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New Adult Nonfiction – February 2023

Awe: The New Science of Everyday Wonder and How It Can Transform Your Life

Keltner, Dacher

Cobalt Red: How the Blood of the Congo Powers Our Lives

Kara, Siddharth

Code Name Blue Wren: The True Story of America's Most Dangerous Female Spy--And the Sister

She Betrayed

Popkin, Jim

The Creative ACT: A Way of Being

Rubin, Rick

The Diary Keepers: World War II in the Netherlands, as Written by the People Who Lived

Through It

Siegal, Nina

The Don't Panic Pantry Cookbook: Mostly Vegetarian Comfort Food That Happens to Be Pretty

Good for You

Galuten, Noah

The Edge of the Plain: How Borders Make and Break Our World

Crawford, James

Feral: Losing Myself and Finding My Way in America's National Parks

Pennington, Emily

Flora Macdonald: Pretty Young Rebel: Her Life and Story

Fraser, Flora

*Glow in the F*cking Dark: Simple Practices to Heal Your Soul, from Someone Who Learned the*

Hard Way

Schuster, Tara

The Half Known Life: In Search of Paradise

Iyer, Pico

How Medicine Works and When It Doesn't: Learning Who to Trust to Get and Stay Healthy

Wilson, F. Perry

In Praise of Failure: Four Lessons in Humility

Bradatan, Costica

The Nazi Conspiracy: The Secret Plot to Kill Roosevelt, Stalin, and Churchill

Meltzer, Brad

Reckoning

V

The Riders Come Out at Night: Brutality, Corruption, and Cover-Up in Oakland

Winston, Ali

Rough Sleepers: Dr. Jim O'Connell's Urgent Mission to Bring Healing to Homeless People

Kidder, Tracy

Songwriting for Dummies

Peterik, Jim

Spare

Prince Harry, Duke of Sussex

The Stories Whiteness Tells Itself: Racial Myths and Our American Narratives

Mura, David

We Are Electric: Inside the 200-Year Hunt for Our Body's Bioelectric Code, and What the Future Holds

Adee, Sally

What's Gotten Into You: The Story of Your Body's Atoms, from the Big Bang Through Last Night's Dinner

Levitt, Dan

"You Just Need to Lose Weight": And 19 Other Myths about Fat People

Gordon, Aubrey