

## What Lincoln is Reading

Wondering what the folks in Lincoln are reading? Here are a few of this month's most popular titles at the Lincoln Public Library District.

### ADULT NON-FICTION

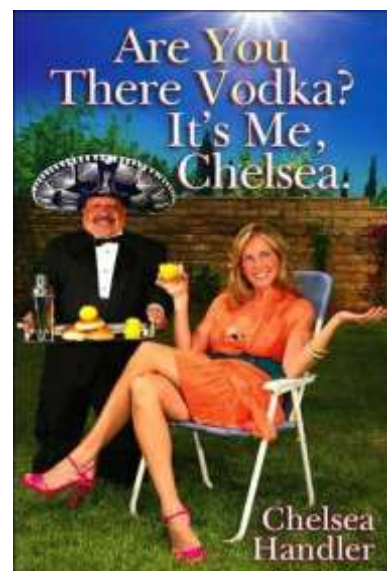


#### "Maybe You Should Talk to Someone: A Therapist, her Therapist, and Our Lives" by Lori Gottlieb

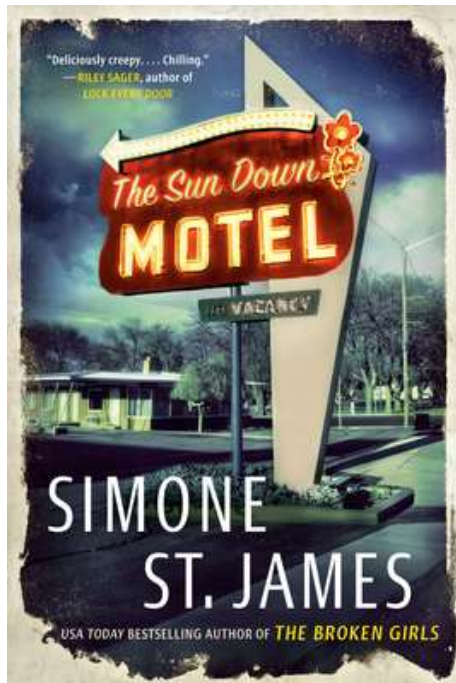
In this poignant novel we will hear from Lori Gottlieb on her life from helping with the creation of F.R.I.E.N.D.S., to medical school, all the way to being a Marriage and Family Therapist. We will see through her own eyes what it feels like to have all the plans you have for your life pulled right out from under your feet. With humor and wisdom we will see that it's okay not to be okay all the time and little do most people know your therapist... probably has a therapist.

#### "Are You There Vodka? It's me, Chelsea" by Chelsea Handler

Vodka, yes that's the answer to all problems according to Chelsea. Well it would be if you found out your boyfriend is having an affair and you had to pretend to be honeymooning with your *father* to get a first class upgrade! Chelsea Handler will take you along for the hilarious deep dive into her life from her family life, to work, and relationships. There is a reason she is one of the most outrageous voices in comedy today.



## ADULT FICTION

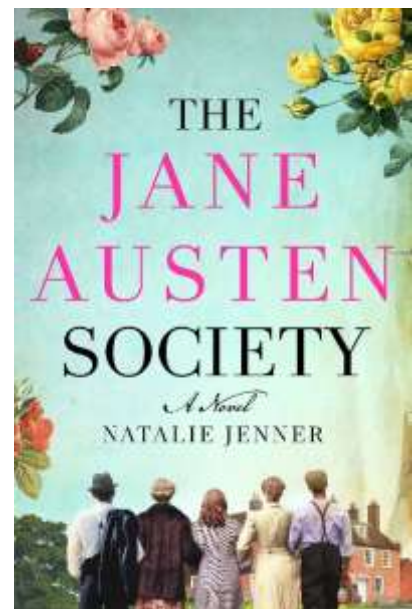


### "The Sun Down Motel" by Simone St. James

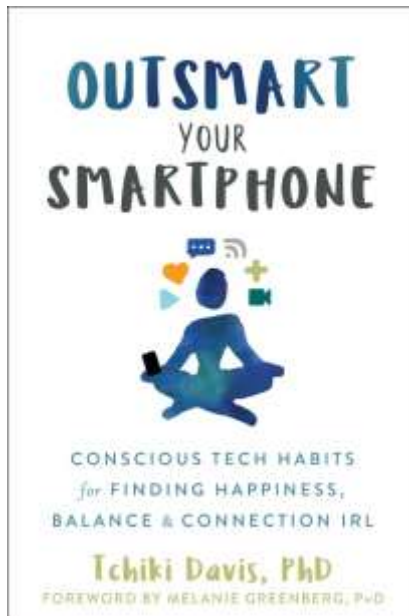
Every town has a roadside motel cheap, a little seedy, with secrets in every corner. Fell, New York is no exception, the Sun Down is questionable on its best days and quite possibly deadly on its worst. Viv Delaney works the night shift there much like her aunt did 35 years ago. The question is will she be able to uncover the secrets of what happened to her aunt all those years ago or will she disappear too?

### "The Jane Austen Society" by Natalie Jenner

This warm-hearted read takes place in the years following the Second World War, at the waning home of famed author Jane Austen. We will meet an unlikely group including a doctor, a widow, a movie star, and a few others from all walks of life; coming together to preserve her home, her legacy, and just maybe their own happiness. Walk alongside each person as they work to cope with their own pain and trauma, brought together by a genuine love for books and more specifically Jane Austen.



## YOUNG ADULT FICTION



### "Outsmart Your Smartphone: Conscious Tech Habits for Finding Happiness, Balance, and Connection IRL" by Tchiki Davis, PhD

If you are looking for a book on the evils of technology, this is not the book for you. That being said, if you are looking for a book on how to use the technology available to you to increase your personal happiness you are in the right place. Dr. Davis uses seven steps, tip, and tricks to help people reconnect with their own personal well-being. Learning to overcome the new obstacles that have come into our lives with the ever changing technology of today.

### "The How & The Why" by Cynthia Hand

Cassandra McMurtrey loves her life, she has parents who love her and everything she could ever need. Barring one thing, she wants to know who she is, where she comes from, these are questions her parents can't answer. But just maybe a series of letters written to her years ago can. In this poignant novel we see the alternating perspective of Cassandra and the woman who gave her up for adoption years ago.

