

Suggestions by The Reader's Choice Book Club

Kennebunk Free Library March 4, 2024

Topic: Women Promoting Hope

The Wahls Protocol: A Radical New Way to treat All Chronic Autoimmune Conditions Using Paleo Principles by Terry Wahls M.D.

Fully expanded with new information and updated research, a clear prescriptive guide about how to beat autoimmune conditions using functional medicine and nutrient-rich foods, from a doctor, researcher, and sufferer of progressive multiple sclerosis.

The Wahls Protocol has become a sensation, transforming the lives of people with autoimmune diseases. Now in this fully revised edition, Dr. Terry Wahls outlines the latest research that validates the program and offers new, powerful tools to arm readers and help them achieve total health.

The Queen of Katwe: One Girl's Triumphant Path to Becoming a Chess Champion

by Tim Crothers

One day in 2005 while searching for food, nine-year-old Ugandan Phiona Mutesi followed her brother to a dusty veranda where she met Robert Katende.

Katende, a war refugee turned missionary, had an improbable dream: to empower kids in the Katwe slum through chess—a game so foreign there is no word for it in their native language. Laying a chessboard in the dirt, Robert began to teach. At first children came for a free bowl of porridge, but many grew to love the game that—like their daily lives—requires persevering against great obstacles. Of these kids, one girl stood out as an immense talent: Phiona.

Downeast: Five Maine Girls and the Unseen Story of Rural America by Gigi

Georges

In *Downeast*, Gigi Georges follows five girls as they come of age in one of the most challenging and geographically isolated regions on the Eastern seaboard. Their stories reveal surprising truths about rural America and offer hope for its future. "It's almost impossible not to care about these fierce young women and cheer for their hard-won successes" (*Kirkus*) in this "heartfelt portrait" and "worthy tribute" (*Publishers Weekly*).

Nestled in Maine's far northeast corner, Washington County sits an hour's drive from the heart of famed and bustling Acadia National Park. Yet it's a world away. For Willow, Vivian, Mckenna, Audrey, and Josie—five teenage girls caught between tradition and transformation in this remote region—it is home. *Downeast* follows their journeys of

heartbreak and hope in uncertain times, creating a nuanced and unique portrait of rural America with women at its center.

Ketanji by Kekla Magoon

"**Ketanji** Brown Jackson is no stranger to overcoming obstacles. When a high school guidance counselor told her she should set her sights lower than Harvard, she decided to go to Harvard for college and law school. When she became a public defender and saw inequalities in the justice system, she used her legal skills to advocate for people who needed help but couldn't afford an attorney. **Ketanji**'s path to the Supreme Court was unique: She's the only current Justice to have been a public defender and one of a few who went to public school. Her story is powerful and heartening, and it's a lesson in overcoming adversity by being true to yourself."

From a Small Seed...the story of Eliza Hamilton by Camille Andros

A lyrical picture book biography of Eliza Schuyler Hamilton, co-founder and director of the first private orphanage in New York City and wife of founding father Alexander Hamilton.

Reaching For the Moon: the autobiography of NASA mathematician Katherine Johnson by Katherine Johnson

Find a Way by Diana Nyad

On September 2, 2013, at the age of 64, Diana Nyad emerged onto the shores of Key West after completing a 110 mile, 53 hour, record-breaking swim through shark-infested waters from Cuba to Florida. Her memoir shows why, at 64 she was able to achieve what she couldn't at 30 and how her repeated failures contributed to her success.

The Book of Hope: a survival guide for trying times by Jane Goodall

Jane Goodall and Douglas Abrams explore one of the most sought after and least understood elements of human nature: hope. Drawing on decades of work that has helped expand our understanding of what it means to be human and what we all need to do to help build a better world, the book touches on vital questions, including: How do we stay hopeful when everything seems hopeless? How do we cultivate hope in our children? What is the relationship between hope and action? Jane tells the story of how she became a messenger of hope, from living through World War II to her years in Gombe to realizing she had to leave the forest to travel the world in her role as an advocate for environmental justice.

No Cure For Being Human by Kate Bowler

"We all know, intellectually, that our time on earth is limited. What would we change if we knew it viscerally? Kate Bowler was thirty-five when she was diagnosed with stage IV colon cancer. Now that she's responded to immunotherapy Kate has to figure

out how to make a new life between CT scans. Before she got sick, she'd accepted the very American idea that life was an endless horizon of possibilities. Now she has to figure out what to do within the limits of the time she has left. Kate asks one of the most fundamental questions of all: How do we create meaning in our lives as we race against the clock?"

Have a Beautiful Terrible Day by Kate Bowler

"Tender and powerful spiritual reflections and blessings that invite readers to honestly and joyfully walk through their everyday, wonderful, messy humanity. In addition, Bowler has written Advent and Lenten sections to round out the book that offer readers a rich, meaningful way to enter into these seasons of expectation and contemplation. Along the way, Bowler shares funny and poignant moments in her own life while enduring a dark season of pain."