



NEW BOOK LIST

New books purchased for the Alaska Mail Services program

Fall-Winter 2020



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This project is made possible by a grant from the U.S. Institute of Museum and Library Services to the Alaska State Library under the provisions of the Library Services and Technology Act.

ALASKA MAIL SERVICES NEW BOOK LIST

General Fiction

If Only I Could Tell You

by Hannah Beckerman

A secret between sisters, a lifetime of lies unraveling.

The Vineyards of Champagne

by Juliet Blackwell

Newly widowed Rosalyn travels to France where she finds a cache of WWI letters.

Wyoming by JP Gritton

Shelley just drove fifty pounds of marijuana from Colorado to Houston. The delivery went well. Getting back will be a challenge.

The Keeper of Lost Things by Ruth Hogan

A personal assistant to an aging writer who collects lost and discarded items is tasked with reuniting the objects with their owners.

Celestial Bodies by Jokha Alharthi

The story of three sisters and their families navigating life in modern day Oman.

Mixed Doubles by Jill Mansell

Three friends with different feelings toward love will find that Fate has some sneaky plans.

Bird Summons by Leila Aboulela

Three Muslim women road trip to the Scottish Highlands to visit the grave the first British woman to make the pilgrimage to Mecca.

Once Upon a Sunset by Tif Marcelo

Diana travels to the Philippines to reconnect with her family and finds herself along the way.

Diamonds are a Girl's Best Friend

by Jenny Colgan

London socialite Sophie loses her posh lifestyle and has to make her own way in the world.

And Their Children After Them

by Nicolas Mathieu

In Eastern France, a fourteen-year-old and his cousin steal a canoe for a trip that will determine everything that happens afterwards.

The McAvoy Sisters Book of Secrets

by Molly Fader

Faced with their mother's declining health, sisters Delia and Lindy are forced to face the events of one summer long ago.

You and Me and Us by Alison Hammer

A workaholic mother puts her career on hold and her family's needs first after her husband receives a terminal cancer diagnosis.

Tiny Imperfections

by Alli Frank & Asha Youmans

A former model attempts to keep her teenage daughter from going into modeling herself.

The Banty House by Carolyn Brown

A homeless young woman finds an unexpected family in a small town in Texas.

ALASKA MAIL SERVICES NEW BOOK LIST

General Fiction

The Bitter and Sweet of Cherry Season

by Molly Fader
When Hope and her daughter have nowhere else to turn, Hope's aunt takes them in on the condition they help with the cherry harvest.

Suddenly, Love by Aharon Appelfeld

A lonely older man and his devoted young caretaker transform each other's lives in ways they could never have imagined.

The Weight of the Heart by Susana Aikin

Three sisters return to their fading childhood home in Madrid following their father's death.

Jillian by Halle Butler

A twenty-something's life already feels like a dead end and her bitterness is stoked by an overly optimistic and chipper coworker.

Fantasy

The Defiance Trilogy by C. J. Redwine

Rachel and Logan search for Rachel's father who fails to return from a courier mission.

The Aspect-Emperor Series by R. Scott Bakker

Anasûrimbor Kellhus must lead a war against Golgotterath. Meanwhile, Esmenet struggles to control the Empire in her husband's absence.

Ashes of the Sun by Django Wexler

Two siblings - one who wields magic for the empire, the other who has vowed to tear it down - will battle for the fate of their world.

Flame Bringer by Elle Katherine White

A fearless healer and her dragon-riding husband must stop a reawakened evil from destroying their world.

The Secret Chapter by Genevieve Cogman

A time-traveling librarian and a dragon prince must pull off an amazing art heist in the sixth book in the Invisible Library series.

We Ride the Storm by Devin Madson

A princess, an assassin, and a soldier's fates are entwined as the empire of Kisia falls.

Nine Realms Series by Sarah Kozloff

Princess Cerulia escapes from an attempted assassination but is exiled. She must recover her strength in order to win back the crown.

Seeing Darkness by Heather Graham

Special Agent Jon Dickson of the FBI's Krewe of Hunters believes Kylie's vision may help him solve a series of brutal killings.

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Fantasy

Night and Silence by Seanan McGuire
Someone has abducted Toby's human daughter and Toby's ex accuses her. She must find Gillian before her own child pays the price.

The Unkindest Tide by Seanan McGuire
The Selkies must pay their debt to the sea witch and Toby must help facilitate it.

The Obsidian Tower by Melissa Caruso
The warden of a tower sealed by ancient magic makes an impetuous decision and unleashes a threat that could doom the world to darkness.

Spells for the Dead by Faith Hunter
PsyLED rookie Nell uses her powers to track the magic that left multiple bodies to rapidly decay at a country music star's mansion.

Historical

The Eighth Life by Nino Haratischvili
An epic family saga beginning with the Russian Revolution and swirling across a century.

The German Heiress by Anika Scott
In post-WWII Germany, Clara teams up with Jakob to find her missing friend Elisa and avoid arrest by the British.

The Socialite by J'Nell Ciesielski
During World War II, Kat must travel to France to bring back her disgraced younger sister who has taken up with a Nazi officer in Paris.

Golden Poppies by Laila Ibrahim
In 1894, two women, one black, one white, find that their families' pasts are intertwined.

For Love and Country by Candace Waters
During WWII, Lottie runs away the day before her wedding to join the US Navy WAVES, determined to contribute to the war effort.

Red Letter Days by Sarah-Jane Stratford
When two brave women flee from the communist red scare, they soon discover that no future is free from the past.

Flygirl by Sherri L. Smith
The daughter of a pilot, Ida uses her light skin to pass as a white woman and join the Women Airforce Service Pilots during WWII.

Sold on a Monday by Kristina McMorris
In 1931, a struggling reporter and a newspaper editor must decide how much they are willing to risk to mend a fractured family.

ALASKA MAIL SERVICES NEW BOOK LIST

Horror

Soon by Lois Murphy

If you're out after dark in the small town of Nebulah, you're already dead.

The House of Whispers by Laura Purcell

In Cornwall with her father, Louise is increasingly discomfited by the stories of fairies that hunt the land.

Mystery

Lost at Sea by Erica Boyce

After a fisherman vanishes in the night, his daughter Ella is convinced he's still alive and vows to bring him home.

One Day You'll Burn by Joseph Schneider

A former academic turned detective investigates a gruesomely burned corpse.

Cruel Acts by Jane Casey

A convicted killer is released on a technicality. After another victim is found the police must catch the killer, permanently this time.

Cold Country by Russell Rowland

Montana, 1968. A small town is ripped open when a popular ranger is found murdered.

The Summer of the Danes by Ellis Peters

Brother Cadfael becomes embroiled in the violent conflict between two brothers.

The Measure of Malice

Edited by Martin Edwards
Scientific detection stories from the British Library Crime Classics.

Religious Fiction

Lake Season by Denise Hunter

A lost letter, a new love, and old secrets beckon this summer at the Bluebell Inn.

Carolina Breeze by Denise Hunter

A jilted bride, a struggling innkeeper, and a romantic mountain getaway that changes everything.

The Bridge to Belle Island by Julie Klassen

Ben Booker investigates the murder of an old friend and begins to fall for the main suspect.

Last Cavaliers Trilogy by Gilbert Morris

The son of an Amish man joins General Stonewall Jackson's troops, leading him to adventure and romance with a southern belle.

Unveiling the Past by Kim Vogel Sawyer

Mysteries, family secrets, and the love of a true Father are at the heart of this follow-up novel to *Bringing Maggie Home*.

ALASKA MAIL SERVICES NEW BOOK LIST

Romance

Love Her or Lose Her by Tessa Bailey

Rosie and Dominic's relationship needs a full renovation, so they're heading to marriage boot camp.

The Family Journal by Carolyn Brown

A single mother moves her family back to the house she grew up in in rural Texas.

Love Lettering by Kate Clayborn

A year after she designed his wedding program, calligrapher Meg is falling for gorgeous Reid.

We Met in December by Rosie Curtis

Two people, one house, a year that changes everything.

Hart's Hollow Farm by Janet Dailey

The family farm might have seen better days, but to this matriarch, it's worth fighting for.

You Were There Too by Colleen Oakley

A woman must choose between the man she loves and the man fate has chosen for her.

Finding Christmas by Karen Schaler

Emmie sets up a romantic scavenger hunt for her boyfriend, but the wrong guy is solving it!

Lean on Me by Pat Simmons

As caring for her great-aunt gets harder, Tabitha finds she can lean on neighbor Marcus.

Great and Precious Things by Rebecca Yarros

Camden returns to his home town in Colorado years after he swore he would never return.

Where have all the Boys Gone?

by Jenny Colgan

Katie leaves London, where women greatly outnumber men, in hopes of finding love in a small Scottish town.

Forbidden Promises by Synthia Williams

When India agrees to help with her brother's political campaign, she knows she'll have to face her sister's ex-husband and the memory of their single kiss.

A Highlander in a Pickup by Laura Trentham

When a gorgeous stranger comes to town, life in Highland, Georgia will never be the same.

The Magnolia Sisters by Michelle Major

An inheritance brought Avery to Magnolia, but love just might keep her there.

Love, Unscripted by Owen Nicholls

A film projectionist tries to piece together how his seemingly screen-worthy romance ended so abruptly.

Mr. Malcolm's List by Suzanne Allain

After Mr. Jeremy Malcolm snubs Julia she invites vicar's daughter Selina to London to help her exact revenge.

ALASKA MAIL SERVICES NEW BOOK LIST

Romance

Country Hearts by Cindi Madsen

The new teacher in town develops feelings for the rugged single father of one of her students.

Butterfly Bayou by Lexi Blake

A city nurse moves to Papillon, LA and quickly charms the local sheriff.

Not Like the Movies by Kerry Winfrey

Chloe's friend Annie has written a blockbuster script based on Chloe and her no-nonsense boss, Nick.

Real Men Knit by Kwana Jackson

When their foster mother suddenly dies, four brothers struggle to keep her beloved Harlem knitting shop open.

The Trouble with Hating You by Sajni Patel

Liya will do anything to avoid marriage, even if it means giving up the perfect guy.

Come Again by Robert Webb

After losing her husband, Kate wakes up on the day they met with a chance to fall in love again and maybe, this time, save him.

An Appalachian Summer by Ann H. Gabhart

In 1933, Piper becomes a horseback Frontier Nursing courier to find a life more fulfilling than the one her parents have planned for her.

The Happy Camper by Melody Carlson

A young woman returns to her home town, living in an old camper she's fixing up with the handsome owner of the local hardware store.

Walk me Home by Liza Kendall

Romance between long-lost flames proves it's never too late for love in this small town.

Home with You by Liza Kendall

Anything is possible in Silverlake, Texas when love takes the reins.

Speculative Fiction

The Rosewater Redemption

by Tade Thompson

Life in this newly independent city-state isn't everything its citizens were expecting.

The Wild Lands by Paul Greci

After natural disasters cut Alaska off from the world, Travis and his little sister Jess must cross hundreds of miles in search of civilization.

Red Noise by John P. Murphy

When an asteroid miner docks at Station 35 to sell her cargo, she finds herself swept up in a standoff between gangs and crooked cops.

American Neolithic by Terence Hawkins

In America's near future, Creationism trumps all other beliefs. But the results of a DNA test threaten the very foundations of society.

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Speculative Fiction

The Light Years by R. W. W. Greene

When Hisako reluctantly meets her betrothed, Adem, sparks fly but their personal issues are overshadowed by the discovery of long-held secrets.

Future Home of the Living God

by Louise Erdrich

When evolution mysteriously stops and childbearing becomes an issue of national security, pregnant Cedar must evade capture.

The Moon is a Harsh Mistress

by Robert A. Heinlein

A team of misfits leads a rebellion on a lunar penal colony aided by a supercomputer who, for his own reasons, is committed to their success.

Thriller

In the Dark by Loreth Anne White

You're invited for a relaxing stay at Forest Shadow Lodge. But you won't make it out alive.

Behind Every Lie by Christina McDonald

Eva can't remember her mother's murder, so how can she prove she didn't do it?

Grace is Gone by Emily Elgar

A haunting crime scene. A child is missing. The hunt is on.

The Silence of the White City

by Eva García Sáenz

After a wave of brutal killings, the city of Vitoria's only hope is a brilliant detective struggling with his own demons.

The Summer of Kim Novak by Håkan Nesser

A shocking discovery made by two teenagers reverberates 25 years later.

Who Did You Tell? by Lesley Kara

A recovering alcoholic is tormented by someone who won't forgive her past mistakes.

The Wives by Tarryn Fisher

Imagine your husband has two other wives.

The Kill Club by Wendy Heard

Jazz will stop at nothing to save her brother.

Stranger in the Lake by Kimberly Belle

When a woman is drowned in the lake where Paul's first wife died, Charlotte uncovers a dark mystery surrounding her new husband.

ALASKA MAIL SERVICES NEW BOOK LIST

Thriller

Cleaning the Gold

by Lee Child and Karin Slaughter
A Jack Reacher and Will Trent short story.

The Last Affair by Margot Hunt

After Nora and Josh are caught in their illicit affair, Josh's wife is found murdered.

Breathing Through the Wound

by Victor Del Árbol
A grieving mother commissions a tortured artist to paint a portrait of her son's killer.

The Network by L.C. Shaw

A shadowy group is manipulating society and they've only just begun.

Westerns

Hired Guns by William W. Johnstone

Luke Jensen is reluctantly hired to take down the man responsible for killing his son.

Buzzard's Bluff by William W. Johnstone

Former Texas Ranger Ben Savage inherits a saloon but he'll have to avoid the rival saloon owner who wants him out of the way.

Shot to Hell by William W. Johnstone

Perley takes on a gang of cold-blooded killers to save the soul of a small Western town.

They Came to Kill by William W. Johnstone

Jamie MacCallister teams up with Preacher to clear a path west for the transcontinental railroad.

Lost Banshee Mine by Jackson Lowry

Two struggling miners may have just found their ticket to fortune, if they can keep it.

Never Bet Against the Bullet by Jackson Lowry

The fate of a small town rests in the hands of a gambler who's ready to risk more than money.

Preacher's Frenzy by William W. Johnstone

When his friend is swindled, Preacher pursues the low-life all the way to New Orleans.

Firestick by William W. Johnstone

Three former mountain-men have settled down to run a ranch, but when a hired gunman shows up they prove they're as sharp as ever.

A Good Day for a Massacre

by William W. Johnstone
Two men who assisted in transporting a wagon of gold must track down the bandits that ambushed them and took the shipment.

Bloody Trail of the Mountain Man

by William W. Johnstone
Smoke Jensen gets caught up in a political race between a dirty incumbent and an upstanding challenger.

ALASKA MAIL SERVICES NEW BOOK LIST

Westerns

The Track of the Cat

by Walter Van Tilburg Clark
A tale of four men who swear to conquer a marauding mountain lion.

The Wolves of Seven Pines by E.L. Ripley

A broken-down army vet seeks out a new life on the wild frontier of California.

Short Stories

The Watchful Gods and Other Stories

by Walter Van Tilburg Clark
These westerns explore themes of good vs. evil and humanity's connection to nature.

Just After Sunset: Stories by Stephen King

Call it dusk, call it twilight, it's a time when nothing is quite as it appears.

Alaskan Non-Fiction

Making History:

Alutiiq/Sugpiaq Life on the Alaska Peninsula
by Patricia H. Partnow

The Storm on Our Shores

One Island, Two Soldiers, and the Forgotten Battle of WWII
by Mark Obmascik

Alaska's Wild Plants

A Guide to Alaska's Edible and Healthful Harvest
by Janice J. Schofield

Cookbooks

The Ultimate Guide to Keto Baking

Master All the Best Tricks for Low-Carb Baking Success
by Carolyn Ketchum

The Gut-Friendly Cookbook

Delicious, Low-FODMAP, Gluten-Free, Allergy-Friendly Recipes for a Happy Tummy
by Alana Scott

The Multi-Cooker Baby Food Cookbook

by Jenna Helwig

Traditional Meals for the Frugal Family

Delicious, Nourishing Recipes for Less
by Shannon Stonger

Crazy Busy Keto

Recipes, Shortcuts, and Tips for Surviving without Sugar and Starch
by Kristie H. Sullivan, PhD

ALASKA MAIL SERVICES NEW BOOK LIST

Cookbooks

Vegan Buddha Bowls

Easy, Healthy Recipes to Feel Great from the Inside Out

by Cara Carin Cifelli

Keto Comfort Foods

100 Keto-Friendly Recipes for Your Comfort-Food Favorites

by Sam Dillard

The "I Love My Instant Pot"

Anti-Inflammatory Diet Recipe Book

by Maryea Flaherty

Starter Sourdough

The Step-by-Step Guide to Sourdough Starters

by Carrol Pellegrinelli

Party in Your Plants

100+ Plant-Based Recipes and Problem-Solving Strategies to Help You Eat Healthier (Without Hating Your Life)

by Talia Pollock

Fix-It and Forget-It Best 5-Ingredient Comfort Food Recipes

by Hope Comerford

DIY & Hobbies

A Landowner's Guide to Managing Your Woods

How to Maintain a Small Acreage for Long-Term Health, Biodiversity, and High-Quality Timber Production

by Ann Larkin Hansen

The Pollinator Victory Garden

Win the War on Pollinator Decline with Ecological Gardening

by Kim Eierman

Black+Decker Small Space Workshops

by Larry Okrend

Creative Homeowner's Ultimate Guide to Basements, Attics, & Garages

Step-by-Step Projects for Adding Space Without Adding On

Organic Gardening for Everyone

Homegrown Vegetables Made Easy

by CaliKim

Grow Your Soil!

Harness the Power of the Soil Food Web to Create Your Best Garden Ever

by Diane Miessler

Your Well-Being Garden

How to make your Garden Good for You

by Alistair Griffiths

From Tree to Table

How to Make Your Own Rustic Log Furniture

by Alan Garbers

iPhone for Seniors for Dummies

by Dwight Spivey

ALASKA MAIL SERVICES NEW BOOK LIST

DIY & Hobbies

Modern Quilt Bible

Over 100 Techniques and Design Ideas for the Modern Quilter

by Elizabeth Betts

The Clutter Remedy

A Guide to Getting Organized for Those Who Love Their Stuff

by Marla Stone

Plus Size Knits

25 Knitting Patterns for Sweaters & Accessories from Phildar

Wonder Art Workshop

Creative Child-Led Experiences for Nurturing Imagination, Curiosity, and a Love of Learning
by Sally Haughey

The Only Grant-Writing Book You'll Ever Need

Top Grant Writers and Grant Givers Share Their Secrets

by Ellen Karsh & Arlen Sue Fox

Simple Farmhouse Life

DIY Projects for the All-Natural, Handmade Home
by Lisa Bass

Horses for Dummies

by Audrey Pavia

Punched:

Techniques and Projects for Modern Punch Needle Art

by Stacie Schaat

The Modern Embroidery Studio

20 Stylish Designs to Stitch, Wear, and Share
by Lauren Holton

Essays & Humor

Virga & Bone: Essays from Dry Places

by Craig Childs

Weird but Normal

Essays on the Awkward, Uncomfortable, Regular Parts of Being Human

by Mia Mercado

Classic Krakauer

Essays on Wilderness and Risk

by Jon Krakauer

I Don't Want to Die Poor: Essays

by Michael Arceneaux

Animals Reviewed

Starred Ratings of Our Feathered, Finned, and Furry Friends

by the Association of Zoos & Aquariums

ALASKA MAIL SERVICES NEW BOOK LIST

Graphic Novels & Comics

Henchgirl

by Kristen Gudsruk

Garfield Belly Laughs

by Jim Davis

Shades of Magic: The Steel Prince

The Rebel Army

by V. E. Schwab

Garfield: Easy as Pie

by Jim Davis

History

Spearhead

an American Tank Gunner, His Enemy, and a

Collision of Lives in World War II

by Adam Makos

The Scandalous Presidency of Barack Obama

by Matt Margolis

Fingerprints of the Gods

The Evidence of Earth's Lost Civilization

by Graham Hancock

By Chance Alone

The Remarkable True Story of Courage and

Survival at Auschwitz

by Max Eisen

Denial of Justice

Dorothy Kilgallen, Abuse of Power, and the Most

Compelling JFK Assassination Investigation in

History

by Mark Shaw

Who Ate the First Oyster?

The Extraordinary People Behind the Greatest

Firsts in History

by Cody Cassidy

Ancestral Journeys

The Peopling of Europe from the First Ventures to

the Vikings

by Jean Manco

Memoir and Biography

President McKinley

Architect of the American Century

by Robert W. Merry

Sea Stories

My Life in Special Operations

by Admiral William H. McRaven

What You Become In Flight: a Memoir

by Ellen O'Connell Whittet

Denali

A Man, a Dog, and the Friendship of a Lifetime

by Ben Moon

Crocodiles and Ice

A Journey into Deep Wild

by Jon Turk

Raised in Ruins

by Tara Neilson

ALASKA MAIL SERVICES NEW BOOK LIST

Self Help

Do the Work

*The Official Unrepentant, Ass-Kicking, No-Kidding, Change-Your-Life Sidekick to Unfu*k Yourself*
by Gary John Bishop

The Gratitude Diaries

How a Year Looking on the Bright Side Can Transform Your Life
by Janice Kaplan

The Year of No Nonsense

How to Get Over Yourself and On With Your Life
by Meredith Atwood

Stay Woke

A Meditation Guide for the Rest of Us
by Justin Michael Williams

Here to Make Friends

How to Make Friends as an Adult
by Hope Kelaher

Don't Overthink It

Make Easier Decisions, Stop Second-Guessing, and Bring More Joy to Your Life
by Anne Bogel

Atomic Habits

*Tiny Changes, Remarkable Results
An Easy & Proven Way to Build Good Habits & Break Bad Ones*
by James Clear

Average is the New Awesome

A Manifesto for the Rest of Us
by Samantha Matt

Retirement Planning for Dummies

by Matt Krantz

Awestruck

How Embracing Wonder Can Make You Happier, Healthier, and More Connected
by Jonah Paquette

Social Sciences

Nolo's Estate Planning Basics

What You Need to Know About Wills, Trusts, & Avoiding Probate
by Denis Clifford

Nolo's Encyclopedia of Everyday Law

Answers to Your Most Frequently Asked Legal Questions
by Shae Irving

The Politically Incorrect Guide to Immigration

An America First Manifesto
by John Zmirak

My Grandmother's Hands

Racialized Trauma and the Pathway to Mending our Hearts and Bodies
by Resmaa Menakem

ALASKA MAIL SERVICES NEW BOOK LIST

Social Sciences

The Fruit of All My Grief

Lives in the Shadows of the American Dream

by J. Malcolm Garcia

Spying on the South

An Odyssey Across the American Divide

by Tony Horwitz

The Girl with Seven Sames

A North Korean Defector's Story

by Hyeonseon Lee

The Art of Reading Minds

How to Understand and Influence Others Without

Them Noticing

by Henrik Fexeus

Home Learning Year by Year

How to Design a Creative and Comprehensive

Homeschool Curriculum

by Rebecca Rupp

Just Mercy

A Story of Justice and Redemption

by Bryan Stevenson

Why are All the Black Kids Sitting Together in the Cafeteria?

And Other Conversations About Race

by Beverly Daniel Tatum

Dead Wrong

Straight Facts on the Country's Most Controversial

Cover-Ups

by Richard Belzer and David Wayne

Zero Footprint:

The True Story of a Private Military Contractor's

Covert Assignments in Syria, Libya, and the
World's Most Dangerous Places

by Simon Chase and Ralph Pezzullo

The Power of Disability

10 Lessons for Surviving, Thriving, and Changing
the World

by Al Etmanski

Saudi America

The Truth About Fracking and How It's Changing
the World

by Bethany McLean

If You Tell

A True Story of Murder, Family Secrets, and the

Unbreakable Bond of Sisterhood

by Gregg Olsen

The Future Earth

A Radical Vision for What's Possible in the Age of
Warming

by Eric Holthaus

ALASKA MAIL SERVICES NEW BOOK LIST

Health

Outsmart Your Smartphone

Conscious Tech Habits for Finding Happiness, Balance, & Connection IRL
by Tchiki Davis

The Gerson Therapy

The Proven Nutritional Program to Fight Cancer and Other Illnesses
by Charlotte Gerson

The Narcissist in Your Life

Recognizing the Patterns and Learning to Break Free
by Julie L. Hall

How to be a Mindful Drinker

Cut Down, Take a Break, or Quit
by Dru Jaeger

The Happy Hormone Guide

A Plant-based Program to Balance Hormones, Increase Energy, & Reduce PMS Symptoms
by Shannon Leparski

The Big Book of 30-Day Fitness Challenges

60 Habit-Forming Routines to Make Working Out Fun
by Andie Thueson

That's Mental

Painfully Funny Things That Drive Me Crazy About Being Mentally Ill
by Amanda Rosenberg

Laughter Yoga

Daily Practices for Health and Happiness
by Madan Kataria

Mayo Clinic on Digestive Health

How to Prevent and Treat Common Stomach and Gut Problems
by Sahil Khanna

The Science of Running

Analyze Your Technique, Prevent Injury, Revolutionize Your Training
by Chris Napier

The Mind-Body Stress Reset

Somatic Practices to Reduce Overwhelm and Increase Well-Being
by Rebekkah LaDyne

Wild Remedies

How to Forage Healing Foods and Craft Your Own Herbal Medicine
by Rosalee De La Forêt & Emily Han

Spice Apothecary

Blending and Using Common Spices for Everyday Health
by Bevin Clare

Fast. Feast. Repeat

The Comprehensive Guide to Delay, Don't Deny® Intermittent Fasting
by Gin Stephens

ALASKA MAIL SERVICES NEW BOOK LIST

Parenting

Raising Good Humans

A Mindful Guide to Breaking the Cycle of Reactive Parenting and Raising Kind, Confident Kids
by Hunter Clarke-Fields

The Swedish Way to Parent and Play

Advice for Raising Gender-Equal Kids
by Kristina Henkel

When the World Feels Like a Scary Place

Essential Conversations for Anxious Parents and Worried Kids
by Abigail Gewirtz

Safe Infant Sleep

Expert Answers to Your Cosleeping Questions
by James J. McKenna

The Kids are In Bed

Finding Time for Yourself in the Chaos of Parenting
by Rachel Bertsche

Growing Sustainable Together

Practical Resources for Raising Kind, Engaged, Resilient Children
by Shannon Brescher Shea

Travel

The Vegan Travel Handbook

An Inspiring and Practical Guide to Vegan-Friendly Travel
by Lonely Planet Food

Religion and Spirituality

Parable of the Brown Girl

The Sacred Lives of Girls of Color
by Khristi Lauren Adams

On Thomas Merton

by Mary Gordon

We are Called to be a Movement

by Reverend Dr. William J. Barber II

Walking with God through Pain and Suffering

by Timothy Keller

Just So:

Money, Materialism, and the Ineffable, Intelligent Universe
by Alan Watts

ALASKA MAIL SERVICES NEW BOOK LIST

Science and Nature

How Birds Work

An Illustrated Guide to the Wonders of Form and Function from Bones to Beak

by Marianne Taylor

Pacific Northwest Foraging

120 Wild and Flavorful Edibles from Alaska Blueberries to Wild Hazelnuts

by Douglas Deur

How Insects Work

An Illustrated Guide to the Wonders of Form and Function From Antennae to Wings

by Marianne Taylor

Language, Philosophy, and Curiosities

Truth

*A Brief History of Total Bull*****
by Tom Phillips

Alien Agenda

Investigating the Extraterrestrial Presence Among Us
by Jim Marrs

How to Read Nonfiction Like a Professor

A Smart, Irreverent Guide to Biography, History, Journalism, Blogs, and Everything in Between

by Thomas C. Foster