

# Research Guides



## HOT TOPICS

### Addiction

#### Adult 3<sup>rd</sup> Floor Non-Fiction

**Dopesick: Dealers, doctors, and the drug company that addicted America- 362.2909 Mac**

- Beth Macy takes us into the epicenter of America's twenty-plus year struggle with opioid addiction.

**Addiction: Why can't they just stop? New knowledge, new treatments, new hope- 616.86 Add**

- This book strives to break through the myths and explain what addiction really is, what causes it, and how to get the best available treatments.

**Rewired: A bold new approach to addiction and recovery- 616.86 Spi**

- *Rewired* is a new, breakthrough approach to fighting addiction and self-damaging behavior by acknowledging our personal power to bring ourselves back from the brink.

**Healing the Addicted Brain: The revolutionary, science-based alcoholism and addiction recovery program- 616.86 Urs**

- Addiction is a chronic medical disease, not a personal or moral weakness. This book teaches readers how to conquer the physical factors that keep them tied to addiction.

### Abuse

#### Adult 3<sup>rd</sup> Floor Non-Fiction

**Captive Hearts, Captive Minds: Freedom and recovery from cults and other abusive relationships- 299**

#### Tob

- Sensitively written by two former cult members, this book provides the hands-on help ex-cultists need to recover from manipulation and mind control.

**Red Flags: How to spot frenemies, underminers, and toxic people in every part of your life- 302 Pat**

- RED FLAGS shares simple strategies anyone can use to spot deceptive or downright dangerous people who use ingratiation and social convention to draw in and lull victims.

**When Violence Begins at Home: A comprehensive guide to understanding and ending domestic abuse- 362.8292 Wil**

- Addresses the needs of various audiences, including battered women, teenaged victims of dating violence, educators, community leaders, and the batterers themselves.

### **Young Adult 2<sup>nd</sup> Floor Non-Fiction**

#### **The Sexual Trauma Workbook for Teen Girls: A guide to recovery from sexual assault and abuse- YA**

**616.85836 Loh**

- A counselor and trauma specialist offers young women inspirational real-life stories from survivors and powerful, evidence-based tools to help them heal and reclaim their lives after experiencing sexual abuse or trauma.

## **Sexuality and Gender**

### **New Adult 1<sup>st</sup> Floor Non-Fiction**

#### **How to They/Them: A visual guide to nonbinary pronouns and the world of gender fluidity- 425.55**

**Get**

- It's about more than just bathrooms and pronouns--this is about gender expression and the freedom to choose how to identify. While *they* might only be for some, that freedom is for everyone.

### **Adult 3<sup>rd</sup> Floor Non-Fiction**

#### **Gay, Straight, and the Reason Why: The science of sexual orientation- 155.34 Lev**

- Neuroscientist Simon LeVay summarizes a wealth of scientific evidence that points to one inescapable conclusion: Sexual orientation results primarily from an interaction between genes, sex hormones, and the cells of the developing body and brain.

#### **Modern Sexuality: The truth about sex and relationships- 613.9 Aar**

- This book examines the variety of sexual expression, its origins, its practices, and its effects on the lives of those who are "different."

#### **Brown, White, Black: An American family at the intersection of race, gender, sexuality and religion- B**

**Mehra N**

- Middle-school English teacher Mehra tells us about crossing the jagged boundaries of race, gender, sexuality, and religion in this country and how she keeps herself and her family whole.

## **Heath**

### **New Adult 1<sup>st</sup> Floor Non-Fiction**

#### **Strange Bedfellows: Adventures in the science, history, and surprising secrets of STDS -616.95 Par**

Park uses science, compassion, humor, diverse stories, and examples of her own shame-free living to take the stigma out of these infections.

### **Adult 3<sup>rd</sup> Floor Non-Fiction**

#### **Are U Ok? A Guide to Caring for your Mental Health: How to know if you need help and where to find it- 362.2 Mor**

- Are U ok? walks readers through the most commonly asked questions about mental health and the process of getting help.

#### **Living a Healthy Life with HIV- 616.9792 Web**

- Combining the latest medical advice with the ideas of hundreds of people living with HIV, the book is helpful for adults living with HIV, and for friends, family members, and others who support anyone struggling with HIV.

#### **100 Questions & Answers about Cancer Symptoms and Cancer Treatment Side Effects- 616.994 Kel**

- This book provides invaluable information on the best treatment for relieving pain, nausea, fatigue, anemia, skin problems, the value of complementary and alternative medicine, and much more.

## **Immigration**

### **REFERENCE 1<sup>st</sup> Floor**

#### **U.S. Immigration Made Easy- R 342.082 Bra**

- There's actually nothing easy about U.S. immigration law, but this book explains it in the plainest possible English, covering both eligibility for U.S. visas and green cards and the practical requirements of obtaining them.

#### **How to get a Green Card- R 342.7308 Bra**

- The best friend of anyone who can't afford an attorney, and who lacks high-level job skills, but who needs to research eligibility for permanent status in the U.S. and how to apply for it.

## **Grieving**

### **Adult 3<sup>rd</sup> Floor Non-Fiction**

#### **The Baby Loss Guide: Practical and compassionate support with a day-by-day resource to navigate the path of grief- 155.937 Cla**

- In *The Baby Loss Guide* Zoe provides a supportive and practical guide to walk people through their darkest days of suffering and give them hope for the future.

### **On Grief and Grieving: Finding the meaning of grief through the five stages of loss- 155.937 Kub**

- With compassion and understanding, the authors deliver insights and advice designed to help readers rebalance their lives and find the courage to continue.

### **Grieving: How to go on living when someone you love dies- 155.937 Ran**

- Dr. Rando offers the solace, comfort, and guidance to help you accept your loss and move into your new life without forgetting your treasured past.

## **Poverty**

### **Adult 3<sup>rd</sup> Floor Non-Fiction**

#### **Measuring Poverty Around the World- 330 Atk**

- Economist Anthony Atkinson, one of the world's great social scientists and a pioneer in the study of poverty and inequality, offers an inspiring analysis of a central question: What is poverty and how much of it is there around the globe?

#### **Job U: How to Find Wealth and Success by Developing the Skills Companies Actually Need- 650.1 Wym**

- Whether you are recent high school or college graduate, or well along in your career journey, Job U will help you find your way to a more secure and prosperous future.

#### **The Girl's Guide to Homelessness: A Memoir- 362.5 Karp B**

- Karp began her journey as a homeless person terrified and ashamed. Fear turned to awe as she connected with others in her same position whose remarkable stories inspired her to become an activist for the homeless community.

## **Aging**

### **Adult 3<sup>rd</sup> Floor Non-Fiction**

#### **A Psychiatrist's Guide to Successful Retirement and Aging: Coping with change- 155.67 Zal**

- In this book, a seasoned psychiatrist addresses some of the major concerns retirees have about their emotional, mental, spiritual, and physical well-being as they age during retirement.

#### **New Times, New Challenges: Law and advice for savvy seniors and their families- 362.6 Heg**

- Written by a law professor with the practical insights of an elder law lawyer, it covers everything from retirement (finances, housing, Medicare) to advance directives, elder abuse to nursing homes, scams, bill collectors, age discrimination, to disability in the family and hospice

#### **Healthy Aging: A lifelong guide to your physical and spiritual well-being- 612.67**

- It is Dr. Weil's belief that although aging is an irreversible process, there are myriad things we can do to keep our minds and bodies in good working order through all phases of life. To that end, he draws on the new science of biogerontology as well as on the secrets of healthy longevity that he has gathered firsthand from cultures around the world.

## **Family Issues:**

### **Adult 3<sup>rd</sup> Floor Non-Fiction**

#### **Oddly Normal: one family's struggle to help their teenage son come to terms with his sexuality-**

##### **306.76 Sch**

- Schwartz faced a terrible tragedy three years ago when his 13-year-old son attempted suicide after coming out to his classmates. Here's an account of their experiences, clearly as much a parental guide as a memoir.

#### **Contemplating Divorce: A Step-by-step guide to deciding whether to Stay or Go- 306.89**

- This insightful and practical guide, written by a therapist with nearly a decade of experience counseling those considering divorce, will help you evaluate your marriage to determine whether you should stay or go.

#### **Clearing the Haze: Helping families face teen addiction- 616.86 Thu**

- Clearing the Haze shows parents the warning signs of teen addiction and offers information about prevention methods and treatment options.