

INTENSIVE ENGLISH 2
2017 NON-FICTION SUMMER READING LIST

The Bean Trees and multiple copies of each non-fiction choice are available for check out from Harbor's book room in the library. You are HIGHLY ENCOURAGED to check these books out before the end of May.

Choose ONE of the following:

- ***The Geography of Bliss***, by Eric Weiner
Part foreign affairs discourse, part humor, and part twisted self-help guide. *The Geography of Bliss* takes the reader from America to Iceland to India in search of happiness, or, in the crabby author's case, moment of "un-unhappiness." The book uses a mixture of travel, psychology, science and humor to investigate not what happiness is, but where it is. Are people in Switzerland happier because it is the most democratic country in the world? Do citizens of Qatar, awash in petrodollars, find joy in all that cash? Why is Asheville, North Carolina, so darn happy? Eric Weiner answers those questions and many others, offering travelers of all moods some interesting new ideas for sunnier destinations and dispositions.
- ***In Defense of Food*** by Michael Pollan
Because in the so-called Western diet, food has been replaced by nutrients, and common sense by confusion--most of what we're consuming today is longer the product of nature but of food science. The result is what Michael Pollan calls the American Paradox: The more we worry about nutrition, the less healthy we seem to become. Pollan proposes a new (and very old) answer to the question of what we should eat that comes down to seven simple but liberating words: "Eat food. Not too much. Mostly plants."
- ***The Immortal Life of Henrietta Lacks*** by Rebecca Skloot
Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor black tobacco farmer whose cells—taken without her knowledge in 1951—became one of the most important tools in medicine, vital for developing the polio vaccine, cloning, gene mapping, and more. Henrietta's cells have been bought and sold by the billions, yet she remains virtually unknown, and her family can't afford health insurance. This New York Times bestseller tells a riveting story of the collision between ethics, race, and medicine; of scientific discovery and faith healing; and of a daughter consumed with questions about the mother she never knew.
- ***A Deadly Wandering*** by Matt Richtel
In this ambitious, compelling book, Richtel examines the impact of technology on our lives through the story of Utah college student Reggie Shaw, who killed two scientists while texting and driving. Richtel follows Reggie through the tragedy, the police investigation, his prosecution, and ultimately, his redemption. Richtel interweaves Reggie's story with cutting-edge scientific findings regarding human attention and the impact of technology on your brains. *A Deadly Wandering* explores one of the biggest questions of our time—what is all of our technology doing to us?—and provides unsettling and important answers and information we all need.
- ***Unbroken: A World War II Story of Survival, Resilience, and Redemption*** by Laura Hillenbrand
Unbroken is the inspiring true story of a man who lived through a series of catastrophes almost too incredible to be believed. In evocative, immediate descriptions, Hillenbrand unfurls the story of Louie Zamperini--a juvenile delinquent-turned-Olympic runner-turned-Army hero. During a routine search mission over the Pacific, Louie's plane crashed into the ocean, and what happened to him over the next three years of his life is a story that will keep you glued to the pages.

- ***The Boys in the Boat*** by Daniel James Brown

Out of the depths of the Depression comes an irresistible story about beating the odds and finding hope in the most desperate of times—the improbable, intimate account of how nine working-class boys from the American West showed the world at the 1936 Olympics in Berlin what true grit really meant. It was an unlikely quest from the start. With a team composed of the sons of loggers, shipyard workers, and farmers, the University of Washington’s eight-oar crew team was never expected to defeat the elite teams of the East Coast and Great Britain, yet they did, going on to shock the world by defeating the German team rowing for Adolf Hitler. The emotional heart of the tale lies with Joe Rantz, a teenager without family or prospects, who rows not only to regain his shattered self-regard but also to find a real place for himself in the world.
- ***My Beloved World*** by Sonia Sotomayor

When Sotomayor joined the U.S. Supreme Court in 2009, she made history as the first Hispanic on the high court. She’d also achieved the highest dream of a Puerto Rican girl growing up in a Bronx housing project longing to someday become a judge. In this amazingly candid memoir, Sotomayor recalls a tumultuous childhood: alcoholic father, emotionally distant mother, aggravating little brother, and a host of aunts, uncles, and cousins, all overseen by her loving, domineering paternal grandmother. When she was diagnosed with juvenile diabetes at eight years of age, she knew she had to learn to give herself the insulin shots. That determination saw her through Catholic high school, Princeton, and Yale Law School, at each step struggling to reconcile the poverty of her childhood with the privileges she was beginning to enjoy. She recounts complicated feelings toward her parents and her failed marriage as she advanced to the DA’s office, private practice, the district court, and, triumphantly, the Supreme Court. Sotomayor offers an intimate and honest look at her extraordinary life and the support and blessings that propelled her forward.
- ***Demon in the Freezer*** by Richard Preston

Based on extensive interviews with smallpox experts, health workers, and members of the U.S. intelligence community, *The Demon in the Freezer* details the history and behavior of the virus and how it was eventually isolated and eradicated by the heroic individuals of the World Health Organization. Preston also explains why a battle still rages between those who want to destroy all known stocks of the virus and those who want to keep some samples alive until a cure is found. The anthrax scare of October, 2001, which Preston also writes about in this book, has served to reinforce the present dangers of biological warfare.
- ***In My Hands*** by Irene Opdyke

When World War II began, Irene Gutowna was a 17-year-old Polish nursing student. Six years later, she writes in this inspiring memoir, "I felt a million years old." In the intervening time she was separated from her family, raped by Russian soldiers, and forced to work in a hotel serving German officers. Sickened by the suffering inflicted on the local Jews, Irene began leaving food under the walls of the ghetto. Soon she was scheming to protect the Jewish workers she supervised at the hotel, and then hiding them in the lavish villa where she served as housekeeper to a German major. When he discovered them in the house, Gutowna became his mistress to protect her friends--later escaping him to join the Polish partisans during the Germans' retreat. The author presents her extraordinary heroism as the inevitable result of small steps taken over time, but her readers will not agree as they consume this thrilling adventure story, which also happens to be a drama of moral choice and courage.