

Coordinator:
Carol Sullivan



BOOK CLUB: We read a nonfiction book one month and a fiction book the next month. The book is suggested and selected by the group and will be moderated by the person that suggested the book title. Our group is open to everyone, even if you have not read or have previously read the book. Please feel free to join the group for any of the meetings. Keep Reading!

June 10, 2021

"SEVEN 1/2 LESSONS ABOUT THE BRAIN", by LISA FELDMAN BARRETT – NON-FICTION

From the author of *How Emotions Are Made*, a myth-busting primer on the brain in the tradition of *Seven Brief Lessons on Physics* and *Astrophysics for People in a Hurry*.

Have you ever wondered why you have a brain? Let renowned neuroscientist Lisa Feldman Barrett demystify that big gray blob between your ears. In seven short essays (plus a bite-sized story about how brains evolved), this slim, entertaining, and accessible collection reveals mind-expanding lessons from the front lines of neuroscience research. You'll learn where brains came from, how they're structured (and why it matters), and how yours works in tandem with other brains to create everything you experience. Along the way, you'll also learn to dismiss popular myths such as the idea of a "lizard brain" and the alleged battle between thoughts and emotions, or even between nature and nurture, to determine your behavior.

Sure to intrigue casual listeners and scientific veterans alike, *Seven and a Half Lessons About the Brain* is full of surprises, humor, and important implications for human nature - a gift of a book that you will want to savor again and again.

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BOOK CLUB, CONTINUED:

July 22, 2021

"THE HOUSE OF SPIRITS", by ISABEL ALLENDE - FICTION

The unforgettable first novel that established Isabel Allende as one of the world's most gifted and imaginative storytellers.

The House of the Spirits brings to life the triumphs and tragedies of three generations of the Trueba family. The patriarch Esteban is a volatile, proud man whose voracious pursuit of political power is tempered only by his love for his delicate wife, Clara, a woman with a mystical connection to the spirit world. When their daughter, Blanca, embarks on a forbidden love affair in defiance of her implacable father, the result is an unexpected gift to Esteban: his adored granddaughter, Alba, a beautiful and strong-willed child who will lead her family and her country into a revolutionary future.

One of the most important novels of the 20th century, *The House of the Spirits* is an enthralling epic that spans decades and lives, weaving the personal and the political into a universal story of love, magic, and fate.