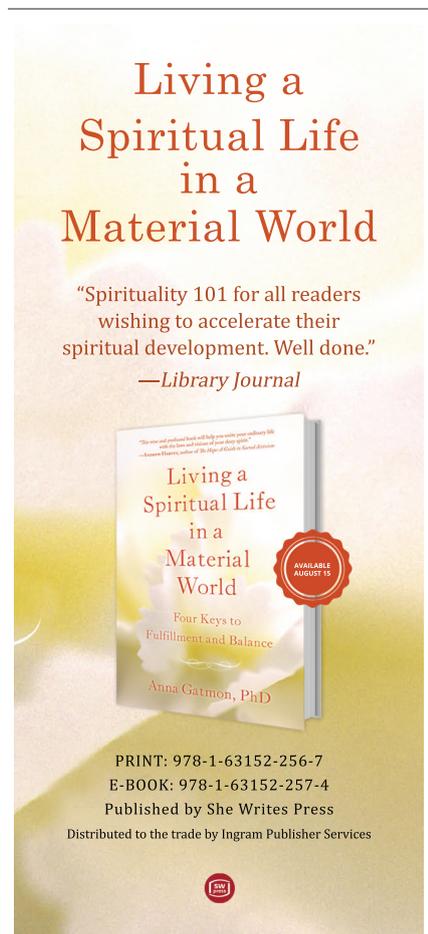


death personalization and empathy and outlined starting points for small but significant actions are included, with Garfield adding, “be sure to say goodbye.” **VERDICT** A comprehensive end-of-life guide with extensive resources to benefit both the living and the dying.

**Howard, Elizabeth Meade. *Aging Famously: Follow Those You Admire to Living Long and Well.* Jefferson Park. Sept. 2017. 346p. ISBN 9780984992133. pap. \$24.50. AGING**

Journalist Howard fills a gap in the role-model literature with this book of minibiographies of both little- and well-known people (e.g., actress Nanette Fabray, former New York City mayor Edward Koch, and actor Dennis Weaver) aged 60 and beyond. Gathering insights from scholars and scientists who have researched the aging process, the author features interviews with a number of subjects. Psychoanalyst Alma Halbert Bond followed her bliss by writing, while centenarian Holmes Brown continued to underwrite scholarships for qualified African American high school graduates to attend college. The common thread among these seniors is that all worked toward making the world a better place. **VERDICT** Enlightening for all readers.



**King, Deborah. *Heal Yourself Heal the World: Heal. Thrive. Grow.* Atria. Oct. 2017. 256p. bibliog. ISBN 9781582705866. pap. \$17.99. SELF-HELP**

Spiritual leader King (*Be Your Own Shaman*) believes that everyone has within themselves the power to effect change through energy healing. Using her own experience as the basis for her instruction, the author teaches the process of cleaning out emotional debris, understanding chakras (energy fields), and removing sources of negative energy, walking readers through the levels of initiation that inevitably lead toward a gratitude for life and a desire to do good for others. Eating well, exercising, laughing, and connecting with nature are all part of daily healing, and examples of such practices are presented here in detail. King further explains how one can extend energy healing to others and pets. **VERDICT** One of the most useful books on energy healing tools available.

**Lee, Laura. *The Pocket Encyclopedia of Aggravation.* Black Dog & Leventhal. Sept. 2017. 272p. illus. by Linda O’Leary. bibliog. ISBN 9780316471954. \$16.99. SELF-HELP**

In this latest work from Lee (*The Name’s Familiar*), the author illuminates the scientific explanations behind 97 common aggravations, covering everything from crinkling wrappers at the movie theater and car alarms to paper cuts and receiving the automated response that “Your call is very important to us.” Lee describes why, for instance, aluminum foil reacts to dental fillings and the reason behind the preponderance of junk mail. Readers discover they are not alone in struggling with these stresses and also why they cause such frustration. **VERDICT** An entertaining volume, excellent for cocktail party conversation.

**★ Loverde, Joy. *Who Will Take Care of Me When I’m Old? Plan Now To Safeguard Your Health and Happiness in Old Age.* Da Capo Lifelong: Perseus. Oct. 2017. 336p. bibliog. ISBN 9780738219639. pap. \$17.99; ebk. ISBN 9780738219646. SELF-HELP**

Loverde (*The Complete Eldercare Planner*) provides seniors with the resources to plan for and maintain a strong quality of life. She offers ideas for creating a support network, strategies to foster smarter decision-making, alternative ways to think about aging, and assistance with end-of-life services. Worksheets address dozens of topics such as downsizing, finding appropriate housing, and establishing channels of support in the community. Resources include YouTube videos, songs, TED talks, and further reading lists. **VERDICT** Highly recommended for anyone over 60 and their loved ones.

**Marchant, Danielle. *Pause: How To Press Pause Before Life Does It for You.* Octopus. Sept. 2017. 224p. ISBN 9781912023097. pap. \$14.99. SELF-HELP**

Executive coach Marchant warns against the dangers of keeping a continually hectic pace and urges readers to *pause*, or take time out to think and space to breathe so as to listen to their bodies, minds, and souls. With quizzes, meditations, and suggestions for guided miniretreats where individuals can ponder what’s working (or not) in their lives, what makes them thrive, and what aspirations they hold, the author also offers practical tips for eating, sleeping, and the use of technology. **VERDICT** A superb entry on this subject, providing a solid structure for productive downtime.

**★ Menakem, Resmaa. *My Grandmother’s Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies.* Central Recovery. Sept. 2017. 306p. ISBN 9781942094609. \$27.95; pap. ISBN 9781942094470. \$17.95; ebk. ISBN 9781942094487. SELF-HELP**

Community Care Counselor Menakem, MSW, LICSW, SEP, posits that racism is embedded in the hearts, souls, and reflexes of both blacks and whites in American society, and that the trauma (as he describes in depth) inflicted on many as a result of this fact is harmful to all. Menakem then helps readers get inside the black experience to encounter everyday threats and the responses of fighting, fleeing, or freezing in order to begin the healing process. The guided exercises and social commentary help to pave the way for understanding one another and building a stronger community that benefits everyone. **VERDICT** An exceptionally thought-provoking and important account that looks at race in a radical new way. For all readers.

**Sutton, Robert I. *The Asshole Survival Guide: How To Deal with People Who Treat You Like Dirt.* Houghton Harcourt. Sept. 2017. 224p. bibliog. ISBN 9781328695918. \$28; ebk. ISBN 9781328695925. SELF-HELP**

In this follow-up to *The No Asshole Rule*, Sutton devotes himself to questions left unanswered by that book and presents strategies for escaping from, enduring, and forcing out bullies, backstabbers, and jerks. The tips are shaped by scholarly research on demeaning and disrespectful people and include the art form of “ducking,” the use of mind tricks, a focus on the funny, and fighting back. In the final analysis, the author urges readers to be part of the solution, not the problem, and illustrates ways to bring out the best and stifle the worst in people. **VERDICT** Exemplary advice for dealing with difficult people in the workplace and in general.