

## **Kathleen's Recent Reads--August 2024**

### Non-Fiction

*The Maine House II* by Maura McEvoy, Basha Burwell and Kathleen Hackett

The team behind the popular original, *The Maine House*, return with a look at more quirky homes throughout Maine.

*Slow Productivity : The Lost Art of Accomplishment Without Burnout* by Cal Newport

Geared toward “knowledge” workers, this book offers practical steps for removing yourself from the hamster wheel of busy work and focusing on the truly meaningful tasks that will add purpose and satisfaction to your life.

*The Creative Act: A Way of Being* by Rick Rubin

Storied music producer Rubin offers a series of deceptively simple meditations aimed at helping everyone, not just artists, tap into their creativity. The short essays, with titles like Tuning In, The Beginner's Mind, and Let It Be, are informed by Rubin's long career of coaxing great work from a wide variety of musicians, as well as his Buddhist faith, and demonstrate how creativity can be incorporated into all aspects of our lives.

### Fiction

*The Limits* by Nell Freudenberger

A French scientist studying coral reefs in Tahiti sends her teenage daughter to live with her father in New York with his new wife after becoming concerned about the daughter's interest in her Tahitian fixer. In New York, Pia clashes with her pregnant stepmother, Kate, as both struggle with the absence of Pia's father, a cardiologist, serving on the front lines of the Covid-19 pandemic, and the restrictions experienced by living in New York at this time. Alternating between Tahiti and Manhattan, past and present, the book explores boundaries both physical and emotional at a specific point in time.

*The Sicilian Inheritance* by Jo Piazza

Sara Marsala's marriage and business have both failed when her great-aunt passes away, leaving Sara the deed to a plot of land in Italy. She flies to Sicily to investigate, and unearths a wild secret, one that may put her in danger 100 years later.

### Audiobooks

*We Met in December* by Rosie Curtis

Following a breakup, Jess decides to follow her dream and move to London from her quiet seaside town. A friend offers a room in a grand Notting Hill house with one caveat: none of the housemates may get involved with each other. This doesn't seem like an obstacle until Jess meets Alex. This charming romance follows the two through a year of denying and then coming to grips with their feelings

*Starling House* by Alix E. Harrow

A young woman with a troubled past is inexplicably drawn to Starling House, rumored to be haunted, possibly cursed, and definitely inhabited by a surly man who wants nothing to do with her. After talking her way into a position as a house cleaner, Opal begins to realize fate has drawn her home. An atmospheric and eerie read.