

Recent Reads—April

Non-Fiction

Stolen Focus : Why You Can't Pay Attention—and How to Think Deeply Again by Johann Hari*

If you're struggling with focus, you are not alone, and there is a reason: your ability to pay attention has been hijacked. After an experimental summer of going tech-free, author Johann Hari found himself slipping back into bad habits, and decided to investigate further by interviewing researchers studying human attention, among others. His sobering findings show the blame is not only to be found where we suspect. *This title is held by Raymond Village Library, one of our Chickadee Library Consortium partner libraries.

Fiction

The Toll Road North by Peggy DeBlois

Long-held secrets are finally revealed in this engaging debut by Maine author Peggy DeBlois. A middle-aged woman who left her hometown behind long ago is brought, suddenly and violently, back to the past when visiting a prestigious Maine college with her teenage son. DeBlois has crafted a humdinger of a plot, and her depiction of Dee's childhood is particularly evocative.

The Vaster Wilds by Lauren Groff

A young woman trades certain death at the Jamestown settlement for a highly uncertain future when she runs away alone into the wilderness of colonial-era America. As she struggles to survive on her own, her memories reveal her past struggles as an orphan and young servant in England, along with her most recent challenges in the New World. Fans of Groff will certainly enjoy, as will former readers of childhood survival classics such as *Hatchet*.

Audiobooks—available on cloudLibrary

The Peach Keeper by Sarah Addison Allen

Two young women in a small North Carolina mountain home learn to trust each other after a surprise is unearthed at the former family home of one, which is currently being renovated as an inn by the other. Recommended for readers who enjoy magical realism and stories set in the South.

A House Full of Windsor by Kristin Contino

Debbie Windsor was divorced from her British husband and moved back to the US decades ago, but she has literally been unable to let go of her past, embodied in her collection of royal memorabilia. The collection has grown to the extent that Debbie's family despairingly nominated her—and she was accepted-- to participate in a reality show about hoarders. While her family thinks that getting her to say “yes” will be the hardest part, Debbie knows she is in for an emotional voyage once filming begins. An unexpectedly moving and insightful book

The Family Upstairs by Lisa Jewell

A young woman who was adopted as a baby after her parents died in an apparent group suicide reconstructs her history with the aid of an investigative journalist. Alternating narratives from the other survivors help fill in the missing pieces in this suspenseful, gothic tale. TW: child and sexual abuse.