

# MOST POPULAR NON-FICTION TITLES @ our library in 2023

Title	Author	Call
<b>Storylines</b> : how words shape our world	Chamberlin, J. Edward	808.5 CHA
<b>Eight bears</b> : mythic past and imperiled future	Dickie, Gloria	599.78 DIC
<b>The devil's element</b> : phosphorus and a world out of balance	Egan, Dan	577.14 EGA
<b>The watchmaker's daughter</b> : the true story of World War II heroine Corrie ten Boom	Loftis, Larry	940.53 LOF
<b>When the body says no</b> : the cost of hidden stress	Maté, Gabor.	616.08 MAT
<b>In the realm of hungry ghosts</b> : close encounters with addiction	Maté, Gabor.	616.85 MAT
<b>Unmasking autism</b> : discovering the new faces of neurodiversity	Price, Devon	616.85 PRI
<b>The world record book of racist stories</b>	Ruffin, Amber	818 RUF
<b>A Middle Eastern pantry</b> : essential ingredients for classic and contemporary recipes	Sercarz, Lior Lev	641.5 SER
<b>The unexpected gift of trauma</b> : the path to posttraumatic growth	Shiro, Edith	616.85 SHI
<b>Unbroken</b> : my fight for survival, hope, and justice for Indigenous women and girls	Sterritt, Angela	971 STE
<b>Whitewater cooks</b> : pure, simple and real creations from the Fresh Tracks Cafe	Adams, Shelley 1958-	641.5 ADA
<b>Almost lost arts</b> : traditional crafts and the artisans keeping them alive	Freidenrich, Emily	745.5 FRE
<b>Truth telling</b> : seven conversations about Indigenous life in Canada	Good, Michelle	305.897 GOO
<b>Breaking the grid</b> : how to buy nothing, make everything, and live sustainably	Martin, Dan	640 MAR
<b>The well-lived life</b> : a 102-year-old doctor's six secrets to health and happiness at every age	McGarey, Gladys 1920-	158.1 MCG
<b>Canada in the world</b> : settler capitalism and the colonial imagination	Shiple, Tyler A.	327.7 SHI
<b>Finding the mother tree</b> : discovering the wisdom of the forest	Simard, S. (Suzanne)	333.75 SIM
<b>Knowing what we know</b> : the transmission of knowledge, from ancient wisdom to modern magic	Winchester, Simon	306.4 WIN
		see over

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<b>An immense world</b> : how animal senses reveal the hidden realms around us	Yong, Ed.	573.8 YON
<b>Bittman bread</b> : no-knead whole-grain baking for every day	Bittman, Mark	641.81 BIT
<b>The hate next door</b> : undercover within the new face of white supremacy	Browning, Matson	320.56 BRO
<b>Pathogenesis</b> : a history of the world in eight plagues	Kennedy, Jonathan	614.4 KEN
<b>The Swedish art of aging exuberantly</b> : life wisdom from someone who will (probably) die before you	Magnusson, Margareta	305.26 MAG
<b>The uninhabitable earth</b> : life after warming	Wallace-Wells, David	304.2 WAL
<b>Whitewater cooks together again</b>	Adams, Shelley 1958-	641.5 ADA
<b>Embroidery</b> : the ideal guide to stitching, whatever your level of expertise	Ganderton, Lucinda	746.44 GAN
<b>The boreal herbal</b> : wild food and medicine plants of the North	Gray, Beverley 1966-	581.6 GRA
<b>Take heart</b> : encouragement for earth's weary lovers	Moore, Kathleen Dean	304.2 MOO
<b>How we live is how we die</b>	Chödrön, Pema	294.34 CHO
<b>The myth of normal</b> : trauma, illness & healing in a toxic culture	Maté, Gabor	306.4 MAT
<b>Big trees of the inland temperate forests of British Columbia</b>	Nelson, Terry	634.9 NEL
<b>Attention span</b> : a groundbreaking way to restore balance, happiness and productivity	Mark, Gloria	153.7 MAR