**NON-FICTION - Leisure Books Received in April 2017:**

*Anatomies of Innocence: Testimonies of the Wrongfully Convicted*
Caldwell, Laura (ed.), and others

Recalling the great muckrakers of the past, an outraged team of America’s best-selling writers unite to confront the disasters of wrongful convictions. Wrongful convictions, long regarded as statistical anomalies in an otherwise sound justice system, now appear with frightening regularity. But few people understand just how or why they happen and, more important, the immeasurable consequences that often haunt the lucky few who are acquitted, years after they are proven innocent. Now, in this groundbreaking anthology, fourteen exonerated inmates narrate their stories to a roster of high-profile mystery and thriller writers—including Lee Child, Sara Paretsky, Laurie R. King, Jan Burke and S. J. Rozan—while another exoneree’s case is explored in a previously unpublished essay by legendary playwright Arthur Miller. An astonishing and unique collaboration, these testimonies bear witness to the incredible stories of innocent men and women who were convicted of serious crimes and cast into the maw of a vast and deeply flawed American criminal justice system before eventually, and miraculously, being exonerated. Introduced by best-selling authors Scott Turow and Barry Scheck, these master storytellers capture the tragedy of wrongful convictions as never before and challenge readers to confront the limitations and harsh realities of the American criminal justice system.

*Born Anxious: the Lifelong Impact of Early Life Adversity – and How to Break the Cycle*
Keating, Daniel P.

Why are we the way we are? Why do some of us find it impossible to calm a quick temper or to shake anxiety? The debate has always been divided between nature and nurture, but as psychology professor Daniel P. Keating demonstrates in *Born Anxious*, new DNA science points to a third factor that allows us to inherit both the nature and the nurture of previous generations—with significant consequences.

*Born Anxious* introduces a new word into our lexicon: “methylated.” It’s short for “epigenetic methylation,” and it offers insight into behaviors we have all observed but never understood—the boss who goes ballistic at the slightest error; the infant who can’t be calmed; the husband who can’t fall asleep at night. In each case, because of an exposure to environmental adversity in utero or during the first year of life, a key stress system has been welded into the “on” position by the methylation process, predisposing the child’s body to excessive levels of the stress hormone cortisol. The effect: lifelong, unrelenting stress and its consequences—from school failure to nerve-wracking relationships to early death.

*DNA Is Not Destiny: The Remarkable, Completely Misunderstood Relationship between You and Your Genes*
Heine, Steven J.

One of the world’s leading cultural psychologists debunks the hype surrounding DNA testing and puts to rest our mistaken anxieties about our genes. Do you fear what might be lurking in your DNA? Well, now you can find out, and you most likely will. Scientists expect one billion people to have their genomes sequenced by 2025, and as the price drops it may even become a standard medical procedure. Yet cultural psychologist Steven Heine argues that the first thing we’ll do upon receiving our DNA test results is to misinterpret them completely. We’ve become accustomed to breathless media coverage about newly discovered “cancer” or “IQ” or “infidelity” genes, each one promising a deeper understanding of what makes us tick. But as Heine shows, most of these claims are oversimplified and overhyped misinterpretations of how our DNA really works. With few exceptions, it is a complex combination of experience, environment, and genetics that determines who we are, how we behave, and what diseases will afflict us in the future. So why do we continue to buy into the belief that our genes control our destiny? Heine argues that we are psychologically ill equipped to deal with DNA results, repeatedly falling into predictable biases—switch-thinking, essentialism, fatalism, negativity dominance, and more—that mold our thinking about the information we receive. Heine shares his research—and his own genome-sequencing results—to not only to set the record straight regarding
what your genes actually reveal about your health, intelligence, ethnic identity, and family, but to also help you counteract these insidious cognitive traps.

**The Gatekeepers: How the White House Chiefs of Staff Define Every Presidency**  
Whipple, Chris

What do Dick Cheney and Rahm Emanuel have in common? Aside from polarizing personalities, both served as chief of staff to the president of the United States—as did Donald Rumsfeld, Leon Panetta, and a relative handful of others. The chiefs of staff, often referred to as “the gatekeepers,” wield tremendous power in Washington and beyond; they decide who is allowed to see the president, negotiate with Congress to push POTUS's agenda, and—most crucially—enjoy unparalleled access to the leader of the free world. Each chief can make or break an administration, and each president reveals himself by the chief he picks.

Through extensive, intimate interviews with all seventeen living chiefs and two former presidents, award-winning journalist and producer Chris Whipple pulls back the curtain on this unique fraternity. In doing so, he revises our understanding of presidential history, showing us how James Baker’s expert managing of the White House, the press, and Capitol Hill paved the way for the Reagan Revolution—and, conversely, how Watergate, the Iraq War, and even the bungled Obamacare rollout might have been prevented by a more effective chief.

**Goodbye, Things: The New Japanese Minimalism**  
Sasaki, Fumio

The best-selling phenomenon from Japan that shows us a minimalist life is a happy life. Fumio Sasaki is not an enlightened minimalism expert or organizing guru like Marie Kondo—he’s just a regular guy who was stressed out and constantly comparing himself to others, until one day he decided to change his life by saying goodbye to everything he didn’t absolutely need. The effects were remarkable: Sasaki gained true freedom, new focus, and a real sense of gratitude for everything around him. In Goodbye, Things Sasaki modestly shares his personal minimalist experience, offering specific tips on the minimizing process and revealing how the new minimalist movement can not only transform your space but truly enrich your life. The benefits of a minimalist life can be realized by anyone, and Sasaki’s humble vision of true happiness will open your eyes to minimalism’s potential.

**Hallelujah Anyway: Rediscovering Mercy**  
Lamott, Anne

Mercy is radical kindness,” Anne Lamott writes in her enthralling and heartening book, Hallelujah Anyway. It's the permission you give others—and yourself—to forgive a debt, to absolve the unabsolvable, to let go of the judgment and pain that make life so difficult.

In Hallelujah Anyway: Rediscovering Mercy, Lamott ventures to explore where to find meaning in life. We should begin, she suggests, by "facing a great big mess, especially the great big mess of ourselves." It's up to each of us to recognize the presence and importance of mercy everywhere—"within us and outside us, all around us"—and to use it to forge a deeper understanding of ourselves and more honest connections with each other. While that can be difficult to do, Lamott argues that it's crucial, as "kindness towards others, beginning with myself, buys us a shot at a warm and generous heart, the greatest prize of all."

**The New Urban Crisis: How Our Cities Are Increasing Inequality, Deepening Segregation, and Failing the Middle Class—and What We Can Do About It**  
Florida, Richard

In recent years, the young, educated, and affluent have surged back into cities, reversing decades of suburban flight and urban decline. And yet all is not well, Richard Florida argues in The New Urban Crisis. Florida, one of the first scholars to anticipate this back-to-the-city movement in his groundbreaking The Rise of the Creative Class, demonstrates how the
same forces that power the growth of the world's superstar cities also generate their vexing challenges: gentrification, unaffordability, segregation, and inequality. Meanwhile, many more cities still stagnate, and middle-class neighborhoods everywhere are disappearing. Our winner-take-all cities are just one manifestation of a profound crisis in today's urbanized knowledge economy.

**Prince Charles: The Passions and Paradoxes of an Improbable Life**  
Smith, Sally Bedell

*Prince Charles* brings to life the real man, with all of his ambitions, insecurities, and convictions. It begins with his lonely childhood, in which he struggled to live up to his father’s expectations and sought companionship from the Queen Mother and his great-uncle Lord Mountbatten. It follows him through difficult years at school, his early love affairs, his intellectual quests, his entrepreneurial pursuits, and his intense search for spiritual meaning. It tells of the tragedy of his marriage to Diana; his eventual reunion with his true love, Camilla; and his relationships with William, Kate, Harry, and his grandchildren.

Ranging from his glamorous palaces to his country homes, from his globe-trotting travels to his local initiatives, Smith shows how Prince Charles possesses a fiercely independent spirit and yet has spent more than six decades waiting for his destined role, living a life dictated by protocols he often struggles to obey. With keen insight and the discovery of unexpected new details, Smith lays bare the contradictions of a man who is more complicated, tragic, and compelling than we knew, until now.

**The Road to Jonestown: Jim Jones the Peoples Temple**  
Guinn, Jeff

In the 1950s, a young Indianapolis minister named Jim Jones preached a curious blend of the gospel and Marxism. His congregation was racially integrated, and he was a much-lauded leader in the contemporary civil rights movement. Eventually, Jones moved his church, Peoples Temple, to northern California. He became involved in electoral politics, and soon was a prominent Bay Area leader.

In this riveting narrative, Jeff Guinn examines Jones’s life, from his extramarital affairs, drug use, and fraudulent faith healing to the fraught decision to move almost a thousand of his followers to a settlement in the jungles of Guyana in South America. Guinn provides stunning new details of the events leading to the fatal day in November, 1978 when more than nine hundred people died—including almost three hundred infants and children—after being ordered to swallow a cyanide-laced drink.

Guinn examined thousands of pages of FBI files on the case, including material released during the course of his research. He traveled to Jones’s Indiana hometown, where he spoke to people never previously interviewed, and uncovered fresh information from Jonestown survivors. He even visited the Jonestown site with the same pilot who flew there the day that Congressman Leo Ryan was murdered on Jones’s orders. *The Road to Jonestown* is the definitive book about Jim Jones and the events that led to the tragedy at Jonestown.