity, pricing, costs, market structure, finance and regulation continue to attract cultural economists. Some of these art forms – even the most traditional such as opera and museums – have been able to embrace new technologies, not so much on the production side as in facilitating their ability to reach wider audiences. In addition, there has been an increased amount of economic research on the cultural industries (broadcasting, film, publishing and sound recording, and video games) and on the impact of the creative industries on economic development in cities and districts, including through festivals and cultural tourism. In addition to the public finance of the older arts, regulation by governments continues to play an important role in the creative economy in relation to heritage and the media, and through copyright law and artists' rights legislation. [Handbook of Cultural Economics](#) covers all these topics.

Ruth Towse and Trilce Navarrete Hernandez are leading lights in cultural economics, and the third edition of the [Handbook of Cultural Economics](#) once again is the go-to source for research and wisdom in this area of research, impressive for both its depth and breadth. – Tyler Cowen, George Mason University, US

Cultural economics has a body of knowledge that provides common approaches to production and consumption in all the creative industries. The **third edition** of [Handbook of Cultural Economics](#) shows how much the subject has progressed since 2011. While being accessible to readers with a basic knowledge of economics, the popular [Handbook of Cultural Economics](#), with short and accessible chapters, presents a comprehensive study at the forefront of the field for students and teachers of

economics, business economics, creative industries, and media and arts administration as well as for policymakers. <>

Home & Garden / Building

[How to Build Your Own Tiny House](#) by Roger Marshall (The Taunton Press)

Living in a tiny house is a dream for many people these days who are embracing a simpler, more environmentally friendly lifestyle. In [How To Build Your Own Tiny House](#), a comprehensive design and construction guide, author Roger Marshall makes the case for tiny houses and provides in-depth instruction for everything from planning and framing the tiny home to applying the finishing touches to the interior. Also included is a selection of tiny-home designs, complete with plans and estimates of materials.

Marshall is a woodworker with decades of experience designing living spaces in the tight quarters of yachts. He has built his own house, studios, greenhouses, and numerous stone and wooden garden projects.

[How to Build Your Own Tiny House](#) is a guide to the actual construction process, building codes, and regulations, not another pretty picture book about tiny houses. The book offers anyone with basic carpentry skills step-by-step instructions to successfully build a tiny house (250 to 1,000 square feet.) The book includes a selection of tiny home designs, each of which can be expanded as needs change.

[How To Build Your Own Tiny House](#) covers everything from forming a bill of materials to the basics of frame construction; it details wiring and plumbing a tiny home, outlines construction codes for small buildings and gives pointers as to where local regulations may apply, and also includes a section on building appropriately sized furniture for a tiny home.

Readers learn how to:

- Estimate the cost of building the house.
- Apply for building permits.
- Build the structure, from foundation to roof.
- Wire and plumb a tiny house to code.
- Use built-ins to save space.
- Tow the tiny house on a trailer.

- Live off-the-grid in a tiny home.

Partly in reaction to housing scale excesses, with their associated costs and environmental footprints, the modern tiny-home movement was born, has flourished, and continues to grow. The popular definition of a tiny home is one with an interior area no greater than 500 sq. ft. In these small spaces, people keep finding new and creative ways to organize their lives, ways that meet goals that are important to them – financial goals, environmental goals, and psychological, emotional, and lifestyle goals – all of which may have previously eluded them. These benefits of tiny-home living are discussed in chapter 1 of [How to Build Your Own Tiny House](#).

One fascinating aspect of tiny homes is how varied they can be. It's a big mistake to have a preconceived notion of what a tiny home looks like and how one is acquired. One tiny-home project is often nothing like another except that they both are of relatively small size. The locations of these homes, for instance, vary widely. They can be built in a suburban backyard or on a remote mountaintop. They can be constructed on trailers, making them instantly road-ready, or on barges for travel on rivers or sea. Some people even opt to build a tiny home in the branches of a tree or in several trees. The same diversity is found in the designs of tiny houses, the materials from which they are constructed, the methods used to finance them, and the purposes to which they are ultimately put. All these things are limited only by the owner's imagination.

[How To Build Your Own Tiny House](#)'s premise is that readers can do more than they may realize to acquire a tiny home of their own. The chapters combine in one location answers to the many questions that would-be tiny-home owners often have. So, as the book says, readers should rev up their creativity and think outside the box. The book will help them with the myriad practical aspects of realizing a tiny-home dream. <>

Home & Garden / Gardening

[The New Gardener's Handbook](#): **Grow a Beautiful & Bountiful Garden** by Daryl Beyers (Timber Press)

Every new gardener has to start somewhere – and the process can be intimidating. Knowing when and what to plant, how to care for the plants once they're in the ground, and how to keep pests and diseases away is a lot to take on.

[The New Gardener's Handbook](#) is a comprehensive overview of the fundamentals of gardening, based on the introductory gardening class that Daryl Beyers teaches at the New York Botanical Garden (NYBG).

Beyers is gardening certificate program coordinator at the NYBG, where he helps shape the education department's curriculum, and teaches the popular Fundamentals

of Gardening course. He has had more than twenty-five years of professional landscaping experience, specializing in residential garden design and development.

Readers learn about soil, plant selection, propagation, planting and mulching, watering and feeding, pruning, and weeds, pests, and diseases. The information applies to both ornamental and edible plants. Featuring inspiring photography and helpful illustrations, [The New Gardener's Handbook](#) gives home gardeners a foundation upon which they can grow, and encourages them to apply the lessons they've learned in an intuitive, natural way.

According to Byers, no one is born a gardener, but everyone was born to garden. In this visually instructive handbook, readers find not only the hows but the whys – the proven science of what goes into a thriving garden.

Gardening is an intuitive art grounded in the understanding of a most basic and age-old pursuit. Gardening is also based on science. [The New Gardener's Handbook](#) encourages the intuitive gardener in each gardener and helps them learn the fundamental science of how plants grow and what they need in order to thrive. The book starts with the roots and the shoots – thinking about why people garden, their particular aims and dreams, and the basic botany of how plants work. From there they inquire into the living soil, the foundation upon which all gardens grow. Next comes plant selection, how to choose what to grow. The chapters that follow teach the hands-on gardening skills of starting plants from seeds, planting, mulching, watering, and feeding. Then, with a grasp of how to grow plants, they come to the advanced tasks of vegetative propagation and pruning. The book ends with the not-so-nice but unavoidable reality of dealing with weeds, pests, and diseases.

Readers can trust Beyers to help them become successful gardeners – that's the purpose of [The New Gardener's Handbook](#). Gardeners grow by gardening, and to become a true gardener readers must also learn to have fun in the garden. There is no fun in fretting, fussing, or worrying. They learn to let their small successes build confidence and learn from their mistakes. It's a matter of entering the flow, forgetting the day-to-day cares, and linking one's nature with the nature all around them.

Beyers's engaging debut explores the stages that transform the average 'don't-let-the-plant-die' gardener wannabe into a full-fledged horticulturist... a must-have for anyone who wants to grow things and, at the same time, nourish the soul. – Publishers Weekly
This is gardening at its most elemental and basic... gardeners just starting out will earn a sense of accomplishment and a good dose of knowledge. – Booklist
If you or someone you know has vowed to develop their green fingers this year, this handy how-to could be just what is required. Neatly illustrated and laid out, Daryl Beyer's garden primer has the simplest of beginnings... Clear illustrations and photographs add to the appeal. – The English Garden

If you're new to gardening and want to get off on the right foot, [The New Gardener's Handbook](#) is an excellent place to start. – Connecticut Gardener

Daryl is the teacher every gardener needs to get started right, learning not just the how-
to but the why behind each task. – Margaret Roach, author of *A Way to Garden*

With clear information and helpful illustrations, this is a comprehensive and much-
needed guide for gardeners just getting started. – Joe Lamp'ol, Emmy Award-winning
host and creator of Growing a Greener World, founder of joegardener.com

Whether they aim to grow their own food or fill their lives with flowers, [The New Gardener's Handbook](#) provides everything readers need to bloom as gardeners. Beyers has written an ideal guide, an easy-to-follow, instructive handbook that will be a go-to resource for decades to come. <>

Literary Criticism / Food

[Farm to Form](#): **Modernist Literature and Ecologies of Food in the British Empire** by Jessica Martell (**Cultural Ecologies of Food Series, Vol. 1**: University of Nevada Press)

In [Farm to Form](#) Jessica Martell investigates the relationship between industrial food and the emergence of literary modernisms in Britain and Ireland.

Martell is an assistant professor in the Department of Interdisciplinary Studies at Appalachian State University. She co-organized Appalachian State University's 2017 High Country Food Summit and advises the High Country Food Hub. Martell is an executive board member of Blue Ridge Women in Agriculture, a woman-led non-profit helping to build an equitable and sustainable food system in North Carolina's High Country.

By the early twentieth century, the industrialization of the British Empire's food system had rendered many traditional farming operations, and attendant agrarian ways of life, obsolete. Weaving insights from modernist studies, food studies, and ecocriticism, [Farm to Form](#) contends that industrial food made nature 'modernist,' a term used as literary scholars understand it – stylistically disorienting, unfamiliar, and artificial but also exhilarating, excessive, and above all, new. Martell draws in part upon archives in the United Kingdom but also presents imperial foodways as an extended rehearsal for the current era of industrial food supremacy. She analyzes how pastoral mode, anachronism, fragmentation, and polyvocal narration reflect the power of the literary arts to reckon with – and to resist – the new 'modernist ecologies' of the twentieth century.

Deeply informed by Martell's extensive knowledge of modern British, Irish, American,

and World Literatures, [Farm to Form](#) positions modernism as central to the study of narratives of resistance against social and environmental degradation. Analyzed works include those of Thomas Hardy, E. M. Forster, Virginia Woolf, Joseph Conrad, George Russell, and James Joyce.

In light of climate change, fossil fuel supremacy, nutritional dearth, and other pressing food issues, modernist texts bring to life an era of crisis and anxiety similar to our own. In doing so, Martell summons the past as a way to employ the modernist term of 'defamiliarizing' the present so that entrenched perceptions can be challenged.

Literary texts cannot be reduced to a single functional role in any synthetic effort to trace material change. Each of [Farm to Form](#)'s chapters treats familiar authors and their works as case studies for examining the coalescence of aesthetic practices into the modernist movement. Some of these texts narrate shifts in material history and perceptions of nature; some supply popular conceptions or mount critiques of them; others rewrite or reimagine what seem to be the inevitable trajectories of a world shaped by industrial food.

Part I of [Farm to Form](#) analyzes the formal experiments of English writers in the wake of the widespread decline of domestic agriculture that characterizes the decades before the First World War. How does a historically agrarian culture respond when small farms disappear and agricultural production is exported overseas, effectively eliminating the pastoral relationship to nature and the temporal structure of the seasons? What are the ramifications for the literary arts in the wake of such radical departures from traditional notions of 'nature'? Both Hardy's *Tess of the d'Urbervilles* and Forster's *Howards End* display precocious innovations of genre and form as agrarian perceptions of time, space, and place become obsolete in the wake of industrial food production.

Chapter One analyzes Hardy's late Wessex novel *Tess of the d'Urbervilles* as a cultural response to the rapid growth of industrial dairying and its new demands for surplus milk production in rural areas. The Dorset dairy illustrates the idea of modernist ecology by introducing the promise of infinite bounty (in this case, of country milk) into the national imagination. The ultimate failure of the pastoral critiques the demand for the natural world to exceed its carrying capacity and heralds the coming of new literary forms as writers struggle to represent these new ecological realities.

Forster's *Howards End*, often read as an elegy for the endangered British countryside, sources from the new modernist ecology of industrial food in its play with narrative time. Contemporary evidence indicates that between 1902 and 1912, 95 percent of the world's frozen meat was exported to Britain. The novel captures this transition in vivid detail, from Margaret and Henry's carnivorous lunch date at Simpson's-in-the-Strand, to Leonard and Jacky Bast's dinner of canned tongue in their threadbare suburban flat. Chapter Two explores how the refrigerated meat trades reconditioned social perceptions of temporality – and had a direct impact upon modernism's early

chronological experiments. Forster's narrator grapples with the new, seemingly infinite quality of nature that the burgeoning meat supply introduced into the daily lives of Edwardian Londoners.

The Edwardian decade of abundance, portrayed so vibrantly by Forster, was threatened by the changing geopolitics leading up to the First World War. Chapter Three treats the industrial food system as the foundational impetus for global conflict and positions food rationing as a central mechanism for new programs of total war. The wartime diaries and letters of Woolf provide access into the lived reality of rationing but also the wartime self-sufficiency schemes that were available and used by her circle, initially as a form of conscientious objection to the war and later as an integral part of their food security. These writings also evince the profound impact of food and food rationing on her modernist high watermark, *Mrs. Dalloway*. Drawing in part upon ecofeminist insights, which undergird a lively and growing subfield of Woolf studies, this chapter contends that Woolf's experiments with aesthetic multiplicity are responses to the phenomenon of total war through her experience of food controls and provide an ecological foundation for her bold experiments in pacifism.

To cash out the material history of modernist ecology that was symptomatized in the first section, Part II of [Farm to Form](#) explores the first global food regime in the contexts of uneven development, environmental management, and the modernization of state control. By the late nineteenth century, the racist doctrine that had fueled military conquests, plantation economies, and slave labor gave way to scientific discourses on wastefulness and inefficient use of colonial spaces and peoples, who were seen as resources to bolster imperial projects. As David Nally has suggested, it was arguably easier to improve standards of living for domestic citizens when imperial trading partners 'discovered' new populations to exploit; and a 'medieval lack of interest in the lower orders' could be profitably transferred overseas to secure supply contracts without concern for whether colonial labor forces halfway across the globe were well-fed. The corporate management of food' gave rise to "strategies for managing life, including the lives of the hungry poor who are 'let die' as commercial interests supplant human needs."

[Farm to Form](#)'s final two chapters map connections between seemingly disparate links in the food chain to counteract the distancing effects that benefit the industry at the expense of those whom it ostensibly serves. Chapter Four explores the question of uneven development by using the works of Conrad to substantiate a new 'imperial metabolism' that industrial food arranged through directional flows of food products, a pattern which thins out in some imperial coordinates and concentrates in others. Reaching from the outer boundaries of the global empire recounted in *Heart of Darkness* and *Lord Jim*, to the novelistic subversion that *The Secret Agent* stages in the heart of London, Conrad's modernist techniques of negative narration, such as ellipses

and delays, provide an index for registering the unevenness of nutritional distribution within intrainperial food chains.

The study of foodways offers interdisciplinary literary scholars the opportunity to map trends in cultural attitudes away from the romanticism of nineteenth-century empire and toward a critique of its legacy. Chapter Five positions key texts from the Irish Literary Revival as forerunners of dominant strains in contemporary food activism such as food sovereignty movements. By examining industrial food through the lens of Irish biopolitics, [Farm to Form](#)'s final chapter joins Kevin Whelan and David Lloyd in tracing the origin story of Irish modernism back to the Famine which, as Mike Davis and Nally have argued, was chiefly engineered by the political economy of late Victorian empire. This chapter places the polymath George Russell, a poet, painter, rural expert, and public advocate for cooperation in agriculture, in conversation with Joyce's early essays and fiction. Russell deploys the language of colonial economics to protest the conscription of Ireland's food reserves and to rally support for co-operatives as a strategy for resisting imperial control.

Placing Russell and Joyce's competing strategies for resistant colonial food politics together into a single conversation reminds readers that pre-independence Ireland was a rich and diverse fledgling nation, a global port with a variegated modern food history that undermines imperial assumptions of the colony as a provincial backwater or its people as plagued by famine, depopulation, and decline.

[Farm to Form](#) is a well-written, solid piece of scholarship. The selection of writers and texts alone will make this book a must-read, and no one, to my knowledge, has explored to this extent how the rapid transformation of food production, distribution, and marketing touched the choices that writers made in shaping their work. – Bill Conlogue, professor of English, Marywood University and author of *Working the Garden*

[Farm to Form](#) is a groundbreaking, progressive work establishing the unique connection between the development of industrial food and twentieth-century literature in Britain and Ireland. [Farm to Form](#) provides multiple points of entry into a nonsystematic but nevertheless coherent realm of cultural activity during a unique era in the history of food and environmental change.

This multifaceted project also demonstrates the value of literary study, not just as a way to historicize contemporary crises, but also as a site of advocacy for fair use and environmental responsibility that should govern any contemporary social vision. <>

Crisis on the Border: An Eyewitness Account of Illegal Aliens, Violent Crime, and Cartels by Matt C. Pinsker (Regnery Publishing)

Crisis on the Border is DOJ Special Prosecutor's shocking firsthand account from the U.S. Mexico border as we head into the 2020 election. Matt C. Pinsker is a criminal defense attorney, a captain in the United States Army Reserve, and an adjunct professor of law at Virginia Commonwealth University.

With the 2020 campaign in full swing, Americans are alarmed by the illegal immigration crisis – and it's even worse than they've imagined. Pinsker, a former federal special prosecutor assigned to the Mexican border, discovered that there is more to this crisis than the Left and the mainstream media want Americans to know.

Idealistic and eager to serve his country, Army Reservist JAG Captain Matt C. Pinsker volunteered to go to Laredo, Texas, for six months as a federal prosecutor, helping out the short-staffed U.S. Attorney's Office. What he saw in Laredo changed his life, and his account of the breakdown of law and order may change how readers think about border security.

Crisis on the Border reveals:

- That drug cartels are in control of the U.S.-Mexican border.
- The viciousness of the criminals who smuggle human beings into the United States.
- That drug abuse and disease are rampant among illegal aliens – many of whom have lengthy criminal records.
- That routine abuse of the U.S. asylum laws undermines legitimate asylum-seekers.
- That U.S. courts are generally more lenient with illegal aliens than they are with American citizens.
- The hypocrisy behind the 'children in cages' stories.
- Solutions: how to solve the crisis on the border.
- What the next elected president must do to solve the crisis on the border.

In this new book, [Crisis on the Border](#), Pinsker reveals what he saw with his own eyes. His indictment of America's failure to fix its broken immigration system and secure its border is a startling wake-up call.

This book, [Crisis on the Border](#), is a swift and compelling read. I urge you to read it – and to read the federal reports the author reproduces as appendices – and to let your congressman know you want America's borders enforced for the sake of our national security. To do anything less is irresponsible and a dereliction of political duty. – Retired U.S. Army Lieutenant General William G. "Jerry" Boykin, former commander of Delta Force, from the foreword

Based on Pinsker's personal accounts and statistics, [Crisis on the Border](#) helps readers understand one of the greatest problems confronting the country. Earnest and riveting, [Crisis on the Border](#) is essential reading. <>

Religion & Spirituality / Buddhism

[Deity, Mantra, and Wisdom](#) by Jigme Lingpa, Patrul Rinpoche, & Getse Mahāpaṇḍita, translated by the Dharmachakra Translation Committee (Snow Lion)

[Deity, Mantra, and Wisdom](#) contains four of the most cherished Tibetan Buddhist commentaries on the practices of visualization, mantra recitation, and meditative absorption – elements that form the core of development stage meditation, one of the most important practices of Buddhist Tantra. The texts within this volume – *Ladder to Akaniṣṭha*, *Clarifying the Difficult Points in the Development Stage*, *The Four Stakes That Bind the Life-Force*, and *Husks of Unity* – are among the most widely studied commentaries on this topic and have formed the basis for spiritual study and practice for centuries. In these eloquent and inspiring translations, three teachers, Jigme Lingpa (1730–1798), Patrul Rinpoche (1808–1887), and Getse Mahāpaṇḍita (1761–1829), explain the fundamental philosophy of the development stage, illuminating its profound insights into the nature of reality and how to utilize these insights through the practice of meditation.

Jigme Lingpa was one of the great saints of eighteenth-century Tibet, whose profound spiritual revelations and erudite writings have proven to be some of the most enduring classics of the Buddhist tradition.

Patrul Rinpoche was an accomplished scholar and prolific writer with the rare ability to present profound philosophical thought in a manner directly applicable to personal practice.

Getse Mahāpaṇḍita Tsewang Chokdrub revitalized the Nyingma tradition through his commitment to the study and preservation of the Ancient Tantras and the revival of

many Nyingma monasteries. His commentaries on the development stage have become central reading for numerous practitioners of Buddhist Tantra.

According to Chökyi Nyyima Rinpoche in the foreword to [Deity, Mantra, and Wisdom](#), a wealth of intricate details, key instructions, and blessings are contained in Jigme Lingpa's *Instructions on the Development Stage*, Patrul Ugyen Jigme Chokyi Wangpo's *Difficult Points in the Development Stage* and *Four Stakes That Bind the Life-Force*, as well as Getse Mahāpaṇḍita Tsewang Chokdrub's *Husks of Unity: A Clarification of the Development Stage Rituals*. Under the auspices of the Dharmachakra Translation Committee, these four texts have now been faithfully and diligently rendered into English by two devoted, committed, and knowledgeable students, Andreas Doctor and Cortland Dahl. This is a cause for strewing flowers of joy and happiness.

As these instruction manuals explain the profound key points of the *Vajra Vehicle of Secret Mantra*, to make proper use of them it is crucial first to seek out an authentic vajra master. Such an individual will have liberated his or her own mind through realization and be capable of liberating the minds of others through compassion. One must then receive the empowerments that mature the student, the guidance and key instructions that bring liberation, and the supportive reading transmissions from that master. Finally, the teachings should be practiced in a genuine manner.

When readers practice in this way, they come to actualize the state of the four kayas and five wisdoms and gain mastery over the two rupakayas that compassionately benefit others. In this capacity, they become guides capable of leading limitless sentient beings. It is, therefore, of the utmost importance that everyone takes this as the very core of their practice.

According to Cortland Dahl and Andres Doctor in the introduction to [Deity, Mantra, and Wisdom](#), the practices of the Vajra Vehicle are based on the profound content of the Buddhist tantras. In Tibet, these sacred texts were studied and practiced in two major traditions, one tracing itself to the dynastic period of the eighth and ninth centuries and another stemming from the later translation efforts that took place between the eleventh and thirteenth centuries. Due to this temporal distinction, these two traditions became known, respectively, as the Nyingma and Sarma Schools. Although these two traditions do, at times, vary in their view on the finer details of ritual performance and textual interpretation, both are alike in summarizing the practice of Tantra under the two main headings of 'development stage' and 'completion stage'. For well over a thousand years, it was these two paths of Tantra that led innumerable beings to spiritual fulfillment and awakening, both in India and Tibet.

The development stage is one of the central practices of Buddhist Tantra. The texts contained in this volume are among the most widely studied commentaries on this topic and have formed the basis for spiritual study and practice for centuries.... I feel

blessed to have the writings of Dza Patrul Rinpoche, which express even the most profound Dharma in the most ordinary language. His writings have always accompanied me on the path like a compassionate master by my side. I have no doubt these precious texts will benefit many people as they have benefited me. – Dzongsar Khyentse Rinpoche, director of The Cup and Travellers and Magicians
The Vajrayana tradition is rich in authentic scriptures written by realized masters. This book presents four of the most authoritative and widely studied works from the Nyingma School, elucidating the Tantric practices of deity visualization, mantra recitation, and meditation. For anyone interested in these profound practices, especially those engaged in retreat, these texts are essential reading. – Erik Pema Kunsang, translator of Wellsprings of the Great Perfection

The four texts presented in [Deity, Mantra, and Wisdom](#) are among the most renowned and widely studied texts on the theory and practice of development stage meditation. Though they all address the same subject matter, each does so from a different angle. Together, they provide a comprehensive and balanced presentation of this profound topic. Jigme Lingpa's *Ladder to Akanistha* focuses heavily on the theoretical underpinnings of the development stage, while in terms of practical instruction, the focus is on deity visualization. Getse Mahāpaṇḍita's text, in contrast, emphasizes the various stages of sadhana practice and their practical application, areas that are barely even alluded to in Jigme Lingpa's presentation. The two remaining texts by Patrul highlight some of the core concepts in the development stage, enriching the presentations of Jigme Lingpa and Tsewang Chokdrub by offering practical advice on the most important aspects of this stage of practice. <>

Religion & Spirituality / Christianity

[The Fate of the Man of God from Judah: A Literary and Theological Reading of 1 Kings 13](#) by Man Hee Yoon, with a foreword by Christopher Seitz (Pickwick Publications)

An old prophet of Bethel lies to the man of God from Judah, only to lead him to disobey God's command and to die as a result. The man of God is killed for disobedience, while the old prophet lives on and eventually even benefits from the death (2 Kings 23:18). Why did God punish his prophet who was deceived, not the one who deceived? The biblical text keeps silent about this as well as about the motive of the old prophet's lying.

According to [The Fate of the Man of God from Judah](#), this strange story takes up a big portion of the Jeroboam narrative (1 Kings 11–14). For what purpose would the narrator have included the story in his coverage of Israel's history during the reign of King

Jeroboam? Does this story have any relevance to the rise and fall of the first king of the northern kingdom? If so, how?

Author Man Hee Yoon is Visiting Professor of Old Testament and Theology at The University of the Gambia.

According to Christopher Seitz in the foreword of [The Fate of the Man of God from Judah](#), no one will dispute that the story of the man of God and the lying prophet, as related in 1 Kings 13, is a strange text, even by Old Testament standards. It is a provocative and challenging text on a number of different levels. What is it doing there, in the context of a longer set of episodes concerning King Jeroboam, after the cleavage of the Kingdom of Israel? Does God tell prophets to lie – how does that work, measured against prophecy as we more generally understand it? The poor man of God – is he just set up? The start of his career as we see it is exemplary. And ironically, given his punishment by God, so is his ending: the old prophet who spoke against him in the name of God asks to be buried with him when his own days draw to a close. Perhaps the story is really about something else (true and false prophecy; the monarchy more widely understood). Or are these just ways to divert readers' attention from details and facts that otherwise unfold straightforwardly, if provocatively?

In [The Fate of the Man of God from Judah](#), Yoon takes readers straight into the heart of the problems noted above, and others as well. He does not avoid the details of the story in the name of relocating the problems into a different sphere of reflection, even as he countenances the strong likelihood that the details serve more than one purpose in the wider narrative of Deuteronomistic history. The story of the man of God and the lying prophet is about what it says and also about the House of Jeroboam in just how it goes about saying that. The story is about an obedience to God that is asked to risk everything, even when confronted by a prophet of God who has been sent, as we learn, to test his resolve in strictest terms.

Yoon in [The Fate of the Man of God from Judah](#) examines the story from various angles, testing the many explanations that have been given in previous scholarship to guide interpretation. What he is able to show is that the priorities of the story must be carefully determined so as not to allow subsidiary themes to overtake reading. Indeed, several of these subsidiary themes are sufficiently engaging – precisely because provocative – that they tempt readers to do just that; that is their artful purpose. Readers, too, are tested just as is the man of God. And so too, in the wider scheme of things, is King Jeroboam. The narrative has been carefully constructed so as to create a moral and theological dilemma for characters and readers both, from whom a costly obedience is also required in the journey with God.

By turns Yoon examines the function of the lying motif; the ethical and theological dimensions of the story – why the sevenfold repetition of 'by the word of the LORD' –

and the fate of the man of God as a warning, unheeded by the King of Israel and ending in his own judgment; the false trail of true/false prophecy as an intended subject taken up in distinctive fashion by the author; the reason for the story's present placement; and the way the story functions hermeneutically as a drama, with some similarities to the brief notice at 1 Kings 20:35-36.

Yoon's multi-faceted 'close reading' of this carefully constructed biblical account, given shape in the final form of the thirteenth chapter of 1 Kings, is the means by which its distinctive literary unfolding and its serious theological purpose are both unlocked and shown to be inextricably related.

As it untangles the difficult details of the story, [The Fate of the Man of God from Judah](#) reveals the narrator's perspective on the way God intervened in the history of Israel and focuses on the suffering that God's prophets sometimes had to undergo as bearers of God's words.

Among the more enigmatic chapters in the Deuteronomistic history is 1 Kings 13, with the explosion of Jeroboam's altar followed by a lion's attack on the itinerant man of God from Judah. Man Hee Yoon's timely dissertation on this text provides an up-to-date bibliography and helpful exegetical work for all interested researchers. – Keith Bodner, Professor of Religious Studies, Crandall University

Yoon's close narrative and theological reading of 1 Kings 13 take us to the heart of one of the most provocative and intriguing stories in the Old Testament story. Yoon opens up this vexing story about a man of God from Judah and the old-line prophet that has intrigued readers throughout history in a fresh way. He not only explains the story in a convincing way but calls readers to serious theological and ethical reflections upon the issues raised by story. – Marion Ann Taylor, Professor of Old Testament, Wycliffe College at the University of Toronto

[The Fate of the Man of God from Judah](#), Yoon's dissertation, is accessible, thoroughly researched, and carefully written. Readers should be prepared for a journey into the heart of a demanding and rewarding biblical text. <>

Religion & Spirituality / Christianity / New Testament

[The Story Retold: A Biblical-Theological Introduction to the New Testament](#) by G. K. Beale & Benjamin L. Gladd (IVP Academic)

New Testament introductions fall into two categories: those that emphasize the history behind the text through discussions of authorship, dating, and audience, and those that explore the content of the text itself. Few introductions weave the Old Testament into

their discussions, and fewer still rely on its grand narrative. But the New Testament was not written within a vacuum. Rather, it stands in continuity with the Old Testament. In [The Story Retold](#), G. K. Beale and Benjamin L. Gladd explore each New Testament book in light of the broad history of redemption, emphasizing the biblical-theological themes of each New Testament book. Their distinctive approach encourages readers to read the New Testament in light of the Old, not as a new story but as a story retold.

Beale is the J. Gresham Machen Chair of New Testament at Westminster Theological Seminary. Gladd is associate professor of New Testament at Reformed Theological Seminary and series editor for Essential Studies in Biblical Theology.

The introduction to [The Story Retold](#) explores each New Testament book in light of the broad history of redemption – a story that begins with Adam and Eve in Genesis 1-3 and ends with the creation of the new heavens and earth in Revelation 21-22. Every passage of the Bible, every paragraph, in some way contributes to this narrative. Beale and Gladd do not attempt to explain all components of the New Testament – the cultural and historical background, sociological issues, and so on – plenty of New Testament introductions do just that. Their central concern is to couch every major passage within the broad history of redemption.

Beale and Gladd in [The Story Retold](#) say they attempt to explain each New Testament book in light of the Bible's story line through four avenues. Immediately following the introductory portion of each chapter, they include a section called "Biblical-Theological Themes," wherein they zero in on one or two prominent themes or passages within the book and briefly discuss its connection to the history of redemption. At the beginning of each major section, they also isolate one particular thread that runs from the Old Testament into the New Testament passage under discussion. Often they bring Genesis 1-3 or some aspect of Israel's career to bear on the New Testament passage. On occasion, they include specific images that directly relate to the discussion. Lastly, as they work through each major section of each New Testament book, they are on the lookout for some textual or conceptual relationship to the Old Testament. They are unable to examine all the Old Testament quotations and allusions in the New, but they do draw attention to a good number of them.

For Beale and Gladd to explore how each New Testament book fits into the grand story line of the Bible, they first construct that story line. The introductory chapter paints the story with broad strokes, and central to the plan of redemption is what will transpire at the very end of history. As they introduce each New Testament book, they often return to the story line of chapter 1.

In chapter two of [The Story Retold](#) they introduce readers to the general manner in which New Testament writers use the Old Testament. This promising field of study has

blossomed in the last few decades, and much of the book is attuned to the way in which New Testament authors interact with the Old Testament.

The four Gospels stand apart from the remainder of the New Testament in their literary form and in their configuration. Most of the New Testament comprises letters, whereas the Gospels largely fall into the category of a genre known as Greco-Roman biography. Three of the Gospels, Matthew, Mark, and Luke, also display remarkable similarity. Because of these issues and a few others, chapter three briefly introduces the Gospels and touches on these matters.

Beale and Gladd concisely survey each book of the New Testament through a biblical-theological lens. I plan to require this book for my seminary course that focuses on the theological message of each New Testament book. – Andy Naselli, associate professor of New Testament and theology, Bethlehem College & Seminary, Minneapolis, elder of Bethlehem Baptist Church

In a culture of increasing biblical illiteracy, [The Story Retold](#) serves the valuable purpose of taking the New Testament use of the Old Testament as the starting point for understanding the message of each New Testament book. In addition to covering the basic territory of authorship, date, recipients, and more, Beale and Gladd use their expertise in the field to show students how deeply rooted the New Testament is in the Old Testament. The numerous pictures and images help bring the text to life. If you want students to understand each New Testament book in light of its place in redemptive history, this is the textbook for you. – Matthew S. Harmon, professor of New Testament studies, Grace College and Theological Seminary

They do not ignore historical questions but examine them briefly and concisely. The heart and soul of the book investigates the content of each writing in the New Testament in light of the Old Testament witness, considering the use of the Old Testament that informs the New Testament. Students will not only learn the contents of each New Testament book but also they are treated to a mini-New Testament theology. Students, professors, pastors, and all those who study the Scriptures will turn often to this invaluable resource. – Thomas Schreiner, associate dean and James Buchanan Harrison Professor of New Testament Interpretation at The Southern Baptist Theological Seminary

We discover how deeply immersed the New Testament authors were in the thoughts and themes of the Old Testament. Focusing on the way the New Testament authors incorporated the Old Testament allows the message of the New Testament to come into sharper focus than probably anything else could. I am happy to recommend this new resource. – Kenneth Berding, professor of New Testament at Biola University

This book is an accessible introduction examining the distinctives of each book, but it does not neglect how New Testament authors develop and advance the history of redemption. Pastors, church members, and students will all benefit from this introduction. – Patrick Schreiner, assistant professor of New Testament language and

literature, Western Seminary

[**The Story Retold**](#) inaugurates an innovation in New Testament introductions where students are introduced to the books of the New Testament in the context of the Old. Beale and Gladd keep each book of the New Testament firmly tethered to the Old Testament narrative, which its authors presume. This new textbook is readable, reliable, and underscores the redemptive-historical threads of the whole Bible, with Christ as the focus. – Daniel M. Gurtner, Ernest and Mildred Hogan Professor of New Testament Interpretation, The Southern Baptist Theological Seminary

With its special focus on biblical theology, this innovative and attractively presented new work by Benjamin Gladd and G. K. Beale should work well in the classroom. While not a conventional New Testament introduction, [**The Story Retold**](#) promises to be a helpful resource by introducing each New Testament book in light of the Old Testament against a redemptive-historical backdrop. Well done! – Andreas J. Köstenberger, founder of Biblical Foundations, research professor of New Testament and biblical theology, director of the Center for Biblical Studies, Midwestern Baptist Theological Seminary

[**The Story Retold**](#) is aptly titled since it is the story of God's grand plan for humanity that began in Eden and culminated in the new Jerusalem told through the eyes of the New Testament writers. Beale and Gladd cover all of the standard features of a New Testament introduction but focus on how each New Testament book highlights the importance of Jesus Christ for the fulfillment of God's story. They patiently demonstrate the Old Testament connections for each key New Testament text. Following in the footsteps of Geerhardus Vos, Beale and Gladd have produced a unique work with its combination of biblical theology and Old Testament background. With superb graphics and wonderful readability, [**The Story Retold**](#) fills a significant void in the field of New Testament introduction, and should be welcomed by those who teach in seminaries as well as by those who teach upper-level college courses. – James Bibza, professor of biblical and religious studies, Grove City College

The audience of [**The Story Retold**](#) is, first and foremost, college students who have some familiarity with the Bible. This textbook is primarily designed for use in a Christian college setting. Since both Beale and Gladd teach in a seminary context, they also wrote this introduction with an eye on seminary students. The writing is clear and historical questions are examined briefly and concisely. The many pictures and images also bring the text to life. <>

Justice for the Poor? Social Justice in the Old Testament in Concept and Practice by Walter J. Houston (Cascade Books)

There is no record of civilization that is not at the same time a record of barbarism. – Walter Benjamin.

Can the *Old Testament* help people in keeping the excesses of capitalism in check? How can a book that goes on about 'justice and righteousness,' but says 'there will always be poor people in the land' and accepts slavery have anything to say to people about social justice? Did kings of Israel draft their subjects – and which subjects – for forced labor? What does it mean when the Psalms say God is coming to judge the world? Is charity justice? – or is justice more than charity? Does Genesis give anyone the right to use the earth and its creatures as they like? These are some of the questions that Walter Houston asks, and tries to answer, in this book of essays, [Justice for the Poor?](#), from his work over the last twenty-five years.

Houston is an Honorary Research Fellow at the Center for Biblical Studies at the University of Manchester, England, and an Emeritus Fellow of Mansfield College, Oxford.

The building of cities and monuments, the creation of even the smallest state, requires the subjection of one person to another, and very often leads to the exploitation of the efforts of one to the advantage of the other. If this has been one of the main drivers of human history since the Neolithic, the attempt to fight back against barbarism and in favor of justice has driven in the opposite direction. And foremost in these efforts in most societies have been adherents of their religious traditions, since the ideal must embrace ideal relations between people. Thus it is that the Jewish scriptures that Christians know as the *Old Testament* exhibit in many places denunciations of injustice, teaching in ways of justice, laws to execute justice, and praise of God as a God of justice.

Houston in [Justice for the Poor?](#) says that almost from the start of his career as a scholar of the *Old Testament*, he has explored the significance of its texts for the social and political, as well as religious, life of the modern world, and central to this exploration has been the question of social justice. In this he is hardly unique among scholars of his discipline; there is a massive, wide-ranging, and valuable body of work drawing out the significance of these texts for the struggle for justice in contemporary society, especially in recent decades. He nevertheless came fairly early in his study of the matter to the view that he was able to make a distinctive contribution to this body of work. He believe like everyone who writes on the issue that faithful readers of the *Old Testament*,

Jewish or Christian, will find its words challenging some aspect, at least, of their own society, political arrangements, or political economy. But he took the view that these texts could only be understood correctly as words emerging from a specific social situation in the past, spoken or written by a representative of a specific social group, which could well be concerned largely for its own advantage; but that nevertheless the situation might compel them to give voice to a view transcending the situation and their own advantage, which could still have relevance for today.

The material in [Justice for the Poor?](#) is of diverse origins. There are, first, the four essays in *Contending for Justice*, mostly in an abbreviated as well as revised form, in this book, chapters 2 to 5. He says he debated with himself whether to republish these in their original form, and eventually decided to do so, reflecting that some readers might welcome the opportunity to view them all together in a form that reflects the original circumstances and impulses behind their publication. Another two (chapters 6 and 7) were presented as papers during his work on the book. the first before its first publication and the second between the publications of the first and second editions. The other seven were originally presented and published at various times after he had finished work on the second edition. Chapter 8, although published and even written some years later, seeks to prove a hypothesis suggested in *Contending for Justice*, and chapter 9 repairs a notable omission in *Contending*. The remaining five essays are less closely related to that book, but, except for chapter 13, they are dependent on it at various points.

The last chapter in [Justice for the Poor?](#) appears to have a different theme and to be addressed to a different present-day situation from the rest, and for that reason it has been placed at the end, but also because it points forward to the most urgent and difficult task of our time. But its difference from the rest is only apparent. For it is the same desires for wealth and power, the same unequal distribution of wealth and power, and, today, the same system of capitalist accumulation indicted in chapter 1, that is responsible for the destruction of the environment as well as for social injustice; while in biblical texts such as Psalm 72 social justice and the fertility of the earth are seen as intimately bound up together. In it, Houston reaches back to his earliest substantial contribution to biblical study, at the Oxford Biblical Studies Conference of 1978, exactly thirty years before the one in Sheffield.

While the Old Testament's concern for justice is well-known, Houston brilliantly transcends general statements on the issue, deeply contextualizing the statements of the various Old Testament texts within their historical and literary settings. His thorough analysis undoubtedly provides the basis and model for generations of further study into the historical contexts of the biblical texts and pathways to application of their insights to modern settings. – Peter Altmann, Assistant Professor of Old Testament, University of Zurich

This book is something rich and rare. Walter Houston's collected essays are rich with attention to detail, and such detail is set in the context of the most significant relevant works of biblical scholarship, all critically and sympathetically cross-examined. In profound ways rarely encountered in biblical scholarship, the detail is not left to stand on its own but is encouraged to speak to ethical and political issues old and new. Here is much challenging insight. – George J. Brooke, Professor of Biblical Criticism and Exegesis Emeritus, University of Manchester

Every time I read something by Walter Houston, it makes me think. He lets no one get away with sloppy arguments, he respects no sacred cows, and his arguments are always rigorous and critical. Never does he forget the reason he is studying the Old Testament. He keeps in focus the question of what it has to say about justice and righteousness and his commitment to helping the reader see what it says. – John Goldingay, Professor Emeritus of Old Testament, Fuller Theological Seminary

Walter Houston here combines his considerable expertise in both biblical theology and biblical law with critical applications to modern issues. This volume of his collected essays (with one new chapter on 'The Psalms of YHWH's Kingship') is highly recommended. – Bernard Jackson, Professor Emeritus, University of Manchester

In [Justice for the Poor?](#), Houston applies the depth and breadth of understanding he has achieved over a lifetime of study to provide a thorough and detailed analysis of the struggle for social justice as seen in the *Old Testament*. <>

Science / Ecology / Marine

[Coastal and Deep Ocean Pollution](#), 1st edition edited by Andrés Hugo Arias & Sandra Elizabeth Botté (CRC Press)

For centuries the ocean has been the final reservoir of human garbage; later it became an oil farm with a concomitant increase of coastal population growth and unplanned growth of the fishing industry and the increasing use of sea routes for cargo transport and recreational uses (cruises). All this led to rising contamination with negative effects on biota and even human health. It is imperative to know the current situation of the world's oceans: [Coastal and Deep Ocean Pollution](#) documents at a glance the latest research in the field of ocean pollution.

The editors are Andrés Hugo Arias and Sandra Elizabeth Botté. Arias is a researcher, UNEP consultant, member of the Directive Council of the Argentinean Institute of Oceanography (IADO-CONICET) and Teacher at the National South University (Argentina). Botté is a teacher since 1996 and Assistant Professor since 2017 in the Department of Biology, Biochemistry and Pharmacy, National University of the South

(UNS), Bahía Blanca (8000) Argentina and a researcher with a workplace at the IADO CONICET-UNS.

According to Arias and Botté in [Coastal and Deep Ocean Pollution](#), the marine environment is subjected to many forms of pollution; as defined by the United Nations Convention (1982) it involves the direct/indirect introduction of substances or energy into the marine environment which ultimately results in a deleterious effect to living resources and marine life. The main sources of marine pollution include the land-based activities or human activities at the sea, runoff (rivers, streams, land run-off) and atmospheric deposition, which ultimately impact the coastal and deep ocean health. Due to the extension and the difficulty in making quantitative estimates of these inputs, there is a general uncertainty and patchily distributed information with regard to the status of the ocean health. To address the state of the art within coastal and deep ocean pollution, the authors of [Coastal and Deep Ocean Pollution](#) have made an extensive assessment of the scientific basis of each pollution topic, covering general pollution processes, from inorganic pollutants to several organic pollutants.

[Coastal and Deep Ocean Pollution](#) includes contributions from an impressive group of international scientists, and therefore presents a comprehensive analysis of marine pollution. The book begins with an interesting glance at the general pollution processes in coastal and deep ocean zones. Chapter 1 addresses the black tides issue in coastal and offshore locations. Chapter 2 covers the oxygenation of coastal and open waters, reviewing hypoxia and anoxia cases and their consequences for the biogeochemical cycling and marine life. The last chapter in this section, Chapter 3, explores the causes and effects of harmful algal blooms occurrence in both coastal and offshore waters.

The second section of [Coastal and Deep Ocean Pollution](#), covering inorganic pollutants impacting the marine environment, starts with Chapter 4 which tackles the issue of mercury in the ocean, addressing the health associated risks from a global perspective. In Chapter 5, readers find a review on the essentials of copper in the ocean; also, Chapter 6 serves as a link which explores the interaction between marine animals and several pollution processes: the flux of metals, acidification, hypoxia and noise pollution. Chapter 7 covers the issue of remediation in the marine environments and reviews the essentials of bio- and phyto-remediation approaches. To end the inorganic pollutant section, an interesting Chapter 8 takes readers through the less-known metallic pollutants impacting the marine environment.

The third section of [Coastal and Deep Ocean Pollution](#) covers the general aspects and features of organic pollutants, highlighting the strong need of sustainable developments as a primary goal for reaching healthy ecosystems and environments. On the one hand, Chapter 9 addresses the issue of organo-phosphorus compounds, reviewing their general chemistry, monitoring and cytotoxicity assessment in marine species. On the other hand, Chapter 10 assesses the chemistry and occurrence of

halogenated compounds: PCBs, organo-chlorinated pesticides and PCDD/PCDFs in the marine environment. Chapter 11 discusses the polycyclic aromatic hydrocarbons world, exploring their occurrence, sources, levels and global marine distribution. Finally, Chapter 12 covers the brominated flame retardants issue, offering to readers a precise historical overview, uses, classification, matrix distribution in the environment and marine global trends.

Offering a comprehensive analysis, [Coastal and Deep Ocean Pollution](#) will be of interest both to scientists and the general public interested in the latest research in marine ecology. <>

Self-Help / Philosophy / Environment / Psychology / Lifestyle

Elegant Simplicity: The Art of Living Well by Satish Kumar

(New Society Publishers)

"'Tis a gift to be simple, 'tis a gift to be free..."

Consumerism drives the pursuit of happiness in much of the world, yet as wealth grows, unhappiness abounds, compounded by the grave problems of climate change, pollution, and ecological degradation.

[Elegant Simplicity](#) provides a coherent philosophy of life that weaves together simplicity of material life, thought, and spirit. In it, Satish Kumar, environmental thought leader and former monk, distills five decades of reflection and wisdom into a guide for everyone, covering:

- The ecological and spiritual principles of living simply.
- Shedding both 'stuff' and psychological baggage.
- Opening the mind and heart to the deep value of relationships.
- Embedding simplicity in all aspects of life including education and work.
- Merging science and spirituality for a coherent worldview.

Kumar is long-time peace and environment activist and former Jain monk. Editor of *Resurgence* magazine from 1973-2016, he founded Devon's Schumacher College.

Kumar says that at the age of 18, he came across the writings of Mahatma Gandhi, another great champion of simplicity similar to the Shakers and the Jains. 'Simple living and high thinking' was his motto.

In 1962, at age 26, Kumar in [Elegant Simplicity](#) says he decided to go on a pilgrimage for peace. He wanted to speak to the people and politicians of the four countries that possessed nuclear weapons. So he walked from the grave of Gandhi in New Delhi, to Moscow, Paris, London, and Washington, D.C. To make the journey even simpler, he walked (with a friend) without a penny in his pocket. No money, no food, and on foot. He says these were the simplest and best eight hundred days of his life, and they changed his whole view of existence.

Kumar says that when he lives a life of simplicity, he celebrates the intrinsic value of making and lets go of focusing on results or outcomes, achievements or accomplishments. Through arts and crafts, he is able to meet his needs and avoid being a victim of his greed.

[Elegant Simplicity](#) presents a comprehensive and all-embracing ideal of simplicity. Kumar explores the ideal of elegant simplicity on the metaphysical as well as the physical level. Simplicity of being is as essential as simplicity of living. This is why he includes chapters on right relationship and limitless love.

Elegant simplicity is a spiritual path as well as a practical way of life. It is the harbinger of harmony and sustainer of the social fabric. Elegant simplicity preserves natural habitats as well as protects cultures and communities. Elegant simplicity is as good for the outer landscape of the ecosphere as it is good for the inner landscape of the soul.

The way to sustainability is simplicity. No amount of technological innovation will be enough. People have to simplify their homes, their workplaces, and their lives. That is the way to create a sustainable world both now and forever.

As told in [Elegant Simplicity](#), simplicity is also the way to spirituality. No number of temples, churches, mosques, or holy books will be of any help unless people think simply and free themselves from the burdens of fear, anger, ego, and greed. With outer and inner simplicity, they can live a life of environmental stability, spiritual fulfillment, and social justice. Elegant simplicity is as much a world view as it is a lifestyle.

A wonderful manifesto for a life well-lived... like its author, this book is wise, warm, and simply elegant. – David Orr, Paul Sears Distinguished Professor of Environmental Studies and Politics Emeritus, Oberlin College

Satish Kumar embodies the elegance of simplicity in his life and his teachings. I have learnt both wisdom and creative solutions from him to complex problems. Follow his path to make your life simple elegant and inspiring. – Deepak Chopra

An inspiring explanation of the fruits of simplicity and what living simply involves, by a writer who has experienced what it means to live a simple life. – Mark Tully, former Bureau Chief of the BBC, New Delhi, journalist and author, *No Full Stops in India*

In [Elegant Simplicity](#), Satish Kumar shares extraordinary insights from his incredible life of spiritual activism, teaching, and practical living. A profound and accessible guide to an ecological civilization of peace, material sufficiency, and spiritual abundance for all. A must-read for all who seek an alternative to an economy now driving us to self-extinction. – David Korren, author, *When Corporations Rule the World*, *The Great Turning*, and *Change the Story, Change the Future*

In a time of lavish consumerism, loneliness, and alienation, Kumar's message is an uplifting gift that is a welcome antidote. – David Suzuki, award-winning geneticist, author, broadcaster, and environmental activist

There is no one on the planet better-equipped to tackle this project, and his insights will make you think and rethink how you're living and how you might change. Powerful! – Bill McKibben, author, *Falter: Has the Human Game Begun to Play Itself Out?*

Reading Satish Kumar's books is always uplifting! In [Elegant Simplicity](#) he distills a life of commitment to positive action and experience into his deep love for the human family and all life on this beautiful, endangered planet. He honors us all at the deepest level by acknowledging the abundance we create when we trust and care for all in our biosphere, practice forgiveness, and enjoy all the simple delights of everyday life. Beyond all sects and ideologies, this book is a benediction! – Hazel Henderson, author, *Creating Alternative Futures*, and founder & CEO, Ethical Markets Media

[Elegant Simplicity](#) is a life guide for everyone wanting off the relentless treadmill of competition and consumption and seeking a life that prioritizes the ecological integrity of the Earth, social equity, and personal tranquility and happiness. <>

Self-Help / Psychology / Workbook

[The Anxiety Skills Workbook: Simple CBT and Mindfulness](#)

Strategies for Overcoming Anxiety, Fear, and Worry by

Stefan G. Hofmann, with a foreword by Judith S. Beck (New Harbinger)

If readers suffer from anxiety disorders, they aren't alone. Anxiety is at epidemic levels. Fortunately, there are effective – and fast – techniques they can use to break free from worry and get back to the things that matter to them. This workbook offers a collection of simple treatment strategies to help get them started.

In [The Anxiety Skills Workbook](#), readers find tons of tips and tricks for managing their anxiety and worry using cognitive behavioral therapy (CBT) and mindfulness. Based on the evidence-based treatment model developed at the Center for Anxiety and

Related Disorders at Boston University – one of the premier anxiety centers in the world – this book helps them understand and effectively deal with anxiety and worry anytime, anywhere.

Author Stefan G. Hofmann, is a professor in Boston University's department of psychological and brain sciences clinical program, where he directs the Psychotherapy and Emotion Research Laboratory (PERL).

The unique 'module' format of this workbook allows readers to focus on their own individual anxiety and worry patterns. While it is recommended that readers take a chronological path through the material, the pacing and length of each module allows for flexibly adapting to their individual needs. In other words, readers can use [The Anxiety Skills Workbook](#) however they like – whether that means starting at the beginning, middle, or end.

[The Anxiety Skills Workbook](#) starts by encouraging readers to think critically about their reasons for wanting to change and to develop concrete goals about what that change will look like. This is a critical step that is too often neglected, as having something tangible to strive for makes doing the work required for reducing one's anxiety feel much more manageable.

The general framework of [The Anxiety Skills Workbook](#) is based on the cognitive behavioral model of anxiety. This model is supported by decades of research on tens of thousands of anxious patients. It teaches readers how thoughts, behaviors, and physical sensations interact to create a vicious cycle of anxiety that can make people feel trapped. This model serves as the framework for the skills taught throughout the book, with each subsequent module covering strategies for targeting one of these three anxiety components.

The "Mindful Relaxation" module teaches readers about how to achieve physical and mental relaxation. Often, anxiety involves physical tension and a busy mind; these require specific techniques to promote relaxation. The book does an excellent job of teaching readers progressive muscle relaxation, a strategy that promotes deep relaxation throughout different body parts, as well as mindfulness, which can help people be more focused on the present moment.

The "Rethinking Thoughts" module focuses on biased thinking patterns in maintaining anxiety. More importantly, readers learn specific strategies for responding to dysfunctional thoughts and generating more realistic and helpful linking patterns. Cognitive restructuring is a fundamental strategy in the cognitive behavioral tradition, and there is a wealth of scientific evidence supporting its effectiveness. [The Anxiety Skills Workbook](#) provides clear instructions and useful examples to assist readers in teaching themselves these foundational strategies for overcoming problematic anxiety.

The "Worries About Worries" module teaches readers a number of strategies that can help them get more distance from anxious thoughts. These strategies come from recent research and work in the clinic that shows that it's not just thoughts that drive anxiety, but also the way people think about their thoughts. Exercises are designed to show that such thoughts about thoughts, or metacognitions, tend to be inaccurate. The module teaches alternative ways of responding to anxious thoughts that allow more freedom to focus on what's important.

The "Facing Feared Scenarios and Images" module presents the groundwork on how to overcome and face fearful thoughts and scenarios. Often, anxiety encourages people to avoid what they fear most, whether it's an object, a place, or an image. Readers learn how to conquer their scariest thoughts by learning how to use mental imagery to gradually expose themselves to their worst-case scenarios.

The focus on intolerance of uncertainty in the "Changing Behaviors" module is critical, as uncertainty is an unavoidable part of daily life and only appears to be increasing in the ever-evolving busy world. People are ultimately faced with the choice of continuing to try to fruitlessly gain more certainty or to do the challenging work of bolstering tolerance of uncertainty through the behavioral change exercises presented in this module. [The Anxiety Skills Workbook](#) does an excellent job of guiding readers through designing their own behavioral change activities and learning how to monitor the process and tweak them as needed.

Another excellent part of this workbook is the way the exercises build off each other and can be individualized based on the readers' situations. In the final module, "Progress on Goals and Relapse Prevention," readers get the opportunity to review everything they have learned and create a plan to maintain and build upon their gains.

*[The Anxiety Skills Workbook](#), by world-leading expert on anxiety Stefan Hofmann, is an excellent, up-to-date guide for those suffering from anxiety. Following the clear, powerful, and concise techniques outlined in each chapter, the reader will have all the tools needed to conquer anxiety. Step by step, you will learn how to acquire skills in relaxation, mindfulness, challenging negative thoughts, coping with worry, and confronting avoidance. Each chapter provides easy-to-use exercises that can help you reverse your anxiety. This book will make a difference in your life! – Robert L. Leahy, PhD, director of the American Institute for Cognitive Therapy, and author of *The Jealousy Cure**

Millions of people in North America and around the world spend billions of dollars each year in vain attempts to suppress and escape the ravages of severe anxiety. In this brief, easy-to-read workbook, one of the foremost authorities on anxiety in the world, Stefan Hofmann, lays out several relatively simple, straightforward, and proven

strategies based on the latest cutting-edge research to face life's daily challenges with confidence rather than fear. By individually tailoring these strategies to their own situation, everyone suffering from anxiety should benefit. – David H. Barlow, PhD, ABPP, professor of psychology and psychiatry emeritus, and founder of the Center for Anxiety and Related Disorders at Boston University

Stefan Hofmann is an expert in the areas of anxiety, fear, and worry, and his outstanding book will teach you how to help yourself with cognitive behavioral as well as mindfulness treatment strategies. This book is filled with clear and practical advice that will guide your journey toward a better life. – Sabine Wilhelm, PhD, professor at Harvard Medical School, and chief of psychology at Massachusetts General Hospital

This book combines a range of effective strategies that have been studied for decades with newer approaches for understanding and treating anxiety and related problems. It's clearly written, well organized, and filled with helpful tips and tools to stop anxiety in its tracks. The best way to overcome anxiety is to change the thoughts and behaviors that keep it alive. This book will show you how to do exactly that. I recommend it highly! – Martin M. Antony, PhD, ABPP, professor in the department of psychology at Ryerson University in Canada, and coauthor of *The Shyness and Social Anxiety Workbook*

If readers are looking for simple and effective techniques they can add to their anxiety toolbox, [The Anxiety Skills Workbook](#) offers a comprehensive and individualized approach to help get them started immediately. With this unique workbook, they learn better ways to cope with their anxiety, so they can get back to living their lives. <>

<>

Bibliography

Business & Investing / Engineering / Industrial Processes

[Advanced Coal Preparation and Beyond: CO₂ Capture and Utilization, 1st edition](#) by S. Komar Kawatra (CRC Press)

Business & Investing / Healthcare / Administration

[Workplace Clinics and Employer Managed Healthcare: A Catalyst for Cost Savings and Improved Productivity, 1st edition](#) by A. Michael LaPenna, with a foreword by Ford Brewer (Productivity Press: CRC Press)

Business & Investing / Management / Marketing

[The Context Marketing Revolution: How to Motivate Buyers in the Age of Infinite Media](#) by Mathew Sweezey (Harvard Business Review Press)

Children's Books / Ages 3-5 / Preschool-Kindergarten / Family

[Daddy Loves You!](#) by Helen Foster James, illustrated by Petra Brown (**Loves You Series:** Sleeping Bear Press)

Economics / Culture / Business / Administration / Public Policy

[Handbook of Cultural Economics, 3rd edition](#) edited by Ruth Towse & Trilce Navarrete Hernández (Edward Elgar Publishing)

Home & Garden / Building

[How to Build Your Own Tiny House](#) by Roger Marshall (The Taunton Press)

Home & Garden / Gardening

[The New Gardener's Handbook: Grow a Beautiful & Bountiful Garden](#) by Daryl Beyers (Timber Press)

Literary Criticism / Food

[Farm to Form: Modernist Literature and Ecologies of Food in the British Empire](#) by Jessica Martell (**Cultural Ecologies of Food Series, Vol. 1:** University of Nevada Press)

Politics / Law

[Crisis on the Border: An Eyewitness Account of Illegal Aliens, Violent Crime, and Cartels](#) by Matt C. Pinski (Regnery Publishing)

Religion & Spirituality / Buddhism

[Deity, Mantra, and Wisdom](#) by Jigme Lingpa, Patrul Rinpoche, & Getse Mahāpaṇḍita, translated by the Dharmachakra Translation Committee (Snow Lion)

Religion & Spirituality / Christianity

[The Fate of the Man of God from Judah: A Literary and Theological Reading of 1 Kings 13](#) by Man Hee Yoon, with a foreword by Christopher Seitz (Pickwick Publications)

Religion & Spirituality / Christianity / New Testament

[The Story Retold: A Biblical-Theological Introduction to the New Testament](#) by G. K. Beale & Benjamin L. Gladd (IVP Academic)

Religion & Spirituality / Theology / Old Testament / Social Justice

[Justice for the Poor? Social Justice in the Old Testament in Concept and Practice](#) by Walter J. Houston (Cascade Books)

Science / Ecology / Marine

[Coastal and Deep Ocean Pollution, 1st edition](#) edited by Andrés Hugo Arias & Sandra Elizabeth Botté (CRC Press)

Self-Help / Philosophy / Environment / Psychology / Lifestyle

Elegant Simplicity: The Art of Living Well by Satish Kumar (New Society Publishers)

Self-Help / Psychology / Workbook

The Anxiety Skills Workbook: Simple CBT and Mindfulness Strategies for Overcoming Anxiety, Fear, and Worry by Stefan G. Hofmann, with a foreword by Judith S. Beck (New Harbinger)

