Selections from Talking Book Topics

Sept-Oct 2024

Nonfiction

Adult Nonfiction

--------------------Biography--------------------

[No Time to Panic: How I Curbed My Anxiety and Conquered a Lifetime of Panic Attacks](http://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB119757)
DB119757 7 hours 46 minutes by Matt Gutman, read by Matt Gutman
Matt Gutman can tell you the precise moment when his life was upended. Reporting live on a huge story in January 2020, he found himself in the throes of an on-air panic attack and not for the first time. Despite the challenges, he had carved out a formidable career, reporting from war zones and natural disasters before millions of viewers on Good Morning America, World News Tonight, and 20/20. Mid-panic, Gutman misstated the facts of a story, a blunder that led to a monthlong suspension, not to mention public shame and personal regret. Filled with wisdom and actionable insights, it’s at once an inspirational journey and a road map—if not toward a singular cure, then to something even more worthy: peace of mind. — Provided by publisher. Unrated. Commercial audiobook. 2023.

[Splinters: Another Kind of Love Story](http://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB120144)
DB120144 8 hours 35 minutes by Leslie Jamison, read by Leslie Jamison
From the *New York Times* best-selling author of *The Recovering* and *The Empathy Exams* comes the riveting story of rebuilding a life after the end of a marriage—an exploration of motherhood, art and new love. — OCLC. Unrated. Commercial audiobook. 2024.

[Courtiers: Intrigue, Ambition, and the Power Players behind the House of Windsor](http://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB119982)
DB119982 10 hours 6 minutes by Valentine Low, read by Valentine Low
Throughout history, the British monarchy has relied on its courtiers—the trusted advisers in the King or Queen’s inner circle—to ensure its survival as a family and a pillar of the country. Today, as ever, a carefully selected team of people hidden from view steers the royal family’s path between public duty and private life. The question of who is entrusted to guide the royals has never been more vital. Yet, as the tensions within the family are exposed to global scrutiny like never before, the task these courtiers face has never been more challenging. — Provided by publisher. Unrated. Commercial audiobook. 2023.

[Never Leave the Dogs Behind: A Memoir](http://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB120971)
DB120971 5 hours 39 minutes by Brianna Madia, read by Brianna Madia
In the wake of a painful, public divorce and the ensuing fallout, Brianna moves from a pared-down van into a pared-down trailer. She reckons with her decision to be alone in the desert, living on a nine-acre plot of undeveloped land on the dusty outskirts of a small town in Utah, accompanied only by her four precious dogs: Bucket, Dagwood, Birdie, and Banjo. As she grapples with the anger, despair, and delicious freedom that comes from being wholly on her own, Brianna wonders where, exactly, the road less traveled has led her. — WorldCat. Unrated. Commercial audiobook. 2024.

[Life Unseen: A Story of Blindness](http://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB120671)

DB120671 6 hours 21 minutes by Selina Mills, read by Selina Mills
Imagine a world without sight. Is it dark and gloomy? Is it terrifying and isolating? Or is it simply a state of not seeing, which we have demonised and sentimentalized over the centuries? And why is blindness so frightening? In this fascinating historical adventure, broadcaster and author Selina Mills takes us on a journey through the history of blindness in Western Culture to discover that blindness is not so dark after all. Inspired by her own experience of losing her sight as she forged a successful journalistic career, *Life Unseen* takes us through a personal and unsentimental historical quest through the lives, stories and achievements of blind people — as well as those sighted people who sought to patronize, demonize and fix them.— Provided by publisher. Unrated. Commercial audiobook. 2023.

--------------------U.S. History--------------------

[Abigail & John: Portrait of a Marriage](http://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB117324)
DB117324 16 hours 28 minutes by Edith B. Gelles, read by Kerry Logan
Married in 1764, Abigail and John Adams worked side by side for a decade, raising a family while John became one of the most prosperous, respected lawyers in Massachusetts. When his duties as a statesman and diplomat during the Revolutionary War expanded, Abigail and John endured lengthy separations. It’s in this correspondence that Abigail comes into her own as an independent woman. It’s also in these exchanges that we learn about the familial tragedies that tested them. Abigail and John is an inspirational portrait of a couple who endured the turmoil and trials of a revolution, and in so doing paved the way for the birth of a nation. — Provided by publisher. 2009.

[Covert City: The Cold War and the Making of Miami](http://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB120920)
DB120920 8 hours 14 minutes by Vince Houghton and Eric Driggs, read by Eric Driggs
Secret operations, corruption, crime, and a city teeming with spies: why Miami was as crucial to winning the Cold War as Washington DC or Moscow. The Cuban Missile Crisis was perhaps the most dramatic and dangerous period of the Cold War. What’s less well known is that the city of Miami, mere miles away, was a pivotal, though less well known, part of Cold War history. Covert City is a sweeping and entertaining history, full of stunning experimental operations and colorful characters—a story of a place like no other. — Provided by publisher. Unrated. Commercial audiobook. 2024.

[Northeaster: A Story of Courage and Survival in the Blizzard of 1952](http://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB116710)

DB116710 11 hours 26 minutes by Cathie Pelletier, read by Laura Hatch
For many, the past few years have been defined by climate disaster. Stories about once-in-a-lifetime hurricanes, floods, fires, droughts and even snowstorms are now commonplace. But dramatic weather events are not new and Northeaster, Cathie Pelletier’s breathtaking account of the 1952 snowstorm that blanketed New England, offers a valuable reminder about nature’s capacity for destruction as well as insight into the human instinct for preservation. Northeaster weaves together a rich cast of characters whose lives were uprooted and endangered by the storm. Housewives and lobstermen, loggers and soldiers were all trapped as snow piled in drifts twenty feet high. It’s likely that none of us know how we would handle a confrontation with a blizzard or other natural disaster. But Northeaster shows that we have it inside to fight for survival in some of the harshest conditions that nature has to offer. — Provided by publisher. Some strong language. 2023.

[The Pursuit of Happiness: How Classical Writers on Virtue Inspired the Lives of the Founders and Defined America](http://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB119801)

DB119801 10 hours 57 minutes by Jeffrey Rosen, read by Jeffrey Rosen
The Declaration of Independence identified ‘the pursuit of happiness’ as one of our unalienable rights, along with life and liberty. Jeffrey Rosen, the president of the National Constitution Center, profiles six of the most influential founders Benjamin Franklin, George Washington, John Adams, Thomas Jefferson, James Madison, and Alexander Hamilton—to show what pursuing happiness meant in their lives. By reading the classical Greek and Roman moral philosophers who inspired the Founders, Rosen shows us how they understood the pursuit of happiness as a quest for being good, not feeling good- the pursuit of lifelong virtue, not short-term pleasure. The Pursuit of Happiness is more than an elucidation of the Declaration’s famous phrase; it is a revelatory journey into the minds of the Founders, and a deep, rich, and fresh understanding of the foundation of our democracy. — Amazon. Unrated. Commercial audiobook. 2024.

[Controversies and Commanders: Dispatches from the Army of the Potomac](http://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB118964)

DB118964 11 hours 23 minutes by Stephen W. Sears,read by Nelson Runger
A fascinating look at some of the most intriguing generals in the Union’s Army of the Potomac and at some of the most extraordinary events of the Civil War. — Provided by publisher. Unrated. Commercial audiobook. 2016.

--------------World History--------------------

[**Brothers Down: Pearl Harbor and the Fate of the Many Brothers Aboard the USS Arizona**](http://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB120285) **DB120285** 8 hours 0 minutes by Walter R. Borneman, read by David Baker
The surprise attack at Pearl Harbor on December 7, 1941 remains one of the most traumatic events in American history. America’s battleship fleet was crippled, thousands of lives were lost, and the United States was propelled into a world war. Few realize that aboard the iconic, ill-fated USS Arizona were an incredible 79 blood relatives. Tragically, in an era when family members serving together was an accepted, even encouraged, practice, sixty-three of the Arizona’s 1,177 dead turned out to be brothers. In Brothers Down, acclaimed historian Walter R. Borneman returns to that critical week of December, masterfully guiding us on an unforgettable journey of sacrifice and heroism, all told through the lives of these brothers and their fateful experience on the Arizona. More than just an account of familial bonds and national heartbreak, what emerges promises to define a turning point in American military history. — OCLC. Unrated. Commercial audiobook. 2019.

[**Clean Sweep: VIII Fighter Command against the Luftwaffe, 1942–45**](http://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB119632) **DB119632** 18 hours 25 minutes by Thomas McKelvey Cleaver, read by Lance C. Fuller
On August 7, 1942, two events of major military importance occurred on separate sides of the planet. In the South Pacific, the United States went on the offensive, landing the First Marine Division at Guadalcanal. In England, 12 B-17 bombers of the new Eighth Air Force’s 97th Bombardment Group bombed the Rouen-Sotteville railroad marshalling yards in France. While the mission was small, the aerial struggle that began that day would ultimately cost the United States more men killed and wounded by the end of the war in Europe than the Marines would lose in the Pacific War. Clean Sweep is the story of the creation, development and operation of the Eighth Air Force Fighter Command and the battle to establish daylight air superiority over the Luftwaffe so that the invasion of Europe could be successful. — Amazon.com. Unrated. Commercial audiobook. 2023.

[**Endurance: Shackleton’s Incredible Voyage**](http://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB119061) **DB119061** 10 hours 24 minutes by Alfred Lansing, read by Simon Prebble
Bound for Antarctica, where polar explorer Ernest Shackleton planned to cross on foot the last uncharted continent, the Endurance set sail from England in August 1914. In January 1915, after battling its way for six weeks through a thousand miles of pack ice and now only a day’s sail short of its destination, the Endurance became locked in an island of ice. For ten months the ice-moored Endurance drifted northwest before it was finally crushed. But for Shackleton and his crew of twenty-seven men the ordeal had barely begun. It would end only after a near-miraculous journey by Shackleton and a skeleton crew through over 850 miles of the South Atlantic’s heaviest seas to the closest outpost of civilization. This astonishing tale of survival by Shackleton and all twenty-seven of his men for over a year on the ice-bound Antarctic seas, as Time magazine put it, ‘defined heroism.’ Alfred Lansing’s brilliantly narrated book has long been acknowledged as the definitive account of the Endurance’s fateful trip. — Provided by publisher. Unrated. Commercial audiobook. 2008.

[**A Concise History of New Zealand**](http://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB118175) **DB118175** 13 hours 3 minutes by Philippa Mein Smith, read by Mark Ashby
New Zealand was the last major landmass, other than Antarctica, to be settled by humans. The story of this rugged and dynamic land is beautifully narrated, from its origins in Gondwana some 80 million years ago to the twenty-first century. Philippa Mein Smith highlights the effects of the country’s smallness and isolation, from its late settlement by Polynesian voyagers and colonization by Europeans – and the exchanges that made these people Maori and Pakeha – to the dramatic struggles over land and recent efforts to manage global forces.  It unravels key moments – the signing of the Treaty of Waitangi, the Anzac landing at Gallipoli, the sinking of the Rainbow Warrior – showing their role as nation-building myths and connecting them with the less dramatic forces, economic and social, that have shaped contemporary New Zealand. — Provided by publisher. 2012.

--------------------Religion--------------------

[Healing What You Can’t Erase: Transform Your Mental, Emotional, and Spiritual Health from the Inside Out](http://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB120939)
DB120939 8 hours 3 minutes by Christopher Cook, read by Christopher Cook
A road map for moving forward through the losses and scars by allowing the power of the Holy Spirit to transform us . . . spirit, soul, and body. Through story, instruction, action steps, and guided questions, you’ll discover: why transformation beats willpower and self-help; how to recognize and heal a broken spirit; well-researched, biblically grounded strategies to revitalize your mental and emotional well-being; how inside-out integrated transformation changes your spirit, soul, and body. Whether you’re wrestling with the loss of a marriage, a fractured friendship, a betrayal at work, or a chronic illness, there is hope. No matter your pain or traumatic experience, the Holy Spirit can heal and restore you to the life God created you for. — Provided by publisher. Unrated. Commercial audiobook. 2024.

[Discerning the Voice of God](http://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB119437)
DB119437 7 hours 11 minutes by Priscilla Shirer, read by Robin Miles
Do you feel that the ability to hear God’s voice is for other people and not for you? Is it only for people who lived in biblical times? Not at all! Wherever you are in your spiritual walk, God will find a way to speak to you in a way you will understand. Become acquainted with the voice that has spoken from a fire and a cloud, with visible signs and an invisible Spirit, through a burning bush and burning hearts. Hear from some of the most well-known Christians in history about how God speaks to them, and discover for yourself how you can discern the voice of God. One of Priscilla’s best-selling titles, [Discerning the Voice of God](http://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB119437) is now completely revised, with updated content and reflection questions. Each section contains insights that will aid you in your desire to hear him speak. Discover the treasure of recognizing how God keeps in touch with his beloved people. — Provided by publisher. Unrated. Commercial audiobook. 2016.

[Heaven Rules: Take Courage. Take Comfort. Our God Is in Control.](http://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB119839)
DB119839 6 hours 4 minutes by Nancy DeMoss Wolgemuth, read by Kristen Kallen-Keck
Two words are sometimes all it takes to upset and overwhelm us. Treatment options, work layoffs, election season, pandemic spikes, family trouble, car repairs. They take up so little room, just two little words, and yet they can fill the whole day, the whole house, our whole lives with anxiety and fear. Heaven Rules is the two-word answer for every two-word worry. The promise we need for every wave of trouble, every assault on our peace of mind. Heaven’s rule is God’s rule: His rule over nations and nature. His rule over renegade viruses, cancer, and concerns about your marriage, your kids, your job, and everything else. There will always be alarms screeching. But two simple words can quiet them, calm our fears, comfort our hearts, and give us courage to press on: Heaven Rules! — Provided by publisher. Unrated. Commercial audiobook. 2022.

[Buddhist Meditation: Classic Teachings from Tibet](http://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB120794)
DB120794 7 hours 54 minutes compiled by Kurtis R. Schaeffer, read by Lee Osorio
A Tibetan Buddhist anthology of accessible and authentic contemplative exercises to help cultivate innate yet undeveloped powers of mind, emotion, and body. A Penguin Classic Drawn from Tibet’s rich contemplative literature, Buddhist Meditation offers classic exercises focused on the opportunities and challenges of life; cultivating inner calm; fostering a wider perspective on oneself in relationship to others; working with negative emotions, and the highest values of the Buddhist tradition, love and compassion. Several dozen meditation instructions are collected in twelve chapters. All major traditions of Tibetan Buddhism are represented. Part existential philosophy, part ethics, part self-help program, part cosmology-the foundation exercises present a complete Buddhist picture of life, the ethical universe, and the first steps in making a positive impact in life for ourselves and others, steps anyone can begin to take by dedicating themselves to train in contemplative exercises. — Provided by publisher. Unrated. Commercial audiobook. 2024.

------------------Science--------------------

[How to Win Friends and Influence Fungi: Collected Quirks of Science, Tech, Math, and Engineering from Nerd Nite](http://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB119676)
DB119676 9 hours 32 minutes by Chris Balakrishnan and Matt Wasowski, read by Chris Balakrishnan
For 20 years, Nerd Nite has delivered to live audiences around the world, the most interesting, fun, and informative presentations about science, history, the arts, pop culture, you name it. The resulting range of topics is quirky and vast, from kinky, spring-loaded spiders to the Webb telescope’s influence on movie special effects. Chapters are sure to make you laugh-out-loud, with titles such as ‘The Science of the Hangover,’ ‘What Birds Can Teach Us About the Impending Zombie Apocalypse,’ and ‘Lessons from the Oregon Trail.’ With fascinating details, facts, and illustrations, combined with Chris and Matt’s incredible connections to organizations such as the Discovery Network and the Smithsonian Institution, it is sure to reach joyful STEM enthusiasts of all ages around the world.— Provided by publisher. Unrated. Commercial audiobook. 2024.

[The Great Displacement: Climate Change and the Next American Migration](http://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB119190)
DB119190 10 hours 30 minutes by Jake Bittle, read by Matt Godfrey
We think about the dangers of climate change in the future tense: that as global warming gets worse over the coming decades, millions of people will scatter around the world fleeing famine and rising seas. What we often don’t realize is that the consequences of climate change are already visible, right here in the United States. Bittle shows that, from fire-scorched California to the soaked watersheds of inland North Carolina, people are moving. Insurance and mortgage markets are already shifting to reflect mounting climate risk, pricing people out of risky areas. He tells the stories of those already experiencing life on the move, and show how radically climate change will transform our lives—and reshape the geography of the United States. — Provided by publisher. Unrated. Commercial audiobook. Andrew Carnegie Medal. 2023.

Selections From Talking Book Topics

Sept–Oct 2024

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Adult Nonfiction

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 DB119801

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FL1D

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FL1G

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FL1H

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