



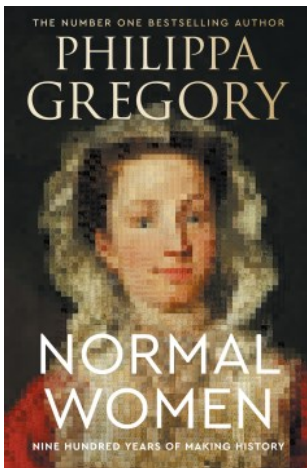
New Items - April 2024

NON-FICTION

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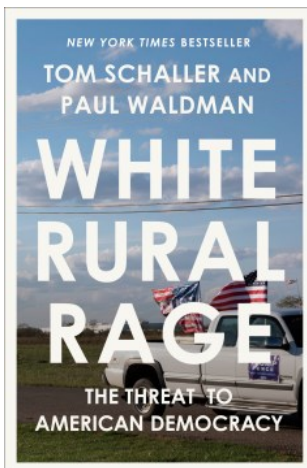
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Normal Women : 900 years of making history

by Philippa Gregory

Drawing on an enormous archive of primary and secondary sources to rewrite history, focusing on the agency, persistence and effectiveness of everyday women throughout periods of social and cultural transition, the #1 New York Times best-selling historical novelist redefines "normal" female behavior to include heroism, rebellion, crime, treason, money-making and sainthood.

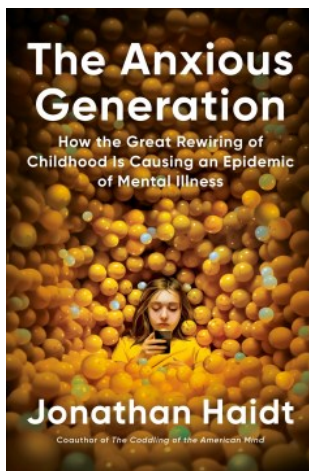


White Rural Rage : the threat to American democracy

by Thomas F. Schaller

"It's an open secret that voters in smaller, less populous states have more electoral power than their urban counterparts, so why are these same voters the most eager to leave behind democratic principles? In Held Hostage, political scientists Thomas Schaller and Paul Waldman explore why, with all of this extra influence, these same voters fail to see real benefits, for instance suffering worse health and education outcomes than larger states, and why they are the most likely to rage against the democratic project the moment elections stop going their way. This is the patriotic paradox of rural America: The rural citizens who take such pride in their patriotism are least likely to defend core American principles, even when the system itself is set up in their favor. If the commitment to American democracy of this exalted minority crumbles, can the US itself survive? Thanks to the extra weight smaller states enjoy, the past two Republican presidents entered the White House despite losing the popular vote. Senate malapportionment is even worse. By 2040, just 30 percent of the population, concentrated in smaller and more rural states, will elect 70 senators. This skewed dynamic is already changing policy outcomes--scuttling nationally

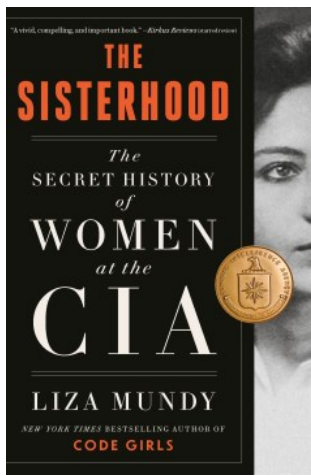
popular bills in the Senate and distorting the balance of the courts--but there's a puzzling contradiction inherent in this rural privilege. Voters there believe the nation has failed them, and to some degree, they're right. With on-the-ground reporting from five very different rural counties spread across the country, *Held Hostage* offers unique insights into how the struggles and resentments of rural people ripple out to determine the kind of country we all live in. Schaller and Waldman critique the structures in place that have led to this imbalance, but they also provocatively criticize rural voters and states themselves for the choices they've made on behalf of themselves and the country. And, they point the way toward a political reimagining that would not only offer a better future for rural people, but make it possible for rural America to stop dragging the rest of the country down"



The Anxious Generation : how the great rewiring of childhood is causing an epidemic of mental illness

by Jonathan Haidt

"From New York Times bestselling coauthor of *The Coddling of the American Mind*, an essential investigation into the collapse of youth mental health-and a plan for a healthier, freer childhood After more than a decade of stability or improvement, the mental health of adolescents plunged in the early 2010s. Rates of depression, anxiety, self-harm, and suicide rose sharply, more than doubling on most measures. Why? In *The Anxious Generation*, social psychologist Jonathan Haidt lays out the facts about the epidemic of teen mental illness that hit many countries at the same time. He then investigates the nature of childhood, including why children need play and independent exploration to mature into competent, thriving adults. Haidt shows how the "play-based childhood" began to decline in the 1980s, and how it was finally wiped out by the arrival of the "phone-based childhood" in the early 2010s. He presents more than a dozen mechanisms by which this "great rewiring of childhood" has interfered with children's social and neurological development, covering everything from sleep deprivation to attention fragmentation, addiction, loneliness, social contagion, social comparison, and perfectionism. He explains why social media damages girls more than boys and why boys have been withdrawing from the real world into the virtual world, with disastrous consequences for themselves, their families, and their societies. Most important, Haidt issues a clear call to action. He diagnoses the "collective action problems" that trap us, and then proposes four simple rules that might set us free. He describes steps that parents, teachers, schools, tech companies, and governments can take to end the epidemic of mental illness and restore a more humane childhood. Haidt has spent his career speaking truth backed by data in the most difficult landscapes-communities polarized by politics and religion, campuses battling culture wars, and now the public health emergency faced by Gen Z. We cannot afford to ignore his findings about protecting our children-and ourselves-from the psychological damage of a phone-based life"



The Sisterhood : the secret history of women at the CIA

by Liza Mundy

In this thrilling new perspective on history, the New York Times bestselling author of Code Girls turns her attention the women of the CIA who fought to become operatives, transformed spy craft and provided the data analysis that helped track down Bin Laden in his Pakistani compound. Illustrations.

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