

BOOK RECOMMENDATIONS

Non-Fiction

- Educated by Tara Westover
- The Big Oyster: History on the Half Shell by Mark Kurlansky
- The Master of Go by Yasunari Kawabata
- A People's History of the United States by Howard Zinn
- A Walk in the Woods by Bill Bryson
- Unseen City: The Majesty of Pigeons, the Discreet Charm of Snails & Other Wonders of the Urban Wilderness by Nathanael Johnson
- Here If You Need Me by Kate Braestrup
- Into Thin Air by John Krakauer
- AWOL On The Appalachian Trail by David Miller
- The Distance Between Us by Reyna Grande
- Freakonomics by Stephen J. Dubner and Steven Levitt
- Devil in the White City by Erik Larson
- Let's Take the Long Way Home by Gail Caldwell
- Breathe: A Letter to my Sons by Imani Perry
- Winter Creek by John Daniel (beautiful nature essays/reflections)
- Hillbilly Elegy by JD Vance
- Carry On by Lisa Fenn
- When Breath Becomes Air by Paul Kalanithi
- Being Mortal by Atul Gawande
- Last Hope Island by Lynne Olson
- A Higher Call by Adam Makos
- Forty Autumns by Nina Willer
- Born a Crime by Trevor Noah
- The Splendid and the Vile by Erik Larson

Sports and Fitness

- The Happy Runner by David and Dr. Michelle Roche (a body-positive and joy-focused exploration of the role of running in our lives (for those of us who run) and ways to approach training as a life-enriching practice)
- Running with the Mind of Meditation by Sakyong Mipham (an exploration of the relationship between running and meditation practice thru the lens of Shambhala Buddhism)
- The Boys in the Boat by Daniel James Brown

Spiritual

- Spilling the Light: Meditations on Hope and Resilience by Theresa Ines Soto (gorgeous poems, reflections, and words of wisdom that I return to often)-
- Traveling Mercies by Ann Lamott (hilarious and joyful reflections on faith and being human)

Fiction

- Little Fires Everywhere by Celeste Ng
- Eleanor Oliphant is Completely Fine by Gail Honeyman
- A Man Called Ove by Fredrik Backman
- Britt-Marie was Here by Fredrik Backman
- Where the Crawdads Sing by Delia Owens
- The Light We Lost by Jill Santopolo
- The Dispossessed by Ursula K. Le Guin
- The Amazing Adventures of Kavalier and Clay by Michael Chabon
- Commencement by J. Courtney Sullivan
- Tell The Wolves I'm Home by Carol Rifka Brunt
- The Cranes Dance by Meg Howrey
- Red, White, and Royal Blue by Casey McQuiston
- Evvie Drake Starts Over by Linda Holmes
- Pillars of the Earth by Ken Follett
- The Lash Child by John Hart
- The Huntress by Kate Quinn
- The Fountains of Silence by Ruta Sepetys
- The Dutch House by Ann Patchett
- Everything I Never Told You by Celeste Ng
- The Bookshop on the Corner by Jenny Colgan
- Half of a Yellow Sun by Chimamanda Ngozi Adichie
- The Dry by Jane Harper
- The Forty Rules of Love by Elif Shafak
- Honor by Elif Shafak
- Exit West by Mohsin Hamid
- The Hour I First Believed by Wally Lamb
- Purple Hibiscus by Chimamanda Ngozi Adichie
- Americanah by Chimamanda Ngozi Adichie
- Cutting for Stone by Abraham Verghese
- The Great Believers by Rebecca Makkai
- The Secret History by Donna Tartt
- The Brief Wondrous Life of Oscar Wao by Junot Diaz
- East of Eden - John Steinbeck
- One Hundred Years of Solitude by Gabriel Garcia Marquez
- Tuesdays with Morrie by Mitch Albom
- The God of Small Things by Arundhati Roy

Historical Fiction

- A Gentleman in Moscow by Amor Towles
- The Red Coat by Dolley Carlson
- The Chilbury Ladies Choir by Jennifer Ryan
- The Women in the Castle by Jessica Shattuck
- The Alice Network by Kate Quinn
- Before We Were Yours by Lisa Wingate
- The Widows of Malabar Hill by Sujata Massey
- Beneath a Scarlet Sky by Mark Sullivan
- Once We Were Brothers by Ronald Ballon
- The Tender Land by William Kent Kraeger
- The Giver of Stars by Mojo Moyer
- The Island of Sea Women by Lisa See
- Pachinko by Min Jin Lee
- The Nickel Boys by Colson Whitehead
- Homegoing by Yaa Gyasi
- All the Light We Cannot See by Anthony Doerr